



THOMPSON
RIVERS
UNIVERSITY

Faculty of
Student
Development

ANNUAL REPORT

FACULTY OF STUDENT DEVELOPMENT

MAY 1, 2019 -
APRIL 30, 2020

As we reflect on the past year, one can't help but reflect on our pre-COVID lives. (Remember when we used to gather in close proximity and connect with students face to face?) March feels like it was 100 years ago, but also like it happened yesterday. Still, everyone has settled into a 'new normal' – we've pivoted, we've adapted, and we've done our best to ensure that students feel seen and supported, which, let's be honest, is just how we do things in the Faculty of Student Development. Last year had all kinds of ups and downs – there were incredible losses and remarkable experiences. It's always a treat to learn about each other's work and review all the submissions regarding publications, presentations, and conferences. The statistics highlight the enormous growth of all corners of the FSD – each year, more and more students utilize the services and, as a result, have more enriched and robust academic, personal and social experiences. For all you do, we appreciate you.

DEAN'S MESSAGE

In these unprecedented times, thank you for taking the time to learn about the activities in the Faculty of Student Development in 2019-2020. I stepped into a six-month role as Acting Dean of Students at the beginning of January. My goal was to maintain and keep things ticking along in Chris Adam's absence. Things did tick along... until March when we all learned that 2020 had different plans for us.

The FSD Annual Report typically comes to you in a magazine format, but with the outbreak of COVID, we are all doing things differently. This condensed digital report highlights some, but not all, of the activities in FSD through 2019-2020. The stories presented follow the student life-cycle from Orientation to Graduation (and everywhere in between). The goal of FSD is to provide personal, academic and social supports with a just-in-time approach. And this year highlighted the critical goal of meeting students where they are at - which in the summer and fall was on-campus and online and with COVID meant completely virtually!

Summer and fall 2019 saw FSD building connection through initiatives such as the Student Storytellers Squad, the Cards of Connection program, organizing the 3rd Annual LEADership Conference and the Multi-Faith Chaplaincy's Cookies and Hot Chocolate Outreach. FSD increased supports with smaller teams in Supplemental Learning, the addition of the Peer Academic Coaches (PAC) and increased attendance in the Pack ACademic Edge student-athlete study sessions. Health and wellness programs saw space upgrades to the Wellness Centre, Medical Clinic and Multi-Faith Chaplaincy. Students were supported with an additional Sexualized Violence Prevention and Response Support Group.

Working towards diversity and equity, FSD was engaged in conversations on reconciliation and education around allyship. A focus on academic honesty led to the celebration of the International Day against Contract Cheating. With careers and jobs on the mind, the Career and Experiential Learning organized a fashion show to introduce the Career Closet- a fashion lending library. The supports in FSD continue to evolve and grow, and the pandemic challenged the team to think of new ways without changing the quality or quantity of supports being delivered.

Since moving supports to alternate delivery formats and working remotely, FSD has kept up a vigor of activities. Appointments, events, workshops, and outreach all have been offered virtually. There were additional communications to students via email and social media such as the Facebook Live panels to help students feel connected. Additional Virtual Soup Circles were hosted through Indigenous Student Development, and the Multi-Faith Chaplaincy increased services to year-round support. These have been uncertain and unusual times, and the dedication and care colleagues have shown across FSD and TRU has been inspirational. I hope you enjoy reading through these stories of connection, engagement, inclusion and resiliency as much as I have!

Be well and with care, Sara.



ON BEING AN INTERIM ASSISTANT DEAN IN THE TIME OF COVID-19



When I started the Interim Assistant Dean of Students role in January 2020, I was excited, very nervous, and hopeful about that the next six months could bring. I met new people and greeted some I already had a good working relationship with from my previous position. I was ready for a new challenge in my career; however, I could not anticipate what 2020 was about to throw our way. A week or so into the role, I sat in on the first Pandemic Planning Committee meeting. Those of us who attended were thoughtful about what might happen with COVID-19, and over the next six weeks, things began to escalate with the reality of the virus.

By mid-March, TRU was postponing upcoming events and recalling staff and students outside of Kamloops, and by Monday, March 16, 2020, we began to transition away from face-to-face classes. Working from home came a couple of days later, which meant organizing equipment, access to virtual platforms, and a host of other staff needs. With Sara and the Leadership team's support, and the resilience of the staff, this was handled calmly and with understanding.

Beginning a new job, temporarily or not, and facing a pandemic that led to reorganizing an entire department, has been my career's biggest challenge. I've learned so much, not only from Sara and the Leadership team but also from the staff. I cannot say enough about how everyone handled the transition to remote working and how the new norm is becoming more comfortable as each day passes. I will never forget my time as Interim Assistant Dean of Students and how grateful I am to have been here to see everyone stay safe.

