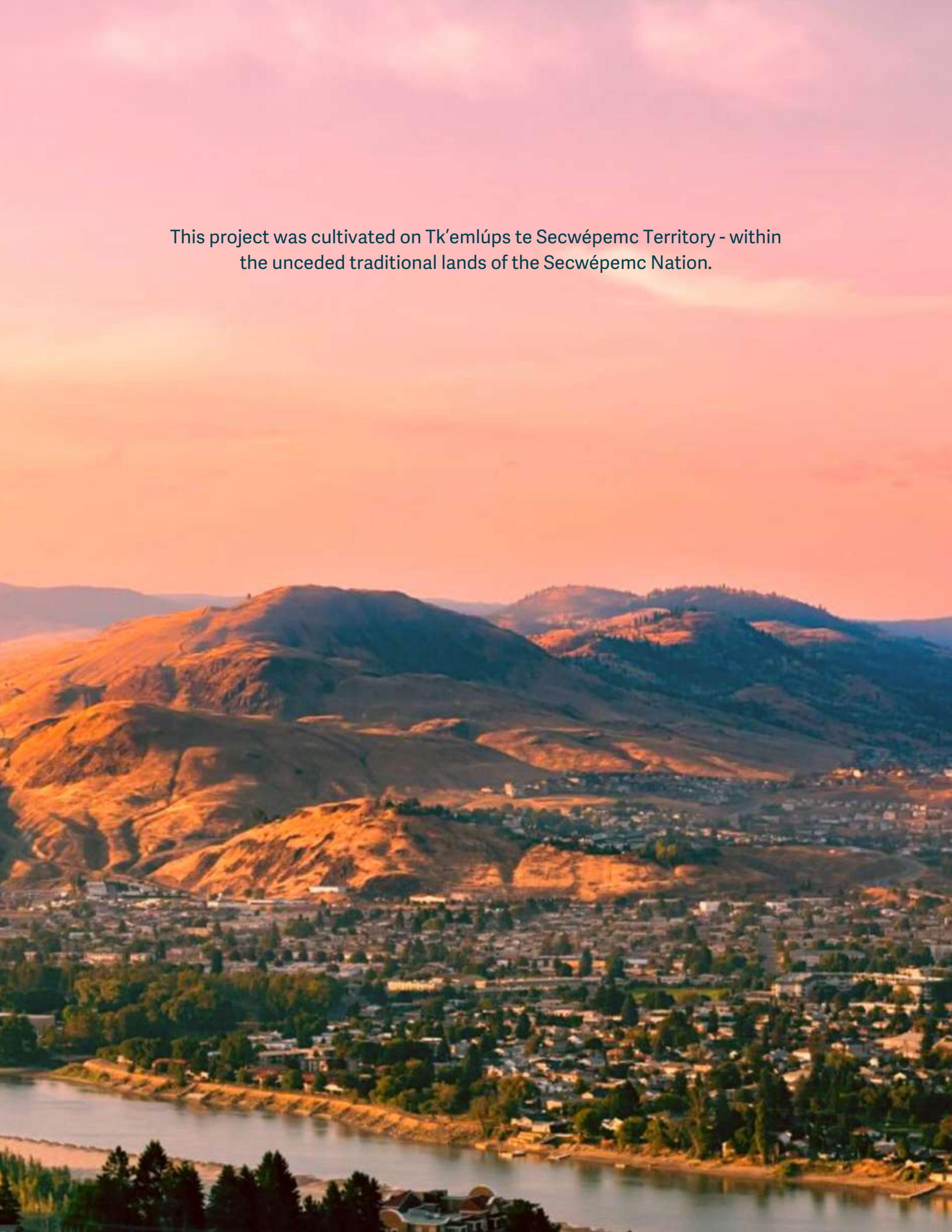
ANNUAL REPORT

2021 – 2022

THOMPSON RIVERS UNIVERSITY | Faculty of Student Development

This project was cultivated on Tk'emlúps te Secwépemc Territory - within the unceded traditional lands of the Secwépemc Nation.



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About This Report

Covering the period from May 1, 2021, to April 30, 2022, the Annual Report reflects on the challenges and achievements experienced by the Faculty of Student Development as the team supported students and colleagues throughout the pandemic and the return to campus.

This report is available in print form; you can access a digital version complete with hyperlinked text throughout the document for additional reading, videos and social media content.

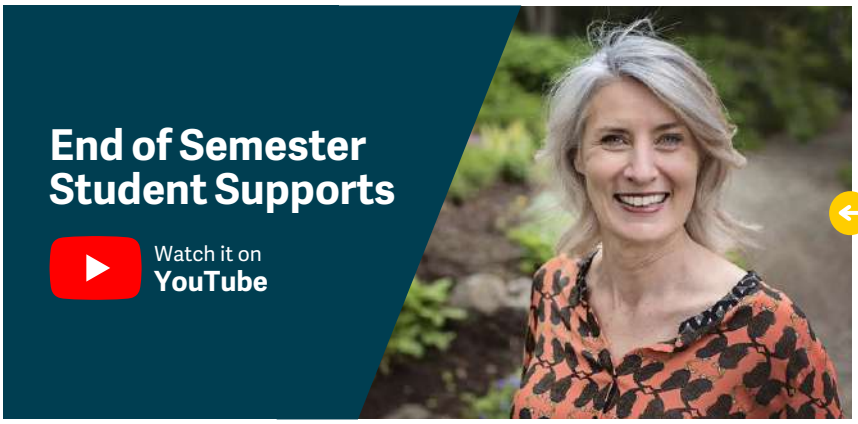
FROM THE AVP'S OFFICE

Christine Adam
Associate Vice-President
Students & Dean, FSD

Another year under our belts. The work represented in this annual report is a testament to the commitment of the entire Student Development team. We are privileged to do the work we do with and for students, but let's be honest: it's also really hard some times. For many of us, this year was harder than usual. We came back to campus after more than a year away. Many of us had not even met each other face-to-face prior to late summer 2021. We faced anxiety and excitement at the prospect of being back in face-to-face contact with each other and the students we support.

Thank you all for showing up on those days when you were truly "done." You made sure students had supports in place both online and in person. Sometimes just figuring out "where" students were (online or in person) was incredibly confusing. You worked with students that had graduated high school during COVID and started their first year of post-secondary online. Students you supported for years graduated from TRU in online ceremonies, and you weren't there in person to celebrate with them.

We'll take a lot of lessons into 2022-23 with us. I know that the need for gratitude is one lesson that I will carry into my future work with students and colleagues.



In this video, Adam encouraged the use of campus and community resources, so students could balance their academic affairs with their personal well-being and that of family and others during the natural disasters in the region.

FROM THE ASST. DEAN'S OFFICE

In Student Development, we encourage taking a strengths-based approach when working with students and each other. In doing so, we provide members with access to the Gallup Strengths Finder Assessment. Through this assessment, individuals can reflect on what talents emerged and how these attributes can be applied to their work. We also like to share these with each other to help build connections, collaborations and synergies - everyone's strengths have been printed and posted outside office doors or workstations.

I was fortunate to take Gallup's Successful Strengths Coaching courses in March 2020 and 2021 and receive two coaching certifications. I have also facilitated nine group sessions with students and staff across FSD since September 2021. For me, using strengths has been a way to identify what each person brings to a team and how we can work well together towards a shared goal or project.

If you are interested in discovering more about your talents and strengths, my door is always open for a group or individual debrief. Perhaps it is the Positivity strength in my top 10 that has attracted me to this assessment or even the Learner or Connectedness! Either way, I am always here to support and connect.

Sara Wolfe
Executive Director - Student Development and Assistant Dean, FSD

Sara's Top 5 Strengths

1. Learner
2. Individualization
3. Strategic
4. Achiever
5. Connectedness

The Strengths Finder exercises helped me understand my team members better. It also taught me how to collaborate effectively in a way that highlights all our strengths. But, most importantly, it provided insights on how to maximize those strengths while building on some of the areas I'd like to develop more.

– Amna Qazi, Intercultural Storyteller

BY THE NUMBERS

Early Alert

365
students consulted

265
faculty / advising / staff referrals

100
self-referrals

5,091
emails total

100
calls total

9
presentations
in Fall 2021

Busiest months!

Jan 2022
73 appointments

Oct 2021
70 appointments

2,049
total views of Early Alert Student Life reel

Career & Experiential Learning

Funding Received

Shawn Read

$80,000
in WIL funding to hire students in WIL and EL activities in Winter 2021

+

$150,000
provincial funding for an Indigenous EL Coordinator and Employer Liaison Coordinator

Jenn Mei

$5,800
iHub funding for computer science students working on the Deep Map in 2021

Jamie Noakes

$215,600
for co-op positions and project-based student work at TRU

Larry Iles

$79,600
for community projects and an EL badging project

5
Career Ambassadors
promoted CEL services throughout the year

Assessment Centre

15,630+
emails, phone calls, and walk-ins

1,288
exams administered

526
exams facilitated

Student Services

3,025
total counselling appointments

402 in November
381 in March

Busiest months!

13,794
emails received

+

21,353
drop-ins welcomed

+

7,335
calls answered

=

42,482
total interactions

Writing Centre

66
presentations & workshops by Jenna Goddard

Mentorship & Leadership

42
Peer Mentors
new & returning who attended **2 days** of training in September 2021

BY THE NUMBERS

Wellness Centre

1,632 total number of visitors

31 events in total

1,763 total event attendees

Breathwork

11 Fall sessions
Oct – Dec 2021

20 Winter sessions
Jan – May 2022

Mindfulness Meditation

13 Total sessions
Jan 11 – Apr 12, 2022

Multi-Faith Chaplaincy

Day of Peace
September 21

140
mini cupcakes handed out

Tabling
September

300
students attended

Last Day of Class Celebration
April & December

800 + 400
cookies + bottles of milk provided

Student Storytellers

2 WorkStudy students

2 Riipen funded

4 Storytellers

71
total reels

9,236
highest views of a student-led reel

Academic Advising

Spanning from January 4 – January 21

1,800 in-person **interactions** + **1,800** **email** responses =

3,600

255
The average number of emails, drop-ins and in-person appointments per day

900 kiosk interactions

January 10
The busiest day, with **255 students** connecting with advisors

IN THE COMMUNITY

This dialogue provided an opportunity to hear from a panel of campus and community members with lived and work-related experience with substance use and addiction.

Panelists included:

Doe Thomas	Tk'emlúps te Secwépemc Elder, mother, advocate, retired mental health and substance use professional
Troylana Manson	Mother, advocate, retired teacher
Paige Schacher	TRU student, Student Wellness Ambassador Team (SWAT) Leader
Susan Taber	Overdose Prevention Nurse, Interior Health
Jeff Conners	Tobacco Reduction Coordinator, Interior Health, men's health advocate, counsellor
Andrea Brassard	TRU Indigenous Counsellor, mental health and substance use practitioner

CEL and Tourism Kamloops co-hosted this career fair on April 5. Students seeking summer employment engaged with employers and discovered all the opportunities in the region.

Wellness in Words

The Wellness Centre participated in "Wellness in Words," an interactive virtual workshop that used the power of poetry and film to unite folks in community, connection, and conversation around topics that explore the intersection of mental health and hope.

Desert Hills Food Drive a Smashing (and Speedy) Success

In partnership with Desert Hills Ranch, Career & Experiential Learning gave away free bags of produce to students. Career Services Coordinator Tara Bond, one of the event organizers, said that CEL distributed **1,840 pounds** of produce in just **21 minutes** (and only **6 minutes** after the event officially began)!

IN THE COMMUNITY

Faculty Collaboration Earns Social and Community Development Grant

Chelsea Corsi, Senior Wellness Coordinator Counselling, Academic Support and Assessment (CASA) and Tanya Pawliuk, Associate Teaching Professor School of Social Work & Human Service Faculty of Education and Social Work were the recipients of the 2022 Social and Community Development Grant. This funding supports the further implementation of the Consent Café initiative, which provides activity-based consent and sexualized violence prevention education to youth and young adults in the Kamloops region. The Consent Café is an adaptation of the TRU Consent Tea developed in 2015 by the Wellness Centre and ensures youth have the benefit of consent-based education before they transition to post-secondary.

Gendered violence remains a significant issue across Canada. The Consent Café provides the community with an opportunity to assume a leadership role in educating youth about consent, sexual health, and sexualized violence prevention. In turn, this will enhance their knowledge, skills, and comfort with speaking about complex topics and accessing resources and support when needed.

