

ANNUAL REPORT

2020-2021



**THOMPSON
RIVERS
UNIVERSITY**

**Faculty of
Student
Development**

**This project was cultivated on Tk'emlups
te Secwepemc Territory - within the
unceded traditional lands of the
Secwepemc Nation.**

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About This Report

Ranging from May 1, 2020 to April 30, 2021, the Annual Report reflects on the challenges and achievements experienced by the Faculty of Student Development as the team supported students (and each other) during a global pandemic.

While this report will be 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

Weyt-kp xwexwéytep Colleagues,

Early in 2021, I was asked to communicate my vision for Student Development, and I responded that it was a task that I felt both uncomfortable and entirely confident doing. And a little more than a decade at TRU has brought me to this vision: Every Learner Succeeds Here. It's both a vision and a commitment that I believe is documented in a robust way in this annual report.



EVERY speaks to our acknowledgement that we work with individuals – that every single student that crosses our physical or virtual thresholds carries stories, goals and barriers, and our job is to meet them where they are at.

LEARNER focuses our attentions on the primary activity that brings students to us: learning. The learning mindset means that we work with students from a position of strength and not deficit.

SUCCEEDS can be broadly defined at TRU. We're fortunate to be at a university that defines success broadly.

HERE is a powerful notion. Our vision that we "meet students where they're at" means that you didn't shy away from making the efforts to shift from primarily face-to-face delivery of our programs and supports to almost exclusively online delivery.

I acknowledge that this is my vision and not necessarily everyone else's. I put it forward in this report as a starting point: something for you all to reflect on, respond to, revise, and throw verbal darts at as we go through the year and consider our next 5 years' of strategic priorities (2022-2027).

Thank you all for your continued commitment, professionalism, good humour and care for students and for each other. Onward into another year!

--Chris

FROM THE ASST. DEAN'S OFFICE

The FSD Annual Report is a means for us to reflect and celebrate a year of the Faculty of Student Development's activities, and wow what a year 2020-2021 has been. The summer had us all working and learning virtually; the fall had a partial return-to-campus with services having open doors from 9-2 until November when we all pivoted to full virtual services again; and winter had us all continuing to learn and work virtually. The flexibility, resiliency, creativity, and dedication of FSD throughout COVID19 continues to inspire and motivate. I am awed by the work of this team!



As you read through these stories, know that there is so much behind each activity: emails, collaborations, meetings both virtual and face-to-face, planning, executing, goal setting, assessing, reflecting and so much more. For me, I am continually driven to get things done and serve the students, staff, and faculty at TRU. In these unprecedented times in which it has sometimes felt like Groundhog Day, I have grounded myself in remembering what motivates and drives me to get up and press repeat. I hope you have found a way to keep moving forward in a good way.

Please take time to reflect on the past year and honor all that you have done. This truly has been challenging and inspiring times. I echo Chris's vision that "Every Learner Succeeds Here" and see that this encompasses all members of TRU. We are all learners who strive to succeed- whatever that maybe. Let's continue to learn, strive for success, and move forward in a good way.

With care, Sara



BY THE NUMBERS

FSD 9145 Group Interactions
TOTALS 24,330 1 on 1 Interactions
93,002 Communications



Over the past year, Writer & Storyteller Alicia Ashcroft hosted **28** Instagram Live episodes of What's On at TRU, on the @ThompsonRiversU Instagram account. This interactive series featured student leaders, staff and faculty; and allowed viewers to ask questions and get real-time responses, and garnered a total of **34,139** views!

Indigenous Student Development

9,499
Communications

633
Appointments

C.E.L
4 FACEBOOK LIVES, featuring CEL and covering topics such as co-op tips and information, remote co-ops, and Career Ambassador discussions. **f**

MEDICAL CENTRE
Appointments
2,434

339

Virtual Student Appointments

Early Alert



Staff & Faculty Seeking Support for Students

605

COUNSELLING

3,041
Appointments

ASSESSMENT CENTRE

Administered **997** tests and facilitated **415** tests.