All the best, Karen.

ON THE ROAD

BURNABY, BC

Umme Mansoor attended TOPS BC: Winter Drive In.

WHISTLER, BC

Kyra Garson attended the British Columbia Council for International Education Conference.

VANCOUVER, BC

Jenna Goddard and Alicia Ashcroft presented at the Canadian Writing Centres Association Annual Conference.

Jennifer Mei was the keynote speaker at CACEE West, a professional development conference for career practitioners across the province.

VICTORIA, BC

Marian Anderberg attended and presented at the 2019 Student Conduct Administrators Roundtable at Royal Roads University.



CALGARY, AB

Marian Anderberg, Sarah Walz, Kyra Garson, Alicia Ashcroft, James Matthews, Sara Wolfe, Jenn Mei, Meaghan Haggerty, Ashley Bernard, Tawni Omrod, Kathyne Brattland, Jeff Dineley and Stephanie Tate attended MOH-KINS-TSIS CACUSS.



TORONTO, ON

Pamela Fry participated in Ryerson University's Thriving in Action training.

OTTAWA, ON

Stephanie Tate was invited from The Student and Alumni Advisory Committee (ISSAC) to Ottawa to discuss Sustainable Development Goals (SDG's) and how the Colleges across Canada work to bring these goals into their home institutions.

Stephanie Tate presented at CiCan on the Hill Student Showcase.

Larry Iles and Jamie Noakes presented at a bilingual National Career Development Conference.

BOGOTA, COLOMBIA

Kyra Garson attended Conference of the Americas on Internationalization.



AUSTRALIA AND NEW ZEALAND

Matty Chillihtzia travelled to Australia and New Zealand for a cultural experience which was set up between the University of Arizona and University of Tasmania.



PORTLAND, OREGON

Marian Anderberg, Sarah Walz and Sara Wolfe attended Building Bridges, Creating Connections: NASPA Western Regional Conference.

Amie McLean attended the IDI Qualifying Seminar.



PRESENTS

Kamloops, Thompson Rivers University**TEACHING PRACTICES COLLOQUIUM**

- Elizabeth Templeman, Shyann Vosper and Susan Butland presented *How Can We Help?*.
- Amie McLean and Harminder Padda presented *Partners in Transformation: TRU Stories from the Intercultural Ambassadors Program*.
- Carolyn Ives and Jenna Goddard presented a poster *Why your Students Struggle with Assignments*.
- Elizabeth Templeman, Julianna Bissonnette, Narian Spolia, Tim Burris, Brandon Hayashi, Isla Adderson and Alex Parobec presented *Great Moments in Teaching and Learning - from the Students' Perspective*.
- Amie McClean presented *Pulling Apart, Weaving Together: Pedagogical Considerations for Facilitating White Poor and Working-Class Student Engagement in Anti-Oppressive Learning Opportunities*.
- Joe Dobson, Christine Miller, Dan Thompson, Jamie Noakes and Renee Anderson presented *Reflecting on and Showcasing TRU OER Development Projects*.
- Amber Huva and Kate Cairnie presented *Think Global, Act Local - Responding to Sexualized Violence on Our Campus*.
- Jenna Goddard, Nancy Flood and Elizabeth Rennie presented *Academic Integrity, Then and Now*.

PROFESSIONAL DEVELOPMENT WEEK

- Vernie Clement and Tina Matthew presented *Indigenization 101*.
- Amie McClean and Alejandro Campos-Garcia presented *Intercultural Mythbusting*.
- Amber Huva and Kate Cairnie presented *Leading Change - Responding to Sexualized Violence*.
- Shawn Read and Brenna Clarke Gray presented *Learning Technologies Across TRU Units and Roles*.
- Kathryn Brattland presented *Read and Write: Literacy Supports for the Classroom and Workplace*.
- Larry Iles presented *Professional Branding*.
- Kiara Henning, Jan O'Brien, Kristen Hamilton, Sarah Walz and Gurjit Lalli presented *Level Up: Manager Hacks*.
- Evelyne Penny presented *Exercising with Mini Bands*.
- Alicia Ashcroft presented *Reclaiming Meaning After Trauma*.