A safe space for learning

The first-ever Consent Café was facilitated by the Wellness Centre, Sexualized Violence Prevention and Response, Human Service (HUMS), as well as community partners such as Kamloops Sexual Assault Counselling Centre (KSACC) and School District 73. As a result, **86 students** at Kamloops School of the Arts (KSA) participated on May 27 and 28, 2021. Since the inaugural launch, there have been five gatherings.

STUDENT SUCCESS

Star co-op students discuss campus supports

When there is so much talent to choose from, it's not a surprise that there were two winners of the 2021 TRU Co-op Students of the Year Award. Narshvin Doorganah and Katelyn Zubak shared their stories of how Career & Experiential Learning helped them carve out their professional pathway.

"IT'S NOT JUST ABOUT ME – MY FRIENDS, FAMILY AND CEL CONTRIBUTED TO THIS SUCCESS."

– Narshvin Doorganah

Zubak, also a Career Ambassador, was named **TRU Gaglardi Valedictorian**!

Student wins scholarship for Indigenous women in STEM

This math was easy for TRU scholar Sophie Collins: She was one of 15 women each awarded $10,000 for the Women in Technology/Indigenous Women in Technology Scholarships from the Irving K. Barber British Columbia Scholarship Society. Collins is the only student to win the Indigenous Women in STEM Scholarship.

Sophie Collins

"I got to experience and immerse myself in the culture, it was a very unique opportunity."

STUDENT SUCCESS

Celebrating Peer-to-Peer Support Systems

The TRU Peer Leader of the Month Award recognizes students for their diverse contributions to their mentees, peer leader groups, and the broader TRU and Kamloops community.

Fall 2021

Orientation and Transitions Student Mentor

Emily Fagg was an eager and helpful mentor and enthusiastic participant at Speed Friending and the Orientation welcome booth and transitions tabling.

PACE Leader

Katie Ludvig was an enthusiastic leader, a dedicated athlete, an exceptional student and an engaged community volunteer. She leads by example, always with a smile on her face - on and off the court!

Ludvig, set to graduate in 2022, was also the Cliff Neufeld Leadership award winner and received the U SPORTS Academic All-Canadian for her 3.5+ GPA.

Student Storyteller

Dea DiGiovanni was enthusiastic, organized, bright, thoughtful, and engaged. She has been instrumental in helping form a healthy bond within the team of seven students. Dea is an avid learner, inspiring others to do the same. Her energy is infectious, and she's a joy to work with.

Winter 2022

Supplemental Learning Leader

Loghan Eskritt stood out for her enthusiasm; she was unfailingly cheerful and creative, whether facilitating sessions, mentoring a new leader or jumping in wherever she was needed.

Peer Academic Coach

Juliana Hermiston, in her quiet way, made such impressive contributions over the past year. In addition to her other roles and her own research and studies, Juliana supported two classes of physics students, and led with generosity of spirit and creative approaches.

Student Wellness Ambassador & Marketing Assistant

Hanna Conradi was an incredibly patient, compassionate, and committed individual. Whether making reels, planning a clothing swap, facilitating naloxone training, or offering a warm welcome, Hanna's dedication to making TRU a safer and more accessible space truly exemplifies her courage, bravery and commitment.

Writing Centre Tutor

Julye-Anne Mckenny has been an invaluable member of the Writing Centre Tutor team since October 2019. Whether Julye-Anne is connecting with students or colleagues, she is recognized for her resilience, empathy and outstanding ability to connect with others.

STUDENT SUCCESS

This award honours TRU student leaders who have made outstanding contributions to TRU, their communities and society-at-large.

2022 Neil Russell Student Leadership Award

Nominated by faculty members Jenna Goddard and Elizabeth Templeman, Michael Harrington was recognized for his passion and enthusiasm for learning, mentoring and the law. He is committed to helping those around him succeed by creating cohesive and equitable communities that share in the joy of learning. Through this, Michael has made significant contributions to his work as a Writing Centre tutor, peer academic coach, Cplul'kw'ten volunteer, and a law faculty tutor. As a mature student in law school, Harrington reflected on the "broader prism" of perspective regarding his service work and volunteer roles.

These roles helped get me through the year. Assisting other people boosted my mental health. The rewards are plentiful if you can manage time, energy, and effort. I'm growing into the person I wanted to be, and the opportunities provided by TRU helped make that possible. - Michael Harrington

Anton Napolitano won the TRU Wolfpack Director's Award

A valued member of the WolfPack family for **6** years, and a PACE leader for **4**, Napolitano (Men's Volleyball) has been one of the top ambassadors. He has retired from the program to focus on the final year of his Master of Education program.

PACE Leader **Jan Pirretas-Glasmacher** (Men's Soccer) won the TRU Sports Task Force Male Athlete of the Year for demonstrating outstanding athletic performance throughout the year.

PACE Leader **Richard Mageto** (Men's Basketball) won the TRU Cliff Neufeld Leadership Male Athlete of the Year Award for exemplifying a combination of excellence in the classroom, in the community as well as on their athletic team) and the U SPORTS Academic All-Canadian for a 3.5+GPA average.

STUDENT LIFE

Academic Advising • Orientation & Transitions • Mentorship & Leadership • Communications, Storytelling & Events • Student Affairs • Early Alert

Academic Advising

Shared Goal of Student Success

Celebrating the transition of Academic Advising to the Faculty of Student Development, Charlene Munro, Supervisor, said that the team shared a "wonderful morning" in February 2022 with a fun and informal awards ceremony that a team member inspired.

To truly recognize each person was special; they all work so hard. I love working with a team that values advising and supporting students. We check in with each other, care about what's happening in each other's lives, and take time to laugh when things get too heavy. I am truly grateful to work with this fantastic group of committed professionals who work together for the same purpose - student success! I am very proud of this team.

Charlene Munro
Supervisor

WE ADVISE. YOU DECIDE.

Academic Advisors assist with the course planning process for students who have been accepted into an academic program.

The January 2022 intake was I've experienced. The sheer volume of inquiries, appointments, pan-campus collaborations, and outside-the-box thinking is phenomenal, especially when you consider that this amount of work is happening as we tackled the uncertainties of COVID. The Advising team maneuvered through this time with grace, care, a student-centered approach and integrity. They continue to impress.

Sara Wolfe
Executive Director - Student Development and Assistant Dean, FSD

Orientation & Transitions

Supporting Social Engagement

TRU's Clues was a competitive event that took students around the whole campus collecting clues and completing challenges with opportunities to make friends and collect prizes.

Snap that Pic was a photo scavenger hunt that students could complete from anywhere around the world by collecting all the photos on the checklist and sharing the best pics to win prizes.

Draw and Destress was a simple, instructor-led virtual art exercise where all students needed was two pieces of paper and the drawing instrument of their choice.

Learn, Emerge, Amplify and Develop

TRU LEADership Conference started in September and ran for four weeks with online and in-person cohorts. This series encouraged aspiring and active student leaders to explore their knowledge, skills and values as they relate to leadership. In October, there were numerous peer mentor-focused sessions on improving study skills, interpersonal communication, suicide prevention, intercultural competency and professional development.

Speed Friending

5 total sessions hosted

276 students attended

The Orientation Mixer

84 participants in total

Highest attendance!

Orientation mentors and ambassadors provided just-in-time information to an average of **50+ students** each week during tabling sessions.

Orientation & Transitions

Steps Towards Success Series

Students learned practical skills that could be applied to academic life, boost wellbeing, and help them to feel empowered to succeed.

Time Management: Early Alert Learning Strategist Karen Nichols shared strategies on how to prevent procrastination.

Note Taking: Writing Centre Coordinator Jenna Goddard provided tips for note taking, study skills and exam prep.

Self Care and Wellness: Counsellor Shyann Vosper helped students develop tools to manage stress and self care.

New-to-TRU Student Explores O&T Guides

Starting university can be stressful; TRU's Student Survival Guide helps students prepare, visualize, and develop an action plan to navigate the first weeks of student life. The guide provides an overview of everything a new-to-TRU student needs to know—which is a lot. At first, Lauren Keller found the guide a bit overwhelming, so she asked Payton Comazzetto, Learning Strategist – Orientation and Transition, to provide a quick virtual tour of the site. By the end of their conversation, Lauren understood that this guide was something to return to, not memorize for the first day. Reviewing it in advance will help make orientation less of an overload of brand-new information on day one.

Offering a step-by-step approach to student life in September and beyond, the guide's interactive content explains everything from the supports and services, to clubs and activities, to parking and transportation. Various activities correspond to the videos and information within each section. There's also a map to view different locations around campus, such as points of interest, food and drink, and student supports and services. The guide also explains where students can use their campus card, information about academic success, and how to get a mentor.

Mentorship & Leadership

The Student Life Office organizes and plans training components for peer mentors to learn, grow and collaborate.

The team hosts the TRU Student LEADership Conference and the Steps Towards Success Series for students to enhance their academic skill set.

Why Mentorship Matters

Student Storyteller Lauren Keller reported on her orientation and transition experience throughout the year. She wrote a blog on the benefits of mentorship and what mentors can offer.

> *"A mentor has survived the new-to-TRU experience, so they can provide advice on navigating all the intricacies of student life, which will make your experience here far less stressful. A mentor can also share insights on how to excel in your classes, including tips on note-taking, studying, or exam prep. It can be a challenge to balance academics with your social life, but a mentor can help you talk things out and make sense of your next steps in real time."*

LEADership Live: Mentorship at TRU

Peer mentors Kayla Sanford and Nicolás Bosworth were joined by TRU's New Student Storyteller Lauren Keller to talk about mentorship on campus!

19 peer leadership groups

Student Life had

6 Mentors

2 Ambassadors

8 group types

- Advisors
- Ambassadors
- Associates
- Buddies
- Leaders
- Mentors
- Storytellers
- Tutors

Mentorship & Leadership

Celebrating Peer Mentorship

As the academic year wrapped up, 45 students and 15 coordinators gathered for the in-person Peer Mentor Lunch, which included a photo booth and an uproarious game of Family Feud.

It's been wonderful to get together and celebrate these exceptional mentorship groups. Over the past year, approximately **152** *mentors from* **22** *groups provided peer-to-peer support and programming. Whether working one-to-one to smooth out the transition into university life, contributing to TRU Student Life Instagram, promoting holistic well-being or helping students prep for exam season - groups like Indigenous Mentors, Supplemental Learning Leaders, Writing Centre Tutors, Wellness Ambassadors, Student Storytellers, among many others - work hard to support students and share their wealth of knowledge and skills.*

Sydney LaMarsh
Learning Strategist

Peer Mentor Extravaganza

This student leadership fair showcased how being a peer mentor, leader, ambassador, tutor, academic coach or storyteller could help students make the most of student life.

Communications, Storytelling & Events

This team provides student-centered, accessible, concise, relevant, timely, authentic, and responsive information that raises awareness of services and the student experience.

Digital Media Support

WorkStudy student Robin Eccleston behind the scenes at a FSD CUPE meeting.

Kamloops Film Festival

TRU Student Life promoted a volunteer drive for #KFF2022 to encourage students to build experience and engage in cultural offerings in the community.

Student Storytellers in the Media

New-to-TRU Storyteller **Lauren Keller** was recently interviewed by Macleans Magazine for tips on ways to cut costs as a university student. Check out her comments in tip number 1: Start with the big picture.

In this blog from Kamloops BC Now, **Dea DiGiovanni**, **Sophie Collins** and **Katelyn Zubak**, reflect on how their co-op coordinators helped from start to finish by providing feedback, brainstorming strategies, offering insights and staying in touch to make sure everything was going well.

Ken Steele, Canada's best-known higher ed futurist, mentioned Intercultural Storyteller **Amna Qazi** in a blog post. Steele referred to the 7-point checklist that Amna wrote in collaboration with Intercultural Education and Accessibility Services to help folks ensure their Halloween costumes weren't racist, sexist, transphobic, devalues traditional regalia, or perpetuating harmful stereotypes.

Communications, Storytelling & Events

What's on at TRU

Alicia Ashcroft and Jessi Guercio hosted weekly live sessions on TRU's official Instagram account to promote various supports, services and special events.

