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Through the InSRA program, Jack Crosschild sparked his interest in kinesiology. During the program, Jack found himself networking and making new friends.

1. What drew you to the InSRA program?

To be honest, I hadn't known about the InSRA program well until the deadline near, I was informed about an Indigenous summer program by the announcement speaker asking for people Indigenous students to make their way to the career centre during lunch, I had no clue what kind of program it was only that it was meant for Indigenous students, so when I got to know more about the program I was instantly intrigued as the premise of an Indigenous STEM program sounded extremely interesting to me as getting to network with more of my fellow peers who are interested in the same subject as me sounded pleasing and the ability to get to know professors at the university was a wonderful addition.

2. What does research mean to you?

Research to me means to investigate something so that people may come to a conclusion to help further the community or the people such as the research that my lab did into passive exoskeletons that could assist the workforce to manage or even prevent lower back injury.

3. What research have you engaged in? Tell us what you have enjoyed most about your projects, including any cool findings!

I have engaged in a wide range of research, from applied experiments involving my HYRS associates where we would hook them up to a motion capture sensor suit and get them to pretend to be baggage handlers, as well the focus point of my time where I engaged in a validation experiment where I tested the line encoder hardware to ensure that the data readings we got were accurate so that we could further the development of an instrumented passive exoskeleton to implement into the workplace to help manage or even prevent lower back injury. I also participated in community outreach programs with my lab where we would go out into the community and participate with a wide variety of people for our lab, we would go fishing with the elderly, go boxing with elderly people with Parkinson's, or go on a hike with adaptable outdoors to field test their new device. Honestly, the whole summer has been enjoyable with no hint of boredom or uninteresting activities.

4. What has been your biggest take away from the program?

That simply putting yourself out there and taking a risk yields large rewards, I had no idea what the InSRA program even was before I was handed the form for it four days before it was due, but by sticking to it rather than throwing the form away I was able to work alongside amazing people who share my interests and having the opportunity to network and get to know amazing professors and other staff of the university.

5. Did the program foster a sense of belonging? If so, how?

Yes, the InSRA program fostered a sense of belonging with my fellow InSRA associate as we have both become fast friends with our shared upbringing and our mutual interest in the STEM field.

6. Has the InSRA program contributed to your future career plans?

Yes, it has. As my plans after high school before InSRA were pretty loose, mainly just knowing that I should go to university with a plan of going into the humanities, but after being in the InSRA program, I have started to lean toward going into the STEM field, particularly into the kinesiology field and or department that I was assigned to.

7. What advice would you give to indigenous youth who want to peruse a career in STEM?

If you have an interest in the STEM field by all means go for it and attend STEM-related programs or activities inside or outside of school. That's what led me to attending the InSRA program over the summer and I had an absolute blast doing so.