ADDITIONAL PD

- Sarah Walz & Kathryn Brattland presented *Physical Accessibility and Strategies for Working with People with Disabilities* at the SAILS 2019 conference.
- Jenna Goddard presented *Hello From the Other Side (AKA What Your Students are Complaining About): CELT Talk*.
- Marian Anderberg, Sarah Langlois and Tod Denham presented *An Overview of Academic Integrity at TRU and An Orientation to Contract Cheating for OLFMs and Administrators*.
- Marian Anderberg and Stephanie Tate, alongside Sarah Langlois, Tod Denham, Elizabeth Rennie and Wayne Singular presented *Academic Integrity: An Overview of the Process at TRU* at BC Day for Academic Integrity.



BY THE NUMBERS

1071 new-to-TRU students attended TRU Orientation day, which was the highest attendance in the past three years.

348 Words of Wisdom postcards were signed by 2019 graduates, who wrote encouraging messages to new-to-TRU students.

Orientation & Transitions added **4 Mentors** and **2 ambassador** positions to help new-to-TRU students feel comfortable coming to campus.

Over **80 new students** requested a mentor in fall 2019. The mentors and ambassadors set up a table on Student Street to answer questions and they helped 157 students in the first 4 days.

THE ASSESSMENT CENTRE administered **2548 TESTS** and facilitated 463 tests.

THE INTERCULTURAL LEARNING TEAM provided **26 Exhibitions** and Presentations.

Student Affairs had **2171 student cases** with **8,522 contacts**.

Over 350 hands were signed from students, staff and faculty during the first year commemorating International Day Against Contract Cheating.

Early Alert (Sept 2019–April 2020)

In-person, scheduled student appointments: **164**

Student Drop-in appointments: **120**

Emails (sent or replied to): **800-1000**

Telephone Conversations: **150**

Staff and Faculty seeking support: **55**

Writing Centre Appointments **3755**

73 Presentations and Workshops delivered by WC Coordinator.

Supplemental Learning was extended to **4788 course registrants**, providing a total of 888 session hours. A total of **1447 (30%) participated**, logging a total of 5927 student/contact hours.

The Multi-Faith Chaplaincy provided **560 cookies and brownies** and served **600 hot chocolates** at the end of fall semester to offer nourishment and encouragement to weary students.

72 Employers registered, 150 employer representatives attended, and over **30 employment sectors** were represented at Job Fair 2020. **1450 students** attended Job Fair 2020.

PACE

The 'Pack Academic Edge study hall sessions were delivered across 282 hours, and attended by 1263 student athletes which is a 44% increase in attendance over the previous year...even with the last 4 sessions cancelled due to COVID-19!

- **139 hours** of one-to-one tutoring were provided by PACE Leaders, on the road or during the week, to their WolfPack teammates.
- **50 hours** of professional development leadership training was delivered to PACE Leaders.
- **78 hours** across 14 very early morning team leader meetings.



The Wellness Centre hosted **6235 individual appointments**, administered **534 workshops**, and consulted with or communicated with **5495 individuals**.

TRU STUDENT LIFE NAVIGATES COVID-19: SUPPORTS, STRATEGIES AND RESOURCES

Experiencing a crisis can exacerbate ongoing mental health concerns; stress can intensify anxiety, which can unravel into a downward spiral of obsessive thoughts about worst-case-scenarios. These experiences can activate our “fight, flight, freeze or fawn” response—which is when our nervous system automatically takes over and indicates how we should respond in terms of safety measures that range from people-pleasing to self-defence. Your emotional pendulum could swing

erratically from anxiety to anger, or you could feel numb or detached. No matter how you’re feeling, know that you aren’t alone; there’s a collective feeling of concern, uncertainty and change, but there’s also a sense of connection. Re-establish a sense of calm and balance through some careful planning, processing, and collaboration with a supportive network. Over time, these responses will become more manageable because of the increased use

and implementation of coping strategies and resources which will help you explore different avenues to learning, working and connecting.

- Access supports.
- Take care of your body.
- Develop a mental health plan.
- Press pause on news and social media.
- Stay in touch.
- Establish a routine.

[READ MORE](#)

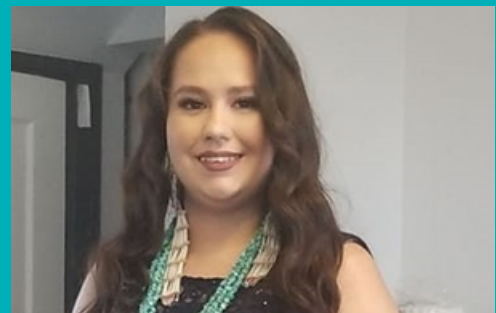
LEADERSHIP CONFERENCE

TRU’s third annual LEADership Conference took place on Saturday, Sept 28, 2019. This year event took students behind the scenes of leadership, with sessions by TRU staff, students, and community members. PACE Learning Strategist Eryn Barrett was the keynote speaker, with afternoon sessions by Writer & Storyteller Alicia Ashcroft and the SWAT Team. Other speakers include Acacia Pangilinan, Juanita Lindley and Payton Comazzetto.