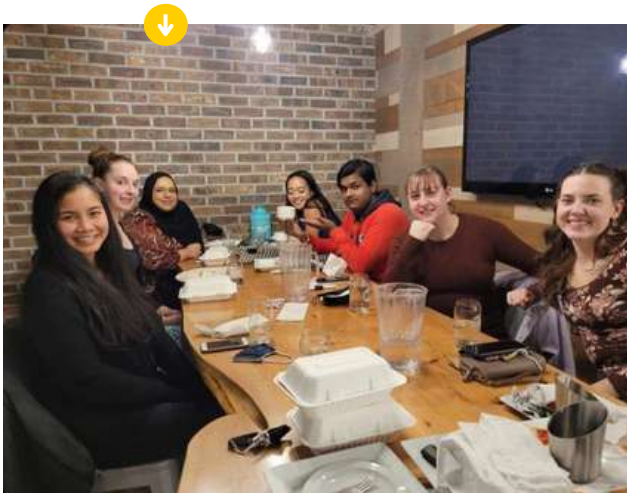
32
number of IG lives

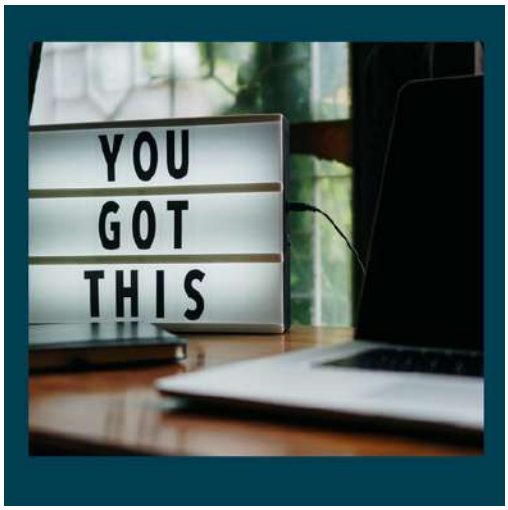
27,381
total views

2,004
highest views, **March 16** episode

Student Storyteller Squad

Writer & Storyteller Alicia Ashcroft leads the Student Storytellers Squad, a team of new-to-TRU, current and nearly-graduated students.





You Got This! Podcast

Alicia Ashcroft, Sarah Walz, Jenna Goddard, Robbi Davey, Pamela Fry, Noah Arney, Chelsea Corsi Kayla Sanford and Kyra Garson all took turns chatting with host Brenna Clarke Gray.

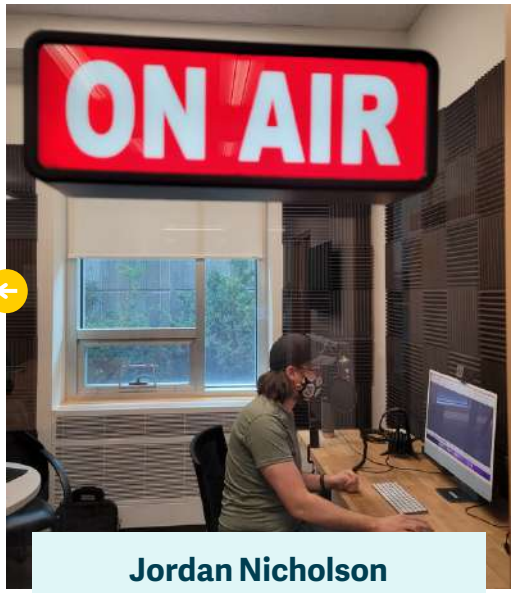
> ALICIA CARES DEEPLY FOR HER STUDENTS AND WANTS TO SUPPORT EACH STUDENT'S INDIVIDUALIZED PATHWAY AND GROWTH.
>
> — Student Storyteller Survey Response

15
hybrid/virtual events supported

182
videos produced

14
departmental collaborations

9
presentations recorded



Jordan Nicholson
Digital Media Producer

Student Affairs

The Office of Student Affairs (OSA) assists the university community in navigating institutional processes and policies while connecting individuals to available support systems. The service is responsive to the needs of individuals and their identities with holistic options for all TRU students, staff, faculty and administration.

2,924
students supported

11,919
contacts with case managers

525
Academic Integrity cases & resulting contacts

The number of visits and contacts have been positively reduced during the return to campus.

A growing trend in mental health awareness was catalyzed by COVID-19, making it easier for individuals to approach Student Affairs to get the help they need.

The OSA partners with counselling, international student services, residence services, campus security, the Office of Safety and emergency services to support students.

While in-person student and staff appointments became available, the OSA continued to offer virtual meetings to increase access for busy students.

The Care Team

This collaborative interdisciplinary team of campus members meets weekly to identify proactive ways to support students exhibiting at-risk behaviours. One can submit referrals to and receive support from the Care Team.

Professional Development

The OSA team participated in various courses and workshops throughout the year, including Anti-Racism Education, Trauma Informed Care, Restorative Justice and Empathy Awareness training. April's FSD Professional Development day encouraged team building and increased campus knowledge, helping team members make connections to improve service delivery to students.

Student Affairs

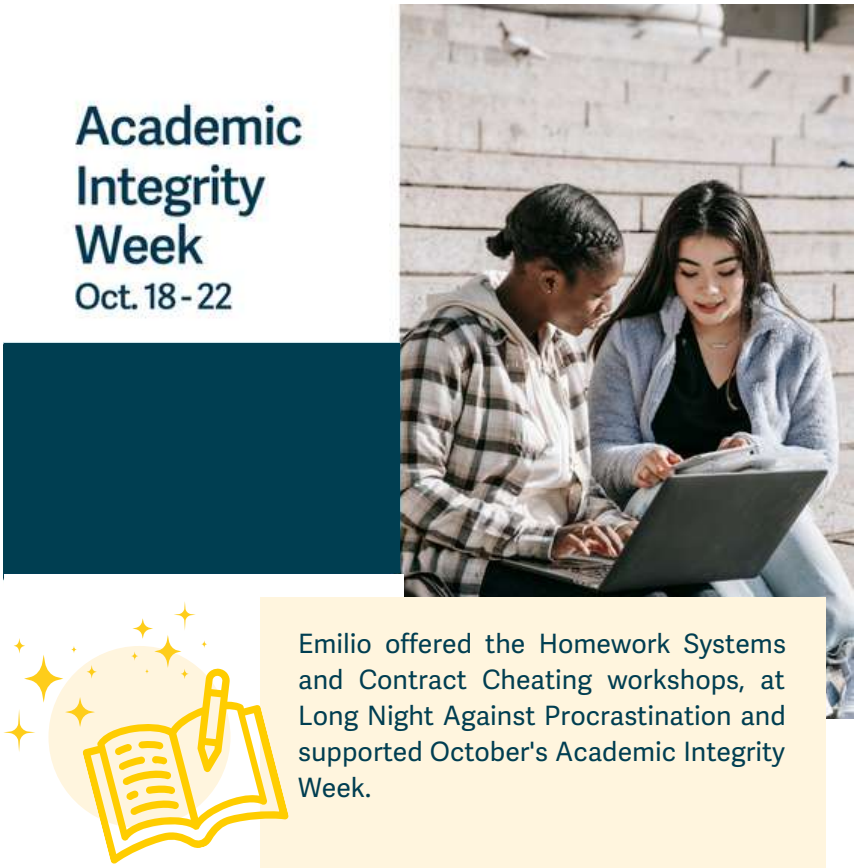
Academic Integrity Committee

Academic Integrity Committee (AIC) acts as an impartial adjudicator and administers the Academic Integrity Policy by determining resolutions or sanctions on cases. The Director of Student Affairs reports annually to give the institution an overall picture of academic integrity at TRU.

The AIC Application project, a collaboration between Student Affairs and IT, will allow instructors to report, track and follow up with cases online.

The **Student Academic Integrity Policy (ED 5-0)** sets the honesty standard for TRU students.

Since the successful onboarding of new staff at the end of 2021, the wait time to hear Academic Integrity cases has shortened considerably. Online meetings are also improving timelines for cases awaiting resolution.



Emilio offered the Homework Systems and Contract Cheating workshops, at Long Night Against Procrastination and supported October's Academic Integrity Week.

How to Survive Group Work with Integrity

WorkStudy student Robin Eccleston and Student Storyteller Dea DiGiovanni reported on navigating the often dreaded group project - from the first meeting to the assignment completion - with the help of a Learning Strategist.

Every student is responsible. If you are involved in a group project, and one of your group members decides to plagiarize or cheat for their section of the assignment, all group members could have an Academic Integrity allegation against them. Remember – cheating affects everyone in the group.

Emilio Porco
Academic Integrity Learning Strategist

Early Alert

After an Early Alert appointment, Student Storyteller Mithran Akattutu reported on his experience with this academic safety net. The sooner a student connects with Early Alert, the more time they'll have to improve their academic performance and complete their course or program.

Main concerns:

- Most students (80% or more) that EA supported struggled with their mental health, which impacted their academic success.
- International and domestic students reported feeling alone, isolated, and struggled to make friends even when back on campus.
- Loneliness caused an increase in depression-like symptoms and anxiety, making it difficult to attend class and complete schoolwork.

"Sometimes, just knowing that someone was there for them in a supportive manner helped to increase confidence and encouraged them to ask someone in their class to study with them, which is a step to making friends."

— Karen Nichols, Learning Strategist Early Alert

Key strategies:

- Time management is a learned skill. Early Alert provided TRU monthly planners!
- Attend events like the Peer Mentor Extravaganza and access services like the Wellness Centre and the Multi-Faith Chaplaincy to meet new people.
- Schedule time appropriately to ensure there's time for rest, connection, and fun.
- Shift perspectives around student life; treating it like an 8 hour a day/5 day a week job.

ACADEMIC SUPPORTS

Accessibility Services • Pack ACademic Edge
Supplemental Learning • Writing Centre • Assessment Centre
Counselling, Academic Supports & Assessment

Accessibility Services

EQUITABLE ACCESS TO EDUCATION FOR TRU STUDENTS.

1,128 students supported

Largest single-year increase

12% increase from last year

41% students registered with AS studied through Open Learning

6% students using AS were registered in both on-campus and online courses

Education within Reach

AS provides academic accommodations and services to all eligible TRU students and facilitates equal access to educational opportunities by reducing physical, attitudinal and systemic barriers. Academic accommodations and services are tailored to a student's needs based on documentation provided by an approved and qualified health care professional and the extent of the functional impact of the disability.

Due to the COVID-19 pandemic, staff continued to work remotely for the spring and summer of 2021. Students could connect with Advisors, the Learning Specialist, and the Assistive Technology Specialist by:

- Phone
- BlueJeans video conferencing
- Email

Students' favourite way to communicate

Return to Campus

AS developed a guidance document for providing academic concessions to students who could not physically be on campus during the academic year. These concessions differed from academic accommodations in that they were not mandated by TRU policy or legal obligations but encouraged increased flexibility and compassion in course delivery.

Accessibility Services

This year, AS continued to provide excellent service while navigating unprecedented changes and challenges. Staff experienced increased requests for accommodations from Open Learning students due to the adoption of ProctorU, increased complexity of student needs because of co-morbid health conditions and the impact of COVID-19, increased requests from students wanting to continue their studies virtually, and increased numbers of students severely impacted and overwhelmed during this academic year.

11
team members assisted students

7,613
total points of contact

I commend the AS team for successfully navigating a challenging but vitally important year and for assisting and advocating for students with disabilities.