STUDENT SERVICES FRONT DESK

27,916
Communications



WRITING CENTRE

1,148 Communications
13 YouTube Videos
3,573 Appointments

Virtual Tea-Time

46 sessions

WELLNESS CENTRE

Appointments

48

11 YouTube Videos

STUDENT AFFAIRS

Student Affairs had **3,602** student cases with **19,360** contacts with Case Managers. **2,226** academic integrity related contacts with Learning Strategists including **135** student and staff appointments, **109** phone calls, and **1,982** emails.

168 Appointments

INTERCULTURAL

Total workshop attendees **945**

4,955

Total Session Attendance

Supplemental Learning

ACCESSIBILITY SERVICES

7,022

CONSULTATIONS

VIRTUAL EVENTS AND WORKSHOPS



Connect To Your Future Career

Career Connection Workshops helped students learn about career opportunities, co-ops, and other services during fall semester.

Virtual Career Drop-in Sessions

In a series of weekly drop-in Zoom sessions, Career Ambassadors were available to assist students with any questions about resumes, interviews, or job preparation.

Virtual Yoga for Well-Being

With the help of Joy Demsey from Kamloops Hot Yoga, Wellness offered six free virtual yoga sessions from May to June 16, 2020.

Connect: Career Mentoring Event

Alumni and other community leaders met with students virtually through a speed-networking style on March 30. Mentors inspired, advised, and supported students as they cultivated their professional pathway.

Together We Bannock

In collaboration with TRU Indigenous Student Development for Indigenous Awareness Week, the Office of Student Life hosted Together We Bannock, a live cook-along demonstration led by Indigenous Student Mentor Rebecca Fabian on February 25.



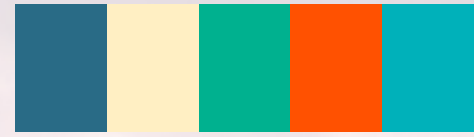
TRU Indigenous Education Facebook Live

Ashley MacLellan, Qelmúcw Student Recruiter - Advisor had a live conversation with Tina Matthew, Executive Director, Indigenous Education; Vernie Clement, Supervisor, Indigenous Student Development and Matty Chillihitzia, Mentor & Community Coordinator to discuss academic and emotional supports.

What the Heck Do I Do With My Arts Degree?

With the help of Career Services Coordinator Larry Iles, the Arts Ambassadors hosted a virtual Q&A with local industry leaders on March 24, so students could discover all the possibilities of an arts degree.

IN THE COMMUNITY



Sun Peaks Job Fair

Career & Experimental Learning partnered with Sun Peaks Corp. on November 4 to host a seasonal employment job fair, which offered exciting opportunities to work and play in the alpine village.

Fresh Produce Giveaway

Thank you to the CEL team who organized, packaged and distributed 100 bags of produce to hungry students! The donation of produce from Desert Hills Ranch in Ashcroft, BC was approximately 1000 pounds of food fit for a winter harvest.

Making Connections with Community Partners

Employers from KPMG, BDO Kamloops, MNP Financial Service and Tenisci Piva connected with future accountants at the TRU Accounting Night 2020 on September 15.

Movies for Mental Health

In partnership with Art with Impact, the Wellness Centre hosted the 5th Annual Movies for Mental Health in November 2020. This yearly event inspires dialogue about mental health, reduces stigma, and improves literacy through short films. This year's theme focused on the ongoing opioid crisis and explored the connection between mental health and substance use.

YWCA Week Without Violence

This Facebook live conversation focuses on the YWCA's Week Without Violence with representatives from the Wellness Centre and Sexualized Violence Prevention and Response.

STUDENT LIFE



Orientation & Transitions | Mentorship & Leadership
Communications, Storytelling & Events | Student Affairs

Orientation & Transitions

2020 Orientation

In a [live Welcome Ceremony](#), the Platform Party is present to share the excitement that is the first day at TRU. The Platform Party, a collective of faculty Deans and TRU leaders, welcomes students at Orientation—and congratulates them at Convocation. In 2020, they appeared by the power of the video montage!