PEER LEADER OF THE MONTH AWARD

The TRU Peer Leader of the Month Award recognizes one or two Peer Leader(s) per month from September to April of each academic year for contributions they have made to their mentees, peer leader group, the TRU community, and/or the broader Kamloops community. This award recognizes the diverse contributions made by peer leaders and rewards students who exemplify attributes such as passion, leadership, resilience, excellence, creativity, and empathy.

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Indigenous Student Mentor,
Elizabeth Spike, mentor of the month
in January 2020

SOCIALLY DISTANCED RAMADAN: 5 TIPS FOR A TRANSFORMATIVE EXPERIENCE



Learning Strategist Umme Mansoory

Alongside Ahmed Kafafi, Kamloops Islamic Association's representative at the Multi-Faith Chaplaincy, Learning Strategist Umme Mansoory recommends creative and thoughtful ways to maximize the holy month of Ramadan.

- Set a Routine.
- Connect with your Community – Virtually.
- Cut Back on Time-Wasters.
- Nourish and Stay Active.
- Share and Reflect.

Kafafi noted, "It's perfectly natural for Muslims to feel like they're missing out this Ramadan due to the absence of religious and community gatherings. Maintain spiritual motivation by remembering the immense reward that is promised for those who sincerely fast and worship during Ramadan, regardless of their setting."

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CARDS OF CONNECTION

Stephanie Tate wanted to give new students a boost of motivation as they navigate their first year. She found fresh graduates to share their wisdom and insight with the goal being to make new students feel connected at a time when the pressures of university begin to take a toll. At the 2019 fall convocation, 348 graduates wrote messages to new-to-TRU students, which were delivered during midterms to bolster morale.

Four themes emerged from the postcards:

- Bright future ahead: "You are in for such a fun, life-changing journey that will shape you into the person you'll become. I love TRU and I hope you will too."
- Perseverance is key: "There may be hard days, but honestly, those classes you nearly fail will become your greatest strengths later on (with some change in your approach)."
- Friendships matter: "Take the time to enjoy school - you'll meet some of your best friends here."
- Self-care rules: "Be gentle with yourself and ask for help when you need it."



Academic Integrity Learning Strategist
Stephanie Tate

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WRITING CENTRE UPDATES & NEWS

The Writing Centre was recently relocated and renovated, and is a cozy space for tutoring, working, or having a cup of tea and mindful moment.

In August 2019, Jenna Goddard started a tenure-track position as the Writing Centre Coordinator. Before receiving this promotion, Jenna had been coordinating activities in the Writing Centre for the past four years and teaching student success courses for the past six years. Cindy James, Chair, Counselling, Academic Supports & Assessment (CASA), said, "Needless to say, we are very fortunate to have such an innovative, inclusive, professional, enthusiastic and genuine person in this role." Jenna also received the TRU Faculty Excellence Award this year.



Writing Centre Coordinator
Jenna Goddard

OLYMPIC HOPEFUL VISITS PACE LEADERS

The PACE leaders wrapped up the fall semester with a visit from Tokyo 2020 Paralympic shot put hopeful, Greg Stewart. Greg sat down for an informal Q & A with the group and shared his recent experience at the Para-World Championship in Dubai. He reflected on what it was like growing up with disability. Born without a left hand and standing at 7'2" tall, Greg Stewart has many expectations and obstacles to overcome over his lifetime. A true multisport athlete, Greg played varsity basketball for TRU earning the 2011 CIS/USPORTS title of Canadian Defensive player of the year. Earlier this year, in just his second season in the discipline of shot put, he also travelled to Lima, Peru, to compete as a member of Team Canada at the Parapan American Games. Despite suffering a back injury just two days before leaving, Greg earned a silver medal for Canada.

PRODUCTIVITY HACKS FOR STAYING ON TRACK: RECIPES FOR A BETTER WORK/LIFE BALANCE

Accessibility Experiential Learning Co-ordinator Jennifer Mei offers ways to reframe productivity and provides tips and tricks for staying organized, managing time, and utilizing technology to its full assistive potential

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ACCESSIBILITY SERVICES BY THE NUMBERS 2019-2020

1,765

exams administered

3,003

students receiving monthly service

7,188

individual consultations

20,516

total communications

STUDENTS SHARE IMPACT OF ACADEMIC SUPPORTS

"I appreciate having a quiet place to put your head down and get your work done."