Sarah Walz
Director of Student Access and Academic Support

Accessibility Services Test Centre

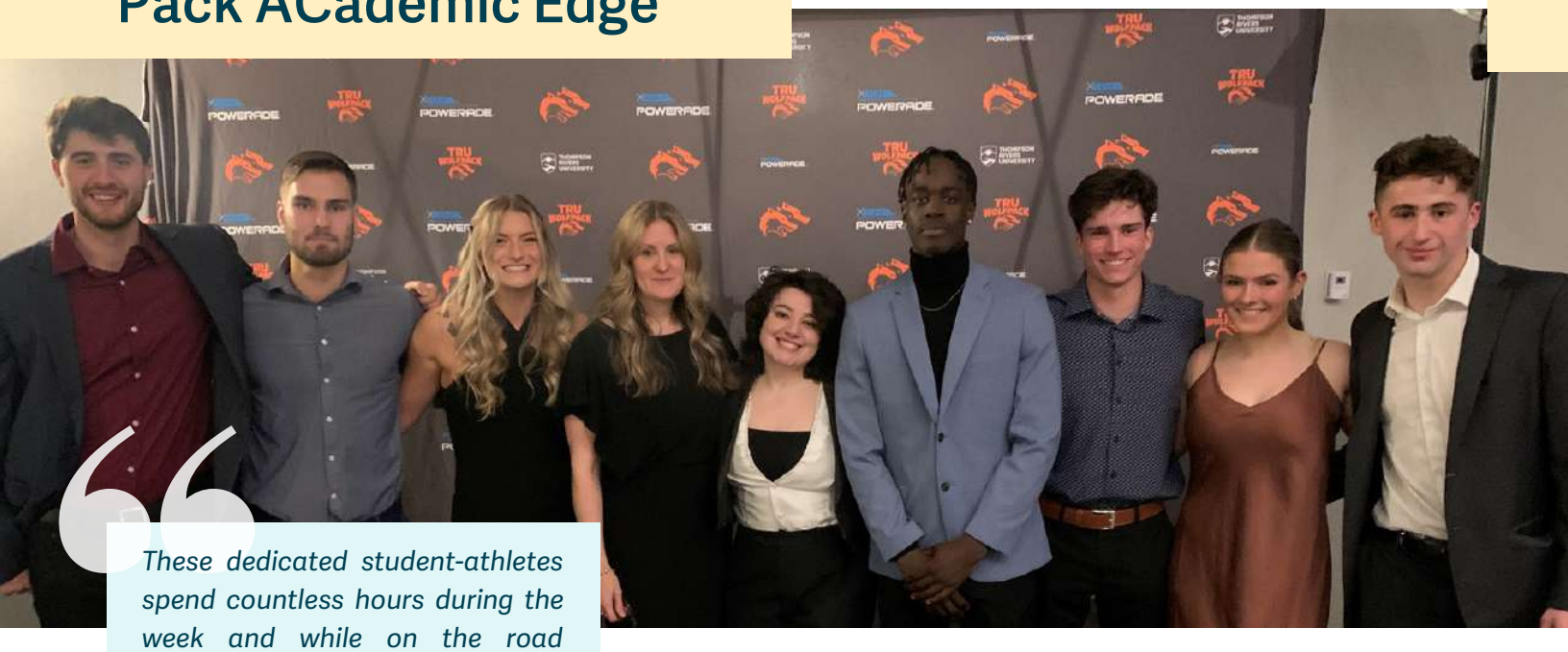
The space reopened in September 2021, with two new roles - Exams Supervisor and Exams Support Specialist - in place. Students with exam accommodations may access distraction-reduced environments, receive extra time, or use assistive technology.

1,675 accommodated exams → **#2** largest number in the last **four** years

This increase can be attributed partly to the exams team taking over the facilitation of accommodated exams for TRU law students for the first time. This shift ensures student confidentiality and consistency in services for students with accommodations across the institution.

Exam accommodations continued to be available remotely in the spring and summer through an online booking form. During this time, students were still encouraged to book their exams through AS to request their accommodations officially. Upon receiving a booking, exam staff reminded faculty to make any necessary adjustments to exam duration in the online platform they were using. Other exam accommodations, such as a distraction-reduced environment, or the use of assistive technology, were arranged by the student at home.

Pack ACademic Edge



These dedicated student-athletes spend countless hours during the week and while on the road supporting teammates with their academics, and they balance it all while under intense pressure to perform in so many arenas at such a high level. This challenge is unique to student-athletes, yet one they manage with incredible resiliency and poise especially throughout a pandemic with changing practice and game schedules all season.

Eryn Barrett
Athletics Learning & Administrative Support Specialist

125
new & returning student-athletes

34%
increase in attendance at PACE study sessions

689
hours devoted to PACE study sessions

PACE provides academic support for new-to-TRU WolfPack athletes, and those in need of additional assistance beyond their first year, in an informal study hall session led by upper-year student-athletes – the PACE Leaders. This program offers the opportunity to study casually with peers, yet through a planned and strategic approach. It is intended to keep athletes on track and motivated throughout the semester as they balance their training, travel and academic commitments. In addition, student-athletes receive coaching to learn about on-campus resources and learning strategies.

90+
student appointments

1,200+
emails sent

PACE is a Splash

The PACE leaders got an introductory diving lesson from TRU's in-house Olympian and PACE Coordinator Eryn Bulmer Barrett for an out of comfort zone, team-bonding experience, which proved to be both fun and empowering for all.

Supplemental Learning

SL is an academic support linked to challenging introductory classes and led by students who have previously mastered the course. Sessions integrate study skills with course content in a collaborative setting.

4,654
total hours of student participation

15
total number of SL Leaders

[Our leader] is awesome!! We can tell she really cares about how we do, and she is always so prepared.

— Science student, Winter 2022

[SL] was worth it. I looked forward to it because it always aided my understanding of topics taught in class. Super grateful for this.

— SoBE student, Fall 2021

What drives me is seeing young, tentative new leaders getting excited to learn how to support learning, gradually gaining confidence and capability. Better yet, it's so satisfying to observe as they transmit that enthusiasm and understanding to others in their sessions. In these past couple of years, it's seemed so hard, yet at the same time, it's so important to keep the support flowing—me to them and them to their participants—as we all navigate our own stress and struggle against new challenges.

Elizabeth Templeman
Supplemental Learning Coordinator

In this video, SL leaders share the positive impact of the programming in their new space in House of Learning, which has created many opportunities for fun, interactive and collaborative peer-to-peer study sessions.

Writing Centre

4,240
total appointments

Record breaker!

3,059
on-campus students

1,182
OL students

94%
good to excellent feedback

1,084
new client registrations

Record breaker!

29
Peer Academic Coaching sessions

43.25%
first-year course appointments

#LNAP Online

The Long Night Against Procrastination took place on November 18 and March 10. The virtual event offered various activities and workshops, including research shortcuts, studying and writing tips, stressbusting and relaxation techniques, and trivia and contests with prizes. In addition, the Librarians offered research and citation support and the Writing Centre Tutors provided feedback on draft assignments. While the event was online, the Library was open, so students could study together in person.

It was so interesting to observe the shift in how students connected: typically, they would be popping in and out of the tutoring and research sessions, but they wanted to stay in the Main Room and chat! I feel like this speaks to a common yearning for connection.

Jenna Goddard
Writing Centre Coordinator

WriteAway with the Writing Centre

Open Learning undergraduate students could submit up to three drafts of their paper to WriteAway, an online writing support service. Tutors provided strategies and resources to help students improve their writing within 48 hours of each submission

This resource was created in collaboration with the Writing Centre and TRU Indigenous Education and directs students and faculty towards Gregory Younging's Elements of Indigenous Style: A Guide for Writing By and About Indigenous Peoples, and highlights some important do's and don'ts when it comes to content, formatting, and terminology.

Top areas of help requested by students:

- study strategies
- grammar / punctuation
- time management
- organization and flow
- test taking
- assignment interpretation

Assessment Centre

UBC Department of Education Studies Recognizes TRU Faculty Member

The University of British Columbia's Faculty of Education recently featured Cindy James, Department Chair, Counselling, Academic Support & Assessment (CASA) and Principal Assessment Centre Coordinator in an alumni profile. Cindy was on a six-month sabbatical this year, with Christine Hubbard supporting the team in her absence.

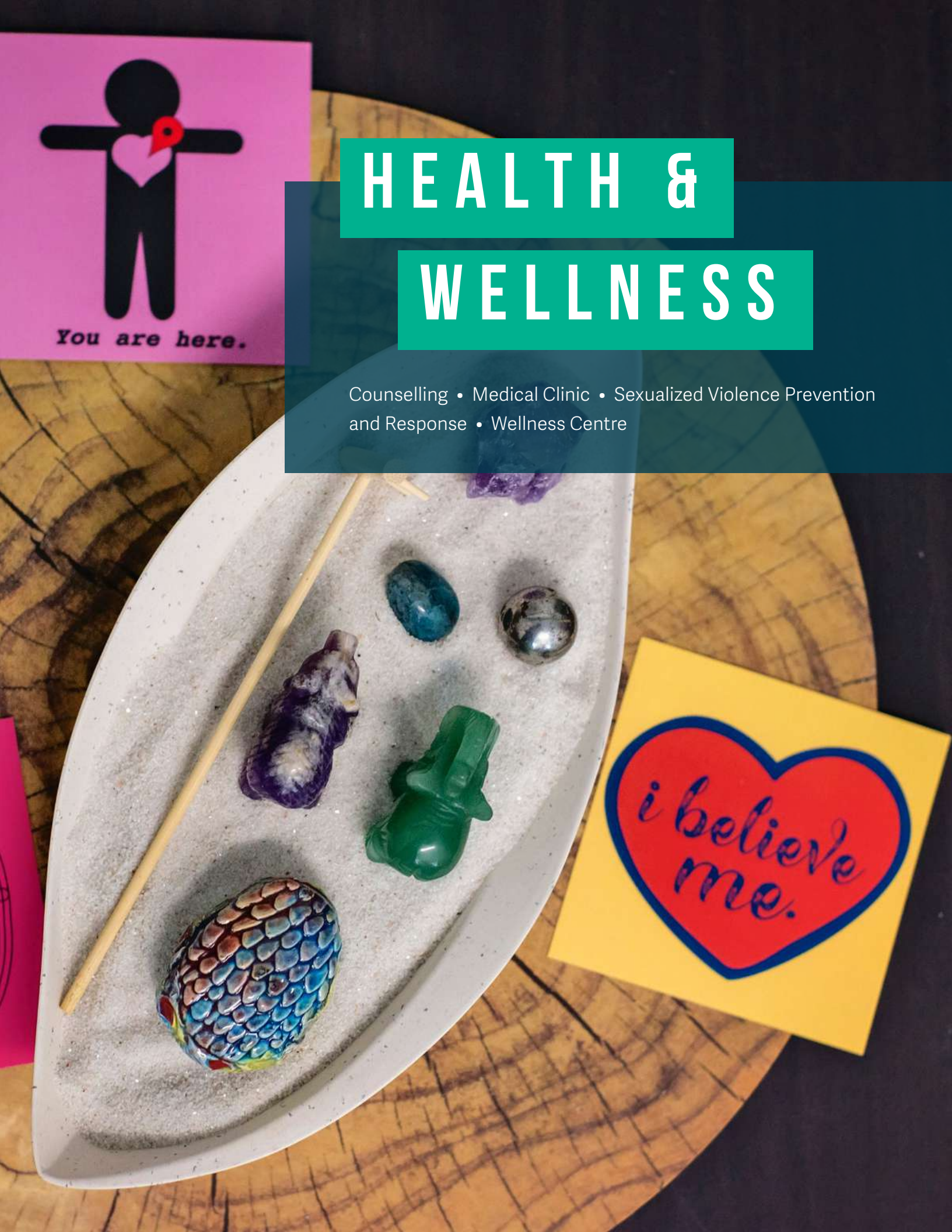
Christine Hubbard and Cindy James and the entire staff at the Assessment Centre achieved the NCTA Test Center Recertification. The criteria for NCTA certification and recertification are rigorous, so it's a time for the team to celebrate!

Counselling, Academic Supports & Assessment

Williams Lake Campus Counsellor Reflects on Role

As she completed her six-month appointment as Interim Chair of CASA, Kathy Lauriente shared these key pieces:

- Relationships are critically important to FSD - connection and trust are the foundation for strong collegial collaboration, problem-solving, addressing conflict, and supporting one another through challenging times.
- From practical applications to more nuanced conversations about challenges, communication is about the courage to be vulnerable, putting ideas forward, and receiving those of others with respect – all in the spirit of growth and development.
- Getting to know my colleagues and their work has been one of the greatest gifts. I've been impressed by their capacity to juggle big jobs in uncertain and ever-changing times with generosity, kindness, understanding and patience. This is at the heart of what we all do, and I believe it is perhaps the most significant contribution we can make to this world.
- I'm grateful I could fulfill this role from the Williams Lake campus and my home office on our ranch in Riske Creek about 40 minutes west of Williams Lake. This virtual connectivity has increased capacity to a level that wouldn't have been possible pre-pandemic.

