



University  
of Victoria

Graduate Studies

Notice of the Final Oral Examination  
for the Degree of Master of Arts

of

**MARGARET ERASMUS**

BA (1987)  
BEd (2000)

**“Goyatì K’aàt’ì ats’edee, Gokee K’aàt’ì ats’edee:  
Healing Our Languages, Healing Ourselves: Now is the time”**

Department of Indigenous Education

Monday, April 15, 2019  
10:00am  
First Peoples House  
Room 160

Supervisory Committee:

Dr. Leslie Saxon, Department of Linguistics, University of Victoria (Supervisor)  
Dr. Carmen Rodriguez de France, Department of Indigenous Education, UVic (Member)

External Examiner:

Dr. Melvatha Chee, Department of Linguistics, University of Alberta

Chair of Oral Examination:

Dr. Luke Carson, Department of English, UVic

Dr. David Capson, Dean, Faculty of Graduate Studies

## **Abstract**

This study investigates key components for effective Indigenous adult language learning and resulting health and wellness benefits following a Dene research paradigm with Grounded Theory applications. Eight colleagues in the Master's of Indigenous Language Revitalization (MILR) program at the University of Victoria participated in open ended discussions on their experiences in learning their Indigenous languages as adults.

These Indigenous adults reclaiming their ancestral languages report experiencing benefits related to health and overall well-being. Physical fitness and healthy weight loss, emotional healing and a greater sense of identity all surfaced for my colleagues while working towards or achieving fluency in their languages. The main methods of successful language learning used were the Master-Apprentice Program, Total Physical Response and Accelerated Second Language Acquisition. Tips for learning the languages are included.