"This is the last course in my degree but the first time I have used the Writing Centre. I wish I had used it sooner."

"I decided to become a PACE leader to help me get out of my comfort zone and engage in the TRU community."

MIND THE GAP

Supporting the transition of high school students with diverse exceptionalities to TRU

The transition from high school to university can be a challenge, especially for students with diagnosed or undiagnosed diverse exceptionalities. Through the Mind the Gap project, students from SD73 experienced the many resources to help them continue their education at TRU.

Along with Counsellors and Certified Educational Assistants from their respective schools, there were 55 students from Kamloops, as well as outlying schools in Clearwater, Chase, Barriere, and Logan Lake.

The students were taken on a campus tour by TRU student ambassadors, and SD73 staff and students were provided with an overview of the supports and services available at TRU.

With funding available through this program, Accessibility Services provided some collaborative and educational opportunities for SD73 and TRU staff. In early October, the Mind the Gap project was presented at an SD73 event for Counsellors and LARTs, in which a summary discerning the difference between accessing accommodations and adaptations in high school compared to university was provided.

In late October, Accessibility Services hosted a presentation and lunch for TRU staff and SD73 counselors. The dialogue focused on ways to better support students with diverse exceptionalities as they transitioned to TRU.



SUPPLEMENTAL LEARNING

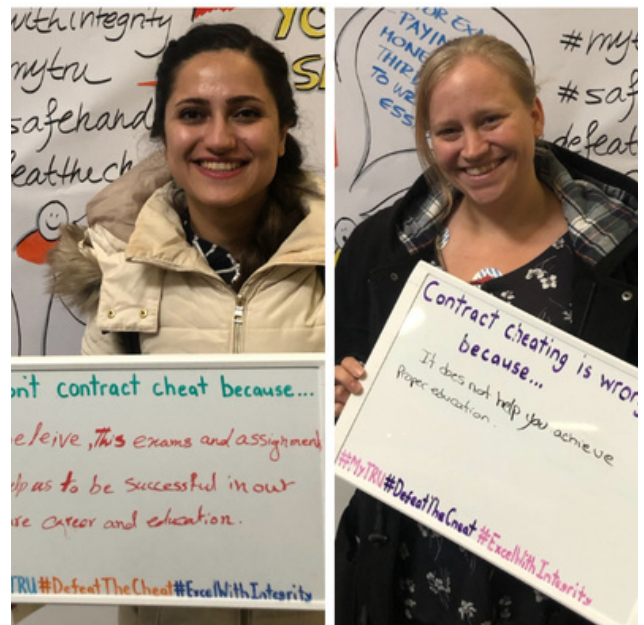


The SL Program, this year (with a delayed start for FA19, and the COVID19 disruption of WI20) supported Smaller teams of the experienced leaders provided additional support. SL Mentors help to train and support new leaders. Peer Academic Coaches (PAC) provide one-to-one student support with student challenges in a service that's a collaboration between SL and the Writing Centre. The whole SL team rose to the challenges of the last month of this term, in these exceptional and challenging times, to shift SL support to various on-line and distance-deliver platforms. They appear to have sustained or in a couple of cases, to have surpassed the levels of involvement they'd reached with face-to-face sessions and exam reviews. A remarkable achievement!!

INTERNATIONAL DAY AGAINST CONTRACT CHEATING

Take a stand against academic dishonesty on International Day Against Contract Cheating (and every other day!)

Acts of academic dishonesty in higher education will lead to serious consequences. There are many ways to maintain academic integrity - and there are plenty of services to support your learning journey. Stephanie Tate, Academic Integrity Learning Strategist, along with staff, faculty, and student leaders from Library Services, the Writing Centre, Orientation and Transitions, and Supplemental Learning invited students to take the pledge to stand up for academic integrity.



LIFE, GRIEF AND FEAR: HOW FAITH RESPONDS

Life, Grief and Fear: How Faith Responds took place on February 5. This event reflected on spirituality and its place in contemporary society. The panel discussion offered a variety of multi-faith perspectives, which included a question and answer period.



STUDENT MENTAL HEALTH NEWS

Dean of Students Christine Adam provided an overview of student mental health to the Board of Governors, noting that while mental health concerns are not a new issue for universities, what has changed is the prevalence and expectations surrounding support for mental health. Chris also detailed ways in which TRU is supporting students, including a near tripling in size of the Wellness Centre over time to accommodate student needs.