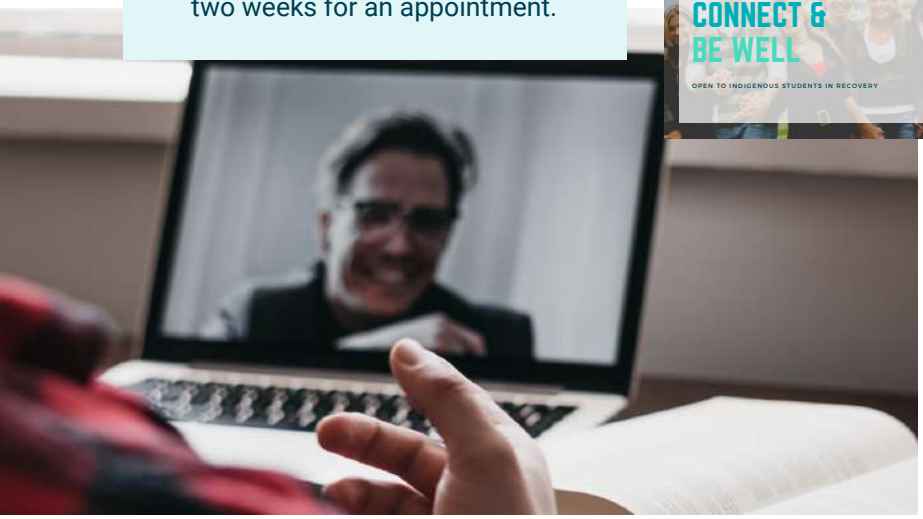


HEALTH & WELLNESS

Counselling • Medical Clinic • Sexualized Violence Prevention and Response • Wellness Centre

Counselling

- Counsellors were in high demand at peak times, booking appointments for students three weeks in advance for non-crisis situations.
- Counselling Services reserves a limited number of appointments to assist students dealing with a personal crisis that requires urgent attention.
- Students seeking assessment services waited approximately two weeks for an appointment.



Indigenous Wellness Circle

On Wednesdays, Indigenous Counsellor Ashley Broadfoot facilitated this group session to foster personal, academic, and professional growth through an Indigenous lens and with a multicultural, person-centred, and solution-focused therapy perspective.

Counsellors and Indigenous Student Development facilitated a weekly Recovery Group for Indigenous students every Wednesday. This Recovery Group is inspired by the Wellbriety Model and Meditations with Elders, hosted by Indigenous Counsellor Andrea Brassard, Cplul'kw'ten Learning Strategist Denise Dunstan, and Indigenous Elder Sandi Hendry. It was an opportunity for Indigenous students who identify as "in recovery" from behaviours or substances that have been harmful to them to connect, learn from, and support one another.

Getting "Reel" about Mental Health

Student Storytellers promoted the benefits of Counselling Services with humour and heart through short-form Instagram reels that garnered over **13,346 views**.

These materials let students know that it's okay to be real with their friends about what's *really* going on for them, so their peers can be better equipped to offer support. The messaging also encouraged students to be proactive in accessing supports, solutions and strategies and not to wait for a mental health crisis before booking an appointment.

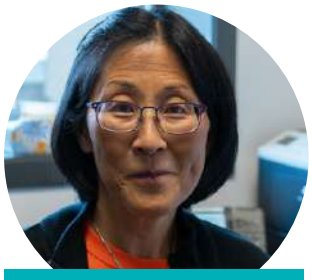
Medical Clinic

Medical Office Assistant Lee-Gaye Hicketts, who helped start the Medical Clinic in September 1999, was also a student at Cariboo College in the 1980's. Four years ago, the clinic transitioned to the Faculty of Student Development. Hicketts said that she feels "more connected than ever" to the institution and students. Now that the clinic's website is revamped, Hicketts is seeing an uptick of emails over phone calls.

Medical Clinic Stats

3
doctors in rotation

Dr. Jennifer Olsen



Dr. Hilary Yoshida

Dr. Chris Janz

3,221
patients seen

7,845
emails received

Main concerns:

1. Depression / Anxiety
2. Contraception
3. Attention Deficit Hyperactivity Disorder

Number of cases:

295 anxiety

119 depression

62 iron level concerns

19 diabetes

242 requests for contraception

93 diagnosed with ADHD

40 bladder infections

93 IUD procedures

Sexualized Violence Prevention and Response

SVPR provides essential, tailored support services to all members of the campus community. Regardless of when the event occurred or whether it occurred on campus or not, SVPR provides support to all victims/survivors of sexualized and domestic violence. This includes emotional support, safety planning, academic accommodations, referrals to community services, information about reporting options, support through formal processes, and accompaniment to relevant services and appointments.

Disclosures of:

66
Sexualized violence

3
Domestic violence

Number of:

9
Formal reports to TRU

7
Number of faculty/staff who notified SVPR of a disclosure

Support through:

62
Emotional support

53
Referrals to services

13
Safety planning

49
Reporting options information

6
Support strategies information

17
Reporting options

17
Academic accommodations

10
Accompaniment to other services

6
Emergency housing

"Listen Believe Empower"

SVPR Manager Amber Huva sits in the new location in Old Main. It is a separate, confidential space for survivors and has room to accommodate staffing and programming.

Return-to-campus funding provided for the hiring of additional temporary staffing for the program which increased staffing to two full-time positions. This allowed the program to pilot a new format for delivering services that aligns with how most other institutions in B.C. operate, with one staff member focused primarily on support services while the other focused primarily on education and prevention efforts.

The Ministry of Advanced Education and Skills Training released their Sexual Violence Perceptions survey in January 2022, which was promoted across campus by SVPR and TRU Student Life. There were 660 responses.

Sexualized Violence Prevention and Response

SVPR has worked alongside campus and community stakeholders to develop and deliver active and passive education and prevention programming to the TRU community.

Building Safe Community

SVPR collaborated with the Kamloops Sexual Assault and Counselling Centre (KSACC), Kamloops Immigrant Services (KIS), TRU Student Life and TRU World on educational programming tailored to TRU's international student community.

"Red Zone" campaign

The fall semester presents the highest risk for first-year students to experience sexualized violence. In fall 2021, SVPR delivered a poster and social media campaign to raise awareness of risk and support systems and promoted consent and bystander intervention skills.

Gender Equity Round Table

SVPR sits on the community round table for the local Elizabeth Fry Society, which recently received funding to conduct research on gender inequity in Kamloops and to develop a robust response to address it. SVPR will continue supporting this community-driven project.

VAWIR Committee

SVPR sits on the Violence Against Women in Relationships committee, a local community-based network of services responding to gender-based violence that meets regularly to discuss current trends, issues and programming.

The provincial government assigned BCcampus the task of developing four modules of education related to sexualized violence to better support B.C institutions that may struggle with capacity and resourcing to execute education and prevention work. SVPR Managers Amber Huva and Meaghan Hagerty supported the development of these modules. The project used previous training that SVPR had developed about working with perpetrators of harm to inform their work. These modules are free of cost to any institution or community member across Canada.

Wellness Centre

The Wellness Centre successfully opened its doors with limited capacity September through March and offered a multitude of resources including a quiet room to unwind, a safe space to hangout or study, free take-home Naloxone training and kit distribution, and access to peer-to-peer support.

Swap Til You Drop

Following a suggestion from a Student Wellness Ambassador, Wellness hosted the first ever clothing swap on March 2. Students donated clothing that were then displayed outside for students to take free of charge! SWAT leaders wore pink and gave out informational pamphlets on gender, body image, and eating behaviour in a pink tote to promote Indigenous Education and Anti-Bullying Day.

Takara Arnold, Program Coordinator at Kamloops Safe Spaces, attended the event to provide support for the 2SLGBTQ+ community and handed out chest binders.

Campus Campfire

On January 26, Wellness collaborated with People and Culture on the Campus Green for Bell Let's Talk Day, a national campaign that raises awareness and combats mental health stigma.

#SpreadKindness

Throughout the week of February 14, Wellness encouraged students to perform acts of kindness in the community through Random Acts of Kindness tear-away sheets on bulletin boards across campus. On February 16, Wellness hosted 'Kindness Day' outside of Old Main on the Campus Green. Students shared experiences from the kindness initiative and engaged in dialogue with other students.

Wellness Centre

Meaningful collaboration with local Elder

Doe Thomas, Tk'emlúps te Secwépemc Elder, worked alongside the Wellness team in their steps towards decolonization, reconciliation, and Indigenization. The team is immensely grateful for this opportunity and has learned so much from their relationship with Doe.

- Beading as a Cultural Practice
- The Medicine Wheel: Learning from this Indigenous Model of Wellness
- Sharing Circle: Engaging with the Land for Well Being
- Informal Connections with Doe

7th Annual Consent Tea

On November 3, 41 participants enjoyed complimentary tea, sweets, and dialogue about communication and consent. Over two sittings, guests participated in various activities that explored boundary setting, consent in relationships, and verbal and non-verbal communication. Dialogue was facilitated by SWAT Leaders and Wellness Centre practicum students. All who joined received gift bags and Consent Tea Journals for future reflection.

> *This was my first consent education experience. I figured consent was only about sex, and now I realize how it applies in day-to-day interactions with friends, families, classmates and co-workers. It really made me think.*
>
> – Student feedback

SVPR supported the Annual Consent Tea for the 6th consecutive year!

Wellness Centre

Suicide Prevention

Funded by BC's Ministry of Mental Health and Addiction, and in partnership with CMHA-BC Healthy Minds/Healthy Campuses program, Wellness hired Pamela Fry as Wellness Coordinator - Suicide Prevention to develop a Suicide Prevention Framework. The focus of the project was on improving student mental health and reducing the incidence of suicidality at TRU. By expanding suicide prevention awareness generally and promoting communication strategies, as well as recommending diverse initiatives to address student needs, the framework provides a platform to support future work in student mental health and wellness.

Participating in this work permits me a voice on national policy and programs for folks who have experienced mental illness.

– Pamela Fry on being a member of the National Committee of People with Lived Experience

CBC news

Following reports of recent student deaths, Fry spoke with the CBC about opening the discussion to new ways of thinking about and responding to suicidality.

Key Findings:

- An important aspect of suicide prevention is postvention. Very often, individuals who have experienced a loss due to suicide also need support, but don't seek it.
- Supports are shifting from a solely 'critical incident' focus. Instead, approaching suicide prevention from a perspective that considers the whole individual, factoring in culture, spirituality, and sense of meaningfulness and belongingness. This perspective owes much to Indigenous approaches to mental health and wellness. Pamela worked with Indigenous colleagues and researchers to introduce concepts like the Medicine Wheel to suicide prevention strategies.
- Addressing social conditions and structural factors that may result in a suicidal response: conditions that create shame or loneliness, experiences of violence, sexual assault or harassment, debt, even academic issues like poor marks or accusations of cheating can result in suicidal thoughts.

It's Okay To Talk About Suicide

Fry strives to reduce stigma and shame about suicidal ideations and believes that open dialogue is key to prevention. She was featured in videos and wrote a blog on managing depression over the holiday season.

DIVERSITY & EQUITY

Indigenous Student Development • Intercultural Learning
Multi-Faith Chaplaincy • 2SLGBTQIA+

Indigenous Student Development

Sharing in Sorrow and Truth

The discovery of children's remains at the former Kamloops Indian Residential School has cast fresh light on Canada's treatment of Indigenous peoples, which has been extraordinarily painful for many people in our university community, our region and across the country. In support of Tk'emlúps te Secwépemc, the broader Secwépemc Nation, and Indigenous communities throughout the country, several activities occurred at TRU, including a virtual healing circle on June 3.

Orange Shirt Day

September 30 marks the National Day for Truth and Reconciliation, a time for recognition of a long and dreadful chapter in our history. It is a day that should include reflection and acknowledgment of truth, regret for harms done and acceptance of the urgent need for change. An on-campus gathering took place at TRU on September 29.

> *Call to Action 57 of the 2015 TRC report is not a recommendation; it is something we must do. As Justice Murray Sinclair, former senator and former chair of the Truth and Reconciliation Commission, states, '**Education got us into this mess, and education will get us out of this mess**.'*
>
> – Chris Adam

The Full Circle of Mentorship

Indigenous Student Mentors like Rebecca Fabian share how students support each other in practical and holistic ways at Cplul'kw'ten. "As a mentor, I ran the culture club with [fellow mentor] Melissa Kelm. We were so excited to share traditional knowledge and crafts. I want to teach what I know and see what you need because you're going to teach me too."

Indigenous Student Development

Welcome to Cplul'kw'ten

In this video, House 5 regular Elizabeth Spike offers a tour of Cplul'kw'ten . The friendly and inviting Indigenous space provides information on all aspects of the university life and doubles as a space to socialize, study or take a break. It is truly a home away from home.