TRU Dean of Students Christine Adam, Student Wellness Ambassador Anna Horst and Acting Dean of Students Sara Wolfe inside the university's recently renovated Wellness Centre.
- Michael Potestio/KTW

WELLNESS CENTRE CELEBRATES RENOVATION WITH OPEN HOUSE



On January 22, the Wellness Centre hosted its long awaited and highly-anticipated Grand Opening. Wellness Centre Coordinator Chelsea Corsi, along with Wellness Centre Specialist Joy Demsey and the SWAT team, acknowledged that it took a village to make this space a reality.

“Creating this space has been quite a journey over the past 15 years. Before we moved to this Old Main location 5 years ago, the Wellness Centre was really just me and we had no space to host anyone,” Corsi reflected.

“Now, with this new and improved space, our Wellness Centre team is excited about what the future holds, so far we think it looks pretty bright.”

WHY Y-MINDS: A PARTICIPANT'S PERSPECTIVE

Student Services' Communications & Marketing WorkStudy student Ethan Panasiuk reflected on the power of the Y-Minds

Program: "Everybody was so supportive. Throughout the course, the counsellors shared many coping strategies and provided space to speak up. Counselors Sharon Munk and Susan Butland offered tips and techniques and were open to hearing new insights and information.

[READ MORE](#)



Ethan Panasiuk, Student Services' Communications & Marketing WorkStudy student

CONNECTING WITH A COUNSELLOR: PREPARING FOR A VIRTUAL APPOINTMENT

Accessing mental health supports can help clarify issues, establish a game plan and develop a tool kit of coping strategies. Counselling can shift perspectives, lighten grief, and leave you feeling calmer and more in control of your emotions.

One student shared: "my counsellor acknowledged that I was dealing with extraordinary circumstances and needed to allow myself some time and space to heal. They offered the gentle reminder that my feelings were temporary. That word was like a key that unlocked this forgotten strength and unearthed a sense of peace that I hadn't experienced in what felt like forever."

Whether you're preparing for your first counselling appointment or already attend sessions regularly, this list will help you visualize the virtual experience.

[READ MORE](#)



SEXUAL VIOLENCE PREVENTION AND RESPONSE SUPPORT GROUP

Thanks to additional staffing capacities, the Sexual Violence Prevention and Response team was able to offer a support group in the winter semester to female-identifying student-survivors. This closed group was 7 weeks long and provided emotional support, connection, and psychoeducation to 8 participants on topics including: common responses to sexualized violence and intimate partner violence, coping skills, boundaries, resistance, self care, and healthy relationships.



SEXUAL VIOLENCE PREVENTION AND RESPONSE: CULTURE OF RESPECT



Culture of Respect: A two-year prevention and response improvement initiative, Culture of Respect, launched at TRU in January 2019, and this work has continued over the course of the last year with an intended completion of December 2020. This initiative engages over 30 interdisciplinary stakeholders from across campus and community to form a Campus Leadership Team. Over the summer of 2019, the Campus Leadership Team identified 46 goals to work towards under six different pillars of

focus: Survivor Support, Clear Policies, Schoolwide Mobilization, Multitiered Education, and Public Disclosures. TRU is the first Canadian school to participate in this innovative program. This has been an incredible opportunity to share the work of SVPR amongst colleagues and move this important work forward in practical ways.

ENGAGE DIVERSITY: INTERCULTURAL LEARNING AT TRU

The completion of this video involved intercultural staff and faculty to organize, plan, engage in script writing, facilitate the participation of diverse campus constituents, and to address Indigenous students' concerns regarding the appropriative and colonizing nature of some TRU media release forms. The video was completed in time for main orientation and continues to garner views online.

[VIEW ONLINE VIDEO HERE](#)

EQUITY CIRCLE: BECOMING STRONG TEACHERS FOR RECONCILIATION.

In late 2019, Dr. Amie McLean was approached by an Indigenous colleague concerned about tensions between Indigenous and non-Indigenous cohorts of teacher candidates over equity supports provided to the Indigenous cohort. Dr. McLean engaged in consultations with Dean Airini, Nan Stevens, Roxane Letterlough, and Elder Trish about the issue. She was invited to co-facilitate a circle dialogue with Dean Airini to provide equity training, training in the TRC Calls to Action, and to engage in difficult conversations for reconciliation. Dr. McLean was singled out for explicit recognition for my contributions by Nan Stevens during a February meeting of the Senate International Affairs Committee. She also consulted on and participated in a follow-up equity circle on colonization in the Canadian education system lead by Roxane Letterlough and Elder Trish.

FINDING CONNECTIONS AT CPLUL'KW'TEN

Student Storyteller Theresa John explored the value of Cplul'kw'ten's Indigenous Mentor Program, where students can be matched with someone who has walked the path before and can act as a guide through their academic journey.

"Asking for help and helping others has had a great impact on my academic journey. I made new friends, got more from my classes and understood what services were available to help me succeed. After I got the hang of things, I found it was my responsibility to pay that

wisdom forward to new students. It's the cycle of mentorship, and why having a mentor is so important. Let's be honest: it's such a comfort to know that even the most seasoned experts were once the new kid on campus. Mentors can help build networks and accelerate your ability to navigate the institution and community in a way that is suitable to your daily routine.

Mentorship programs allow students to share their experiences and individual gifts; by promoting interrelationships on campus, you are building a community that can last a lifetime. Mathilda Chillihitzia, Indigenous Mentor and Community Coordinator said: "One thing that Cplul'kw'ten tries to achieve is creating a home away from home" where strangers become family, and roles are dynamic and fluid. It's a place to gather, connect and lift each other up in a way that builds meaningful relationships long after graduation."



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MOOSE HIDE CAMPAIGN



As part of Indigenous Awareness Week, the Moose Hide Campaign took place on Monday, February 24.

The day was spent fasting, reflecting, and intention setting to support the thousands of lives affected by violence. Started by a father-daughter team, the Moose Hide Campaign was designed to increase awareness on an ever-increasing number of violent incidences against Indigenous people, specifically women, and girls. Now a province-wide initiative, the Moose Hide Campaign will be commemorated on campus through the support of Indigenous Student Development, Indigenous Education,

number of violent incidences against Indigenous people, specifically women, and girls. Now a province-wide initiative, the Moose Hide Campaign will be commemorated on campus through the support of Indigenous Student Development, Indigenous Education, and a group of nursing practicum students. Everyone involved shares the same goal: to help end violence against women and children and to support healthy concepts of masculinity.

REMEMBERING ELDER ESTELLA PATRICK MOLLER

Elder Estella Patrick Moller, who was an ever-present voice of wisdom and welcome on TRU's Kamloops campus for generations of Indigenous students and our whole community, passed away this year. After many conversations with those closest to her, President Brett Fairbairn shared these words: "Spiritual, inspirational and wise, Elder Estella loved her work as a TRU Elder in the House and revelled in students' successes. An Elder of the Nak'azdli Band of the Carrier Nation, she shared guidance and teaching with Indigenous students at Cplul'kw'ten and in the Knowledge Makers program, gave blessings at countless convocation ceremonies and other TRU events, and advised on various research projects. Elder Estella had an infectious warmth and energy that allowed her to connect with anyone. She shared her own struggles and experiences—in one of her first conversations with me, she impressed on me the gravity of what happened in residential schools - but her main focus was always on others, giving them encouragement and guidance.



Estella would say, take time to feel your feet on Mother Earth and be reminded to be respectful to all the things the Earth provides to us—animals, plants, air, medicine, water, mountains, and other important gifts. She would ask us to take a big breath and feel the air fill the lungs, and appreciate the joy of life. Finally, she would ask everyone to think before you speak, because words are to heal, not to harm. Her voice will be deeply missed."



TRU Student Life Storyteller
Nicole Stanchfield

QUEERNESS ON AND OFF THE COURT: WOLFPACK TAKES PRIDE IN YOU CAN PLAY

On January 24, the TRU WolfPack hosted an evening in alignment with the You Can Play project, which works towards ensuring that LGBTQ2S+ athletes feel safe, supported and respected supported on and off the field. Student Storyteller and Kamloops Pride President Nicole Stanchfield attended this event and later reflected on the experience. “Events like this can heighten a sense of belonging, which is crucial to a healthy student life, and of course, that connectedness should expand into all aspects of our lives. Gender and sexualorientation has been an axel of marginalization within the world of sports for a long time, and initiatives such as the You Can Play is crucial instrument for change and a testament to all the work being done on all sides to create saf(er) spaces for all. I know many people that came that night specifically because it was an inclusive space.”

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LGBTQ2S+

Safety, inclusion and accessibility is a priority for all students. TRU is working towards advocacy and anti-discrimination efforts for the LGBTQ2S+ community on campus and beyond. No matter how you identify in regards to the gender identity or sexuality spectrum - which includes lesbian, gay, bisexual, trans, queer/questioning and two-spirit (LGBTQ2S+) individuals - whether you are questioning, curious, coming out or letting someone in – Student Services can offer a space for support, discussion and reflection.