First Friends Feast

The virtual First Friends Feast took place on November 9. House 5 offered a digital space for students to connect with friends, play games, win prizes and have fun!

Soup Circle

Every Wednesday, the Cplul'kw'ten team welcomed students for a warm meal and an opportunity to connect with Learning Strategists, Elders and Indigenous student mentors. Special guests joined in most weeks to discuss various support systems.

Indigenous Awareness Week

Hosted in partnership with Tk'emlúps te Secwépemc, Elders, local Indigenous community members, students and colleagues from across the university, the week was filled with a multitude of interactive events that encouraged a greater understanding of Indigenous peoples, and provided learning opportunities about First Nations, Métis and Inuit topics. TRU Student Life's daily posts about the IAW schedule had a total of **974 views**.

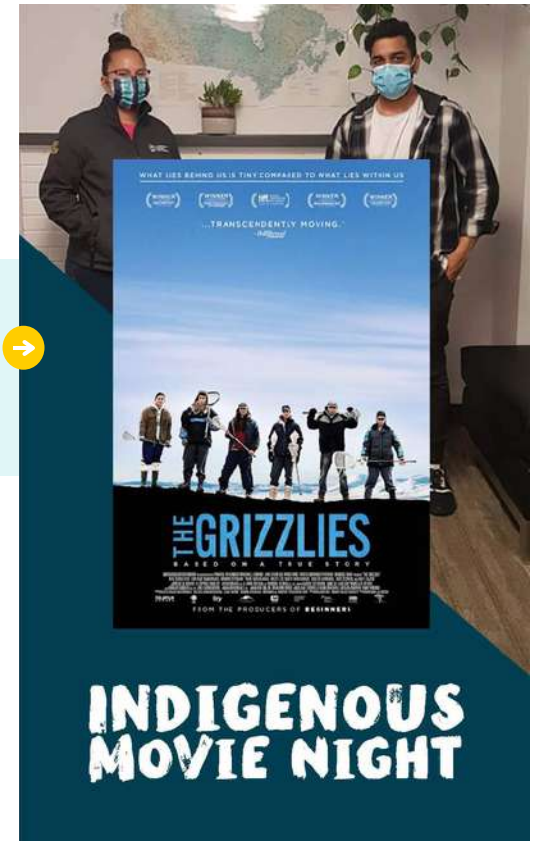
Intercultural Learning

Intercultural Coordinator Dr. Kyra Garson supports students through the Intercultural Ambassador program which provides personal, professional, and academic development opportunities. Participants build their intercultural communication skills, gain experience, and attend relevant intercultural events.

Giving Back to Campus and Community

The Intercultural Ambassadors worked on give-back projects to promote intercultural understanding to other students on campus.

Elizabeth Spike and Shyam Nair promoted Indigenous Movie Night, which happened on Nov 12. The Grizzlies screening was hosted by Indigenous Peer Mentors & Intercultural Ambassadors in collaboration with Student Development and Indigenous Education.



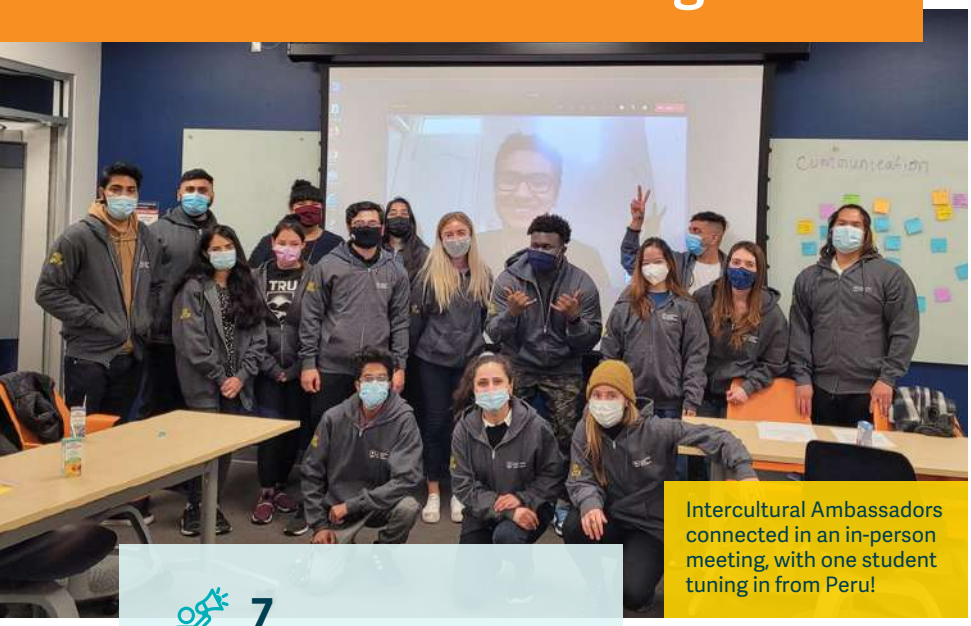
Getting "Reel" about Learning and Unlearning

Intercultural Storyteller Amna Qazi collaborated with TRU Equity, Diversity and Inclusion Researcher Evelyn Asiedu to promote active learning and unlearning about racism as a critical part of anti-racism action.

Tell Your Intercultural Story

The Intercultural Understanding Subcommittee promoted the Intercultural Learning at TRU survey as a means to record TRU's mission fulfilment in this thematic area. There were **112 submissions** and **55 narratives**.

Intercultural Learning



Intercultural Ambassadors connected in an in-person meeting, with one student tuning in from Peru!

7
intercultural ambassadors

1,000+
students & staff who attended intercultural workshops

50+
students who completed the intercultural development inventory

57
intercultural social media posts

6,442
total listeners of Eye on EDI

6,933
total views on the most watched EDI-related reel

Intercultural Learning Speakers Series

In collaboration with the Office of Student Life and the Communications, Storytelling and Events team, Intercultural Co-ordinators Drs. Kyra Garson and Amie McLean facilitated sessions, along with Tina Matthew, Executive Director in the Office of Indigenous Education, Accessibility Experiential Learning Coordinator Jenn Mei and 2SLGBTQIA+ Student Storyteller Nicole Stanchfield.

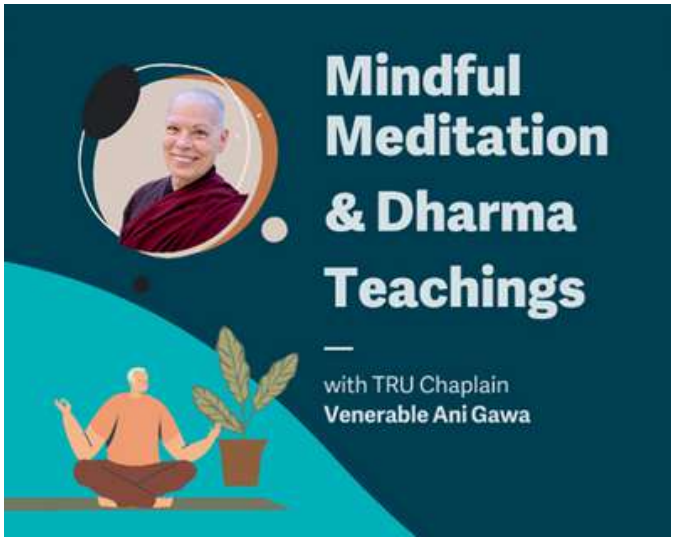
Eye on Equity, Diversity & Inclusion

Hosted by Amna Qazi, this anti-racism podcast unpacks equity, diversity and inclusion through educational conversations. While EDI refers to more than just racial equity, this series focuses on the racial aspects of equity, diversity, and inclusion. By connecting anti-racism work to personal experiences, the team showcased the many facets of racism and its impacts on daily life.

Multi-Faith Chaplaincy

Faith Dialogues

Multi-Faith Chaplains respect individuals of all faith traditions and spiritual expressions and serve them equally without discrimination. These faith dialogues make space for everyone to learn more about how these faith systems intersect.



Chaplain Ven. Acharya Gawa Khandro hosted Buddhist prayers every Tuesday afternoon as well as weekly mindful meditations.

Remembrance Day

The Communications, Storytelling and Events team produced the 2021 Virtual Remembrance Day Ceremony in collaboration with the Multi-Faith Chaplaincy, Indigenous Education and the Office of the President and Vice-Chancellor. The ceremony premiered on the TRU Student Life YouTube channel on Nov. 10 and was made available on the TRU website, so the community could honour fallen, retired and still serving members of the different forms of the Canadian Armed Forces.

Milk and Cookies with the Multi-Faith Chaplaincy

Chaplains gathered on the last day of classes of both the fall and winter semesters to offer encouragement and warm wishes. Kudos to Pastor Jane Gingrich for dressing as a pink unicorn to the delight of everyone on campus.

Multi-Faith Chaplaincy

Day of Peace

In collaboration with the Communications, Storytelling and Events team, the Multi-Faith Chaplaincy created an outdoor space for reflection, connection, and dialogue. The atmosphere was one of celebration and sharing. Multi-Faith Chaplains interacted with the students and distributed 140 cupcakes throughout the day. Following the event, the peace flags that the participants created were hung outside the Multi-Faith Chaplaincy office.

World Interfaith Harmony Week

The Multi-Faith Chaplaincy hosted a virtual panel discussion to align with World Interfaith Harmony Week, Feb. 1 to 7. Elder Diena Jules provided the land acknowledgment; Dr. David Brandon, Central Baptist Seminary, spoke from a Christian approach; Tanweer Ebrahim, founding member and Executive Director of Nisa Helpline, represented the Kamloops Islamic Association; and Ven. Khenmo Drolma delivered a talk from a Buddhist perspective.

Responding to Ukraine Conflict

Fr. Chad Pawlyshyn from the Orthodox Ukrainian Church facilitated a prayer service on Feb 28 in the Multi-Faith Prayer Room.

2SLGBTQIA+

Reflecting on Transgender Day of Remembrance

November 20 marked the International Transgender Day of Remembrance (TDOR) as the sobering conclusion to Transgender Awareness Week from the 13th – 19th. This day in particular brings public awareness to the violent hate crimes experienced by transgender, gender non-conforming, non-binary and two-spirit people and draws attention to transphobia.

2021 marked the highest rate of murdered transgender, gender non-conforming, non-binary and two-spirit people. As with many marginalized groups, these stories often go unreported and unsolved. Reports are often inaccurate, and many are not affirming as they misgender and deadname the victims, causing further harm. Victims of these hate crimes are often racialized, trans* BIPOC (Black, Indigenous, People of Colour) folks, who experience the highest amount of prejudice and discrimination in society due to racism and cissexism.

Update Your Pronouns

TRU continued its commitment to making campus life more inclusive to T2SNB students, staff and faculty; most recently, students are now able to update their pronouns in Moodle. She/her, he/him, they/them, xe/xim or ze/zer, or other pronouns are all options for students. Using correct pronouns is one of the easiest ways to express allyship towards the 2SLGBTQIA+ community. While pronoun culture is becoming more normalized, there is still work to be done. Transgender, Two-Spirit, and Non-Binary (T2SNB) people often encounter barriers with administrative forms and experience deadnames and misgendering.

Student Development team members have started adding pronouns to their email signatures, name badges and door placards.

Drag Queen Bingo

The Student Storytellers partnered with Queer Connections, the TRUSU Pride Club, and drag performer Karmella Barr for this fun, virtual, all ages Drag Bingo event.

2SLGBTQIA+

2SLGBTQIA+ Storyteller presents with TransFocus Consulting

The university continues to take steps toward making campus life more inclusive for transgender, non-binary, and two-spirit (TNB2S) students, staff and faculty, drawing on recommendations made in TransFocus Consulting's gender diversity audit, which explored data from a survey regarding the lived experiences of gender-diverse folks at TRU.

Chris Adam, Associate Vice President and Dean, invited Student Storyteller Nicole Stanchfield to co-facilitate two gender diversity training sessions with TransFocus president Kai Scott on March 28, attended by over 90 TRU employees.

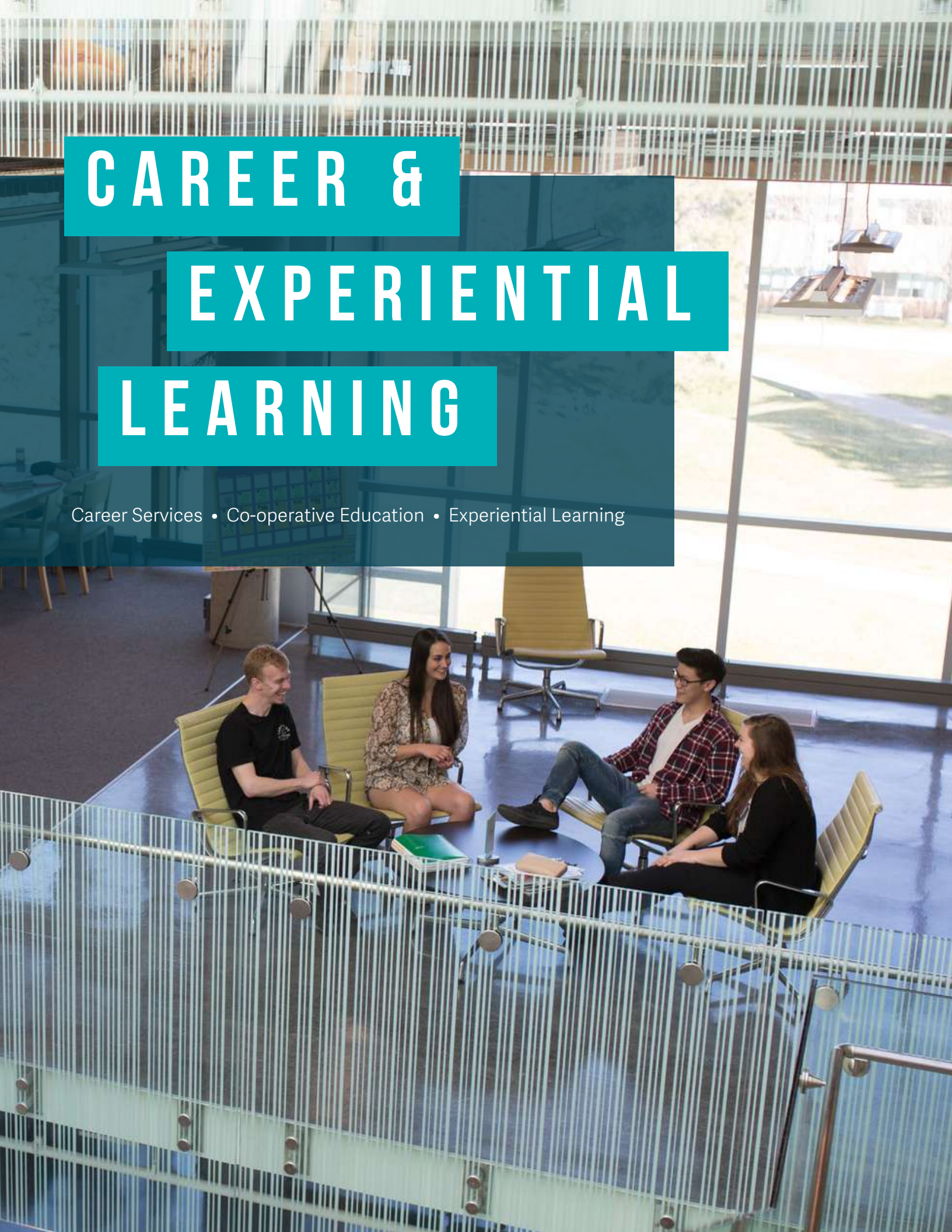
Stanchfield has spent the last year working with the Communications, Storytelling, and Events team on 2SLGBTQIA+ educational materials, and this opportunity was a culmination of her efforts.

"This collaboration allowed me to share my lived experiences as a queer person, express love for my community, and offer insights into the challenges that TNB2S folks face on campus and in the world. I am so grateful for this opportunity."

- Nicole Stanchfield, Student Storyteller

Queer Connections

This club hosted biweekly meetings with special speakers, food and games. Writer & Storyteller Alicia Ashcroft joined in on the fun with some theatre-based storytelling games in October.



CAREER & EXPERIENTIAL LEARNING

Career Services • Co-operative Education • Experiential Learning

Career & Experiential Learning

The CEL Department honours the 2021 TRU Coop Students of the Year Award recipients—Narshvin Doorganah and Katelyn Zubak.

Enhance your education with career-related work experience — in the classroom or in the community.

1. Career Services
2. Co-operative Education
3. Experiential Learning

Leaders in Work Integrated and Experiential Learning

CEL has been very active in securing external funding for student positions on campus and in the community. Work-Integrated Learning (WIL) is a curricular experiential education that formally integrates academic studies with quality experiences in a workplace or practice settings. WIL experiences include an engaged partnership of an academic institution, a host organization, and a student. WIL can occur at the course or program level and focuses on developing student learning objectives and outcomes related to employability, personal agency, knowledge and skill mobility and life-long learning.

Co-op students Alex Duarosan and Luke Redgrove were featured in a video to help other students connect their education to a professional pathway with the help of CEL.

Career Week

From October 18-21, CEL supported students with their career goals through various online presentations by employers and organizations. Two highlights of the week were the Sun Peaks Job Fair and the Forestry Employer Night.

Campus Coffee

In these live webinars, students got advice from different professionals from various sectors and learned about their career journeys.

Career & Experiential Learning

The virtual 2022 Job Fair was a great success. In addition to the students interviewed and hired at the fair, the money raised from this event will go to hiring TRU students here on campus. As we prepare for 2023, we look forward to offering a hybrid event with both online and in-person options for students and employers. This event isn't possible without the tireless efforts of the Career & Experiential Learning faculty and staff, the support from the Faculty of Student Development, and our main sponsor this year, CPABC.

Noah Arney
Career Services Coordinator

Job Fair 2022

This annual event took place on March 2 and 3. Community, provincial and national organizations recruited students and new graduates from every program area - Arts, Business, Education, Fine Arts, Health, Journalism, Science, Social Work, Tourism, and Trades - for volunteer opportunities, part-time work, summer employment and full-time roles.

667
attendees

49
employers

618
students

2 visits
average number of times a student visited the Job Fair

16 minutes
average time students spent at each employer booth

17.82
average number of employer booths viewed

March 2
Wednesday was the most popular day

Start Early

Even though Student Storyteller Lauren Keller is new-to-TRU, she was already thinking about her professional pathway, so she found ways to prepare for Job Fair with the help of Career Services Coordinator (and fellow introvert) Noah Arney in this blog.

Career Ambassadors collaborated with Employer Liaison Coordinator Jessi Guercio in these interactive Instagram Lives to help students prepare for Job Fair 2022.

Career & Experiential Learning

CEL in the Media

In this CBC article about the culture of workplaces and spaces in a post-pandemic era, Career Services Coordinator Noah Arney shares some perspectives on the differing sides of the workspace debate.

Peers on Careers

In this podcast series, Career Ambassadors explored different career paths and ways to prepare for life after graduation. These conversations with peers and professionals was meant to help others develop their skillset and knowledge base.

EP 1 Investing in Your Career With Co-op

EP 2 It Starts With Hello

EP 3 Interviewing

Peer-to-Peer Mock Interviews

To succeed in interviews with employers, students were encouraged to research the company, review the job description, formulate questions, and prepare responses. For students not sure how to do that, they were able to shake off any interview anxiety in a safe space with the help of the virtual Peer-to-Peer Mock Interview program.

New-to-TRU Storyteller Lauren Keller booked a peer-to-peer mock interview online through Career Connections. Before the interview, she received a mock job description to further understand the role.

Career & Experiential Learning

As Indigenous Experiential Learning Coordinator, Robbi Davey:

- supports the job search for culturally relevant summer positions, co-op terms, internships and other opportunities
- connects students with Indigenous organizations and First Nations community positions
- locates funding and wage subsidies for summer employment

Celebrating Indigenous Co-op Students

Loretta Mercer won a Peer Mentor Award before entering the business co-op program.

Kelly Stanley won the MITACS UREAP award and submitted the report "Stereotyping, Success, and Survival Strategies in the Context of MMIWG" in January 2022. Davey supported this application and project with Dr. Lindsey McKay.

Experience More Access

CEL believes in equitable access to employment opportunities and recognizes the importance of supporting the career development of TRU's diverse student population.

Among other career equity resources for students who experience barriers to employment due to a health condition, injury or disability, Jennifer Mei created a "Pushing The Boundaries of Accessibility" presentation. She also developed the "Disclosing a Disability to an Employer" series, which included the Mental Health Disclosure Report and Disclosing Mental Health Infographic.

Most post-secondary students experience fear when deciding to disclose a disability to an employer. These materials empower them to make connections and obtain required accommodations. Empowering students to advocate for the supports needed to set themselves up for success is one of the most important aspects of this work.

— Jennifer Mei, Accessibility Experiential Learning Coordinator

Career & Experiential Learning

Celebrating Graduates

Meet the first graduating class of TRU's new software engineering program! This bachelor's degree applies engineering principles to computer software and connects those concepts to business, computing science and project management. The mandatory coop work terms prepare future engineers to bring creative solutions to manufacturing, transportation, healthcare, government and digital media.

Lorelei Guidos, 2020's Co-op Student of the Year, was named the valedictorian for the Faculty of Science.

"My family is still in India and couldn't be a part of my convocation. I was badly missing them, but when I saw Shawn, Jackie, Jamie and Jenn there, I felt like my family came to cheer me up." – Harshita Dhiman, Co-op Coordinator

When students connect real industry experience with their academics, the learning is transformational. The first software engineering graduating cohort has embraced the program's opportunities, including the benefits of co-operative education. The students in this cohort completed more than the two mandatory co-op work terms and were excellent ambassadors for BSE, CEL and TRU.

Leanne Mihalicz
Co-operative Education Coordinator

AWARDS & RECOGNITION

Retirement News

Congratulations to Nancy Bepple and Sharon Munk on their retirements! Nancy has been an invaluable member of the Career & Experiential Learning (CEL) department since 2001, when she began her career as a Co-op Coordinator for computing science students. Sharon started her career as a Counsellor at the Williams Lake campus in 1994. Thank you to Nancy and Sharon for their years of service at TRU.

Long-Term Service Awards

In recognition of the invaluable contributions of employees with 10 through 45 years of service, service pins were awarded to these long-standing employees.

YEARS OF SERVICE

30	Charlene Munro
25	Larry Iles Cindy James
20	Valerie Jacobs Cliff Robinson
15	Linda Giddens
10	Kyra Garson Heather Gnoato

CACUSS recently announced that Career & Experiential Learning's Noah Arney was awarded the Graduate Student Research Award for his work on "A Relational Understanding of Learning: Supporting Indigenous WIL Students".

Arney recently convocated with a Master of Education in Educational Research from the University of Calgary.

AWARDS & RECOGNITION

Recent graduate on hard work in harrowing times

Denise Dunstan, Learning Strategist - Indigenous Transitions, received her Master of Education in Administration and Leadership from the University of British Columbia.

Dunstan noted, "Our cohort started in January 2020, then our education pivoted to online learning for the remainder of our degree." Dunstan's program occurred "throughout the pandemic, when the 215 were found, and when my home of Lytton burnt that summer. Still, we persevered as a cohort - I am grateful for this opportunity that I accomplished!"

CEL Receives Grant Funding

The Centre for Excellence in Learning and Teaching at TRU awarded funding to Leanne Mihalicz, Sarah Gibson, and Noah Arney to create an open education resource that provides a set of sample resumes broken down by employment sector. This resource grew from two CEL projects: the resume template Arney created earlier this year and the forthcoming Career Management text written by CEL and edited by Jamie Noakes.

TRU Scholarship of Teaching and Learning awarded $2000 for the project "A Multi-Discipline Collaboration in Co-operative Education Course Development." Leanne Mihalicz, Sarah Gibson, Jamie Noakes, and Harshita Dhiman were thrilled by this opportunity to lead an integrated approach that will enhance student career development and engagement.