The TransFocus Survey collected perspectives, experiences, ideas regarding gender diversity at TRU, and covered on a range of topics, including gendered aspects of washrooms, change rooms, communications, programs, gender categories, and culture to make them more inclusive of gender diversity. The survey was conducted by a third-party, TransFocus Consulting, which led to a set of recommendations that TransFocus assembled to ensure greater diversity and inclusion for transgender, non-binary, and Two Spirit folks.

ALLYSHIP OF THE LGBTQ2S+ COMMUNITY

Being an ally of the LGBTQ2S+ community requires action, visibility and reflection. Allyship is an ongoing work in progress - and it's an inside job.

- Recognize your privileges and internalized biases
- Acknowledge the intersectional aspects of race, class and religion
- Question or call out homophobic rhetoric, commentary and humour
- Avoid assumptions about sexual or gender identity
- Ask which pronoun someone would prefer
- Never out someone
- Resist the urge to encourage an individual to come out before they are ready as there might be internal and external factors that you don't understand
- Use gender inclusive terms
- Study LGBTQ2S+ history before attending Pride events as understanding context is essential when you are a guest in queer spaces

Safety, inclusion and accessibility is a priority for all students. TRU is working towards advocacy and anti-discrimination efforts for the LGBTQ2S+ community on campus and beyond.



CAREER AND EXPERIENTIAL LEARNING NETS NATIONAL AWARD

Members of TRU's Career and Experiential Learning (CEL) department have earned national recognition for their work and leadership in growing career education. The team was recognized in May with the Educational Institution Recognition Award from the Canadian Association of Career Educators and Employers (CACEE).

A colleague at McGill University submitted the nomination and notes TRU's active presence and consistent leadership from CEL Chair Shawn Read and CEL Career Counsellor



Larry Iles led to the award: "TRU's involvement with CACEE skyrocketed when Shawn Read joined CACEE's national board. TRU has supported Shawn Read not only as national board director for a number of years but also as a CACEE president who had to make some very hard decisions to ensure the future of CACEE as an organization. TRU [has] been active leading CanWest over the years and creating a CACEE BC branch that has offered in-person professional development, webinars and has collaborated with affiliates for events. TRU's commitment to CACEE continues with Larry Iles as the current chair of CanWest." Read commended Iles for his work in organizing professional development for CEL educators in Western Canada and his work teaching one of the five modules as part of the Career Educator Certificate that is offered across the country.

Read is particularly proud of CEL's ability to link students with local organizations, like the United Way, BCLC, Royal Bank and KPMG. These partnerships allow students to give back to the community and gain work experience. CEL's commitment to getting students into career services early is one of the many things they strive do differently. "We want to develop experiential learning from year one and continue it all the way to graduation. We want students to be aware of and engage with all the possibilities right away and not wait until their final semester," Read said. Dean of Students Christine Adam is pleased the CEL team is being recognized for its efforts. "Our colleagues are being acknowledged on the national stage for their contributions to the field. To learn that these professionals are as valued by their national colleagues as they are here at home is wonderful," Adam said.

CAREER CLOSET A FASHION LENDING LIBRARY FOR STUDENTS IN NEED

As a pre-cursor to the 20th annual Job Fair, Career and Experiential Learning hosted a fashion show to introduce the Career Closet, a fashion lending library. WorkStudy Student Meaghan Brown supported the event, organized and tracked the clothes, arranged the fittings, and developing the spreadsheets.

Event hosts Alicia Ashcroft and James Matthews offered tips on tailoring and styling during the show, and later provided one-on-one consults. Student Storyteller and long-time hairstylist Nicole Stanchfield provided consultations about hair, makeup, skincare, and hygiene. Roxy Heinen also supported the event, with Lisa Novak snapping LinkedIn headshots.

Career Counselor Larry Iles noted, "The students were so engaged. I saw someone working with Alicia, and the student was beaming after trying on some clothes. You could see the confidence in her eyes."



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LOOKING AHEAD TO AN UNCERTAIN FUTURE

It has been an honour to lead and support the FSD team over the past few months and during COVID. I am continually impressed by the care, passion, dedication, and relentless hard work that all demonstrate. I have learned so much through this experience and thank everyone for the support shown to me and the whole TRU community. This has been both a difficult and remarkable time!

With every challenge, there are opportunities. COVID has brought this to light for all of us. Moving to working from home in a virtual environment has helped everyone to rethink how we do things. Looking ahead, it is exciting to think of a post-COVID working environment and how things could be done differently. Grace and kindness have led us through these unprecedented times in a good way, and I hope this will continue into the future. Thank you for taking the time to read some of FSD's highlights during an unusual year!

Be well and with care,
Sara

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