Multi-Faith Chaplain honoured on International Women's Day

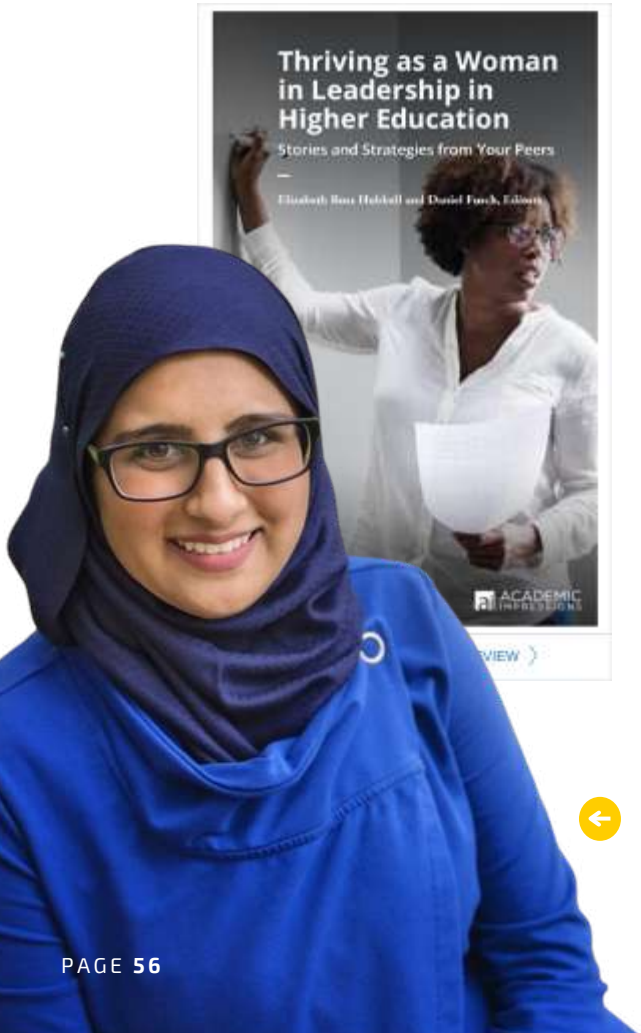
Venerable Gawa Khandro was selected by an international committee of Buddhist monastics and scholars as an Outstanding Woman in Buddhism for 2022. The statement noted that Khandro was chosen for having “cultivated loving-kindness and for sharing it onwards in a magnificent manner by addressing the needs of marginalized populations, providing counsel and offering spiritual refuge and teachings at Gawa Ling Buddhist Center.” Khandro was honoured on March 8 at Boonyaniti Temple in Nakhon Ratchasima, Thailand.

PUBLICATIONS

Garson, McLean co-edit special edition Journal of Intercultural Studies

Kyra Garson, along with colleagues Gabrielle Lindstrom (U of Calgary) and Amie McLean (Simon Fraser University), recently had the honour of co-editing the special issue, Learning at Intercultural Intersections: Towards Equity, Inclusion and Reconciliation published in the Journal of Intercultural Studies.

This issue is a collection of articles that emerged out of the 2019 Learning at Intercultural Intersections Conference. The editors stated, "Readers will notice that themes of reconciliation, decolonization and Indigenization within intercultural contexts emerged as an especially strong conference theme. In many ways, this reflects important themes and shifts in Canadian society broadly, and post-secondary education in particular."



Thanks for Listening: Witnessing Métis Women & Girls Experiences of Violence & Pathways to Healing

The Métis Nation British Columbia, in collaboration with researchers Robline Davey, Natalie Clark and Patricia Barkaskas, collected the experiences of Métis women and girls who have experienced violence.

Through an online survey and two focus groups, the team ensured that supports and efforts were inclusive of the Métis voice. Close to 400 Métis women and girls completed the survey.

Umme Mansoory, Learning Strategist - Mentorship, published a chapter in "Thriving as a Woman in Leadership in Higher Education: Stories and Strategies from Your Peers." "Stepping Away from Outdated Hiring Practices" was edited by Elizabeth Ross Hubble and Daniel Fusch in May 2021.

COMMITTEES

CUPE Meetings

The purposes of the FSD CUPE staff meetings are to:

1. share information and announcements across departments and service areas
2. foster professional development and training
3. develop collaboration across the departments and service areas

Focal points of this year's meeting cycle included:

- Overview of return to work decision tree/COVID
- FSD website changes, hubs of practice and student life cycle
- FSD comms team overview
- Indigenous Student Development overview
- Strength Finders overview
- Sexualized Violence Prevention and Response overview
- 2022-2023 budget allocations
- Joint job evaluation process

> *I want to say a huge THANK YOU to Digital Media Producer Jordan Nicholson, who helped us stream each of these meetings for people working from home or unable to attend the in-person meetings. It was a great opportunity to bring everyone together again.*

Julie Taylor
Student Life Manager,
CUPE Meeting Organizer

Social Engagement Committee

Sara Wolfe, Allysa Gredling, Alicia Ashcroft, Joy Demsey, Stacey Peña, Tara Bond

Following some virtual events, the team gathered in person for the FSD Spring Engagement Day on April 29, 2022. Chris Adam and Vernie Clement welcomed the participants at the morning coffee, Jamie Noakes facilitated a JOHSC Presentation, Alicia Ashcroft and Sydney LaMarsh hosted FSD Family Feud and Joy Demsey taught a yoga class. In addition, participants enjoyed tours of the library's new Makerspace.

Faculty Council

Several updates were made to documents and processes.

- Updated Faculty Tenure & Promotion Standards Documents for Supplemental Learning, Counselling, Assessment Centre and Writing Centre
- Updated Faculty Council Terms of Reference to tidy up the language
- Transitioned to new MS Teams site from the old SharePoint one
- Updated the Faculty Council's committees representation list

8 virtual meetings

allowing **more faculty members to participate** in more remote locations

29 group members

including **1** student representative, and **2** non-faculty voting members

Council made space for different presentations and special guests throughout the year.

- Disclosing Mental Health to Employers (Jenn Mei)
- FSD Integrated Strategic Plan (Chris Adam & Sarah Walz)
- President's Office Annual Update
- 2022-23 Budget
- Outdated Terminology Regarding Indigenous Peoples in Academic Calendars

COMMITTEES

Decolonization and Indigenization Working Group

Sara Wolfe, Vernie Clement, Chelsea Corsi, Jason Blair, Ashley Broadfoot, and Nadia Karim started to meet monthly in May 2021.

The monthly meetings involve a welcome and check-in, discussion about the Coyote Project Funds and brainstorming about initiatives.

Working Group Goals

1. Develop a deeper understanding of Indigenization within and beyond the group.
2. Initiate decolonization and Indigenization activities in FSD.
3. Oversee the coordination of the Coyote Project funds.

In 2021-2022, the group supported funding for the cost of an Elder in the Wellness Centre pilot, Indigenous Wellness Circle snacks and supplies, Indigenous Recovery Circle snacks and supplies; FSD Orange Shirts and updated placards/ name tags with Weytk.

Ideas for initiatives in the future included an Elder Campfire program, future PD for FSD that promotes understanding of Indigenization, developing Indigenous libraries with displays, small takeaways with learnings, building community into work and more.

PRESENTATIONS & DIALOGUES

Faculty of Student Development

October 2021 - The TRU Student's Union hosted the AVP-Students & Dean, Chris Adam, Indigenous Counsellor Ashley Broadfoot, and Wellness Coordinator - Suicide Prevention, Pamela Fry, for a virtual panel to engage with students, faculty, and alumni about student mental health as part of its Breaking Bread discussion series.

Sexualized Violence Prevention & Response

Fall 2021 - Adventure Studies student training saw the second round of a robust, 6-hour training for all students enrolled in both the certificate and diploma cohorts of the Adventures Studies program. Training included responding to disclosures, consent, and bystander intervention.

January 2022 - Wolfpack Athletes Responding to Disclosures training marked the first "Responding to Disclosures" training to be provided to all student-athletes simultaneously thanks to the ongoing support and organization of the Athletics Learning and Administrative Support Specialist, Eryn Barrett.

February 2022 - SVPR collaborated with Kamloops Sexual Assault Counseling Centre to deliver two "Responding to Disclosure" sessions to faculty and staff at Professional Development Week.

Jenna Goddard
Writing Centre Coordinator

Summer 2021 - Co-hosted National Antiracism Reading Circle (3 parts); secured funding for author Felicia Rose Chavez and hosted national author conversation.

May 17 – 21, 2021 - Presented at the CWCA/ACCR Annual Conference.

November 30, 2021 - Co-hosted Provincial Writing Centres Gathering to revisit Antiracism Statement.

Fall 2021 - Created and offered new tutor training: 3-part training series Decolonizing the Writing Centre.

February 22, 2022 - Contributed Do I Belong Here? Reimagining Academic Writing Spaces to Foster Inclusivity to the "Teaching Practices Colloquium.

PRESENTATIONS & DIALOGUES

Robline (Robbi) Davey
Indigenous Experiential Learning Coordinator

July 2021 - "Innovations and Pedagogical Approaches for Inclusive Online Instruction" was accepted at the Centre for Applied Special Technology (CAST) 7th Annual UDL Symposium.

Nov 2021 - Organized and facilitated "Professional Attire and Traditional Clothing for the Employment Context".

January 2022 - Invited by Pacific University Libraries Oskapewis Mentorship Group to present "Creating and Building your Academic CV".

March 2022 - Presented "Creating and Building your Academic CV" to TRU Master of Education students in the Student Success Centre.

Peer Mentorship Training
September 1 – 2, 2021

Student Rights and Responsibilities (Policy and Professional Conduct)
Holly Winzey and Kamal Chaudhry, Student Affairs

Referral Skills and Boundaries
Karen Nichols, Early Alert

Intro to the FSD
Alicia Ashcroft, Communications, Storytelling & Events

Managing Priorities and Self-Care
Shyann Vosper, Counselling Services

Active Witnessing: Strategies for Addressing Harassment and Discrimination
Dr. Kyra Garson, Intercultural Learning

Consent Education
Sexualized Violence Prevention & Response

Student Storytellers

Yes, You Can(va)! How to Communicate Through Visuals
Dea DiGiovanni, Student Storyteller

Let's Get REEL: How to Make Short-Form Videos for Instagram
Hanna Conradi, Student Marketing Assistant

Introduction to Queerness: Inclusivity and the 2SLGBTQIA+ Acronym
Nicole Stanchfield, Student Storyteller

LOOKING AHEAD

Values of Thompson Rivers University

- Inclusion and diversity
- Community mindedness
- Curiosity
- Sustainability

Thank you for taking the time to review our year through the pages of this report. Every year, we find ourselves amazed by the innovative and caring approaches taken by the teams within Student Development. We think you'll agree that 2021-22 was not an exception.

While we were all doing great work to support students' successes and wellbeing, many at the university engaged in a process of Integrated Strategic Planning. Student Development's work aligns in important ways with TRU's values and 10-year achievement goals. We look forward to considering how these values and goals intersect with the work we do in Student Development to provide academic, personal and social supports. As we move into the 2022-23 year, we will be learning more about the ways in which the goals for our work can be coordinated with those of other Faculties, Schools and Divisions. Let's keep being curious, collaborative and kind.

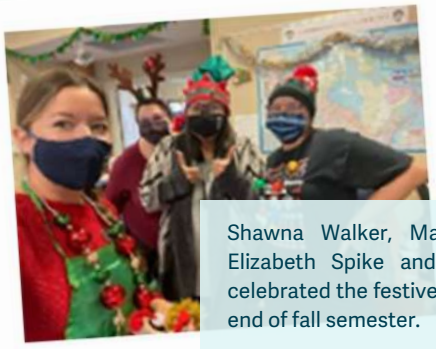
– Chris and Sara

10-year Achievement Goals

- Eliminate achievement gaps
- Honour truth, reconciliation and rights
- Lead in community research & scholarship
- Design lifelong learning

FSD PHOTO ALBUM

The fabulous FSD team at the Spring Engagement Day on April 29, 2022. There was professional development, yoga, and a taco bar!



Shawna Walker, Matty Chillihitzia, Elizabeth Spike and Melissa Kelm celebrated the festive season and the end of fall semester.

FSD PHOTO ALBUM

The Wellness Centre always carries a stock of naloxone kits and offers training courses on naloxone administration. Naloxone can help temporarily reverse the effects of an opioid overdose and help stabilize while waiting for medical help.

In classic FSD fashion, Halloween was celebrated with a group costume - with this year's theme being "Sleepy Heads." Staff and faculty wore their comfiest, coziest pyjamas, skipped out on the hairbrush, shuffled around in slippers and even brought their faithful stuffies to keep them company throughout the day!

THOMPSON RIVERS UNIVERSITY | Faculty of Student Development

ANNUAL REPORT

2021 - 2022

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