Words of Wisdom

Valedictorian for the School of Business and Economics and former Supplemental Learning Leader Kennedy Aberdeen, shared some advice as part of the [Words of Wisdom Initiative](#). With spring convocation being a virtual experience this year, the Faculty of Student Development and TRU Alumni and Friends partnered to collect messages for new-to-TRU students. These inspirational notes were shared during fall midterms to lift student's spirits. These messages connected two milestones that book end the academic journey: the first day and the final day - and allowed space for graduates to reflect on all they've learned.

Steps Towards Success

The Student Life Office hosted Steps Toward Success, a virtual, three-part interactive series that sharpened academic and life skills. Students learned about effective digital learning strategies, fostering relationships, and applying self-care.



Transitions Events: A Call to Action and Connection

Student Life spearheaded a call campaign to connect with new-to-TRU domestic students. As a result, 1000+ students talked to student mentors, ambassadors, and staff about coping with remote learning and accessing support over fall and winter semesters. Many of those students later participated in Speed Friending events and the Student Success series.

"Student mentors and ambassadors liked engaging with students and sharing tips that have worked for them in the past. So often, conversations would drift away from the theme of academic supports because the students were so happy to chat!"

JULIE TAYLOR, MANAGER - OFFICE OF STUDENT LIFE

Orientation & Transitions

Call Campaign FAQ's:

What students were particularly concerned about:

1. time management
2. return to campus
3. how to meet people and make friends

"It's nice to write to someone about what I feel like, sitting a million miles away from university and studying. Thank you again for such an initiative."

- ANONYMOUS STUDENT

Virtual Socials a Success for Student Engagement

This online friendship matchmaking series was started by the Student Life Office in Winter 2021 and proved to be so popular that the first hour-long session ran for three because students cheerfully INSISTED that the event continue. From there, three more events ran between January and the end of March. Over 200 students attended four Speed Friending sessions, with an average of 40+ student participants per event.

These events generated some genuine friendship connections. One first-year student finally met someone from her program, and she was ecstatic. The two immediately exchanged contact information, and after the event, they connected via video chat for a few more hours. Additionally, the last Speed Friending event boasted a group of 15 students who did not want to stop talking. When the organizers finally had to shut things down after more than 4 hours, the students hopped on a Zoom call to continue. Afterwards, participants started WhatsApp and Instagram groups to keep in touch and make plans for meeting in the future.

For students missing the classic coffee date, Coffee Connections offered the chance for early birds to chat over a warm beverage from the comfort of their own home on March 24. Participants were randomly assigned to small groups for 10-15 minutes to brew up some conversation before being assigned to a new group.

Students had a lot of fun and always wanted more in terms of time and events. They enjoyed interacting with each other and meeting new people from the comfort of their own homes."

PAYTON COMAZZETTO
- O&T LEARNING
STRATEGIST



Mentorship & Leadership

Peer Leader of the Month Award

The TRU [Peer Leader of the Month Award](#) recognizes one or two Peer Leader(s) per month of each academic year. 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. The honour also represents the impact on other mentees, peer leader groups, TRU, and the broader Kamloops community.

[See more: Peer Mentor of the Month Social Features](#)

2021 Neil Russell

Student Leadership Award

Student Wellness Ambassador Team (SWAT) Leader [Jessica Seeney](#) is the recipient of the 2021 Neil Russell Student Leadership Award. Jessica has been a tremendous SWAT Leader for the past two years. She is also very engaged in the local Kamloops recovery community and volunteers her time leading groups and working on a local crisis line.



Reimagining the Leadership Conference

Due to COVID-19 restrictions, the Student Life Office re-imagined their annual leadership conference. After consultation with five TRU student volunteers, the team pivoted away from a full-day conference and offered a month-long LEADership Cohort. This series of events was available to 40 students; Student Life offered an in-person cohort of 10 students and an online cohort of 28 students. These students were able to work collaboratively and network amongst their peers and with the LEADership speakers.

Peer Mentor Training Week

With social restrictions impacting the Student Life Office's original plan of hosting an in-person training day, the team offered online synchronous sessions throughout the week of August 31 to September 3.

The timings of the session were scattered, offering two sessions per day so as not to overwhelm students and allow for breaks. Coordinators could participate, mandate specific training sessions to their peer mentors, or encourage participation in some or all sessions. Sessions were recorded for future asynchronous use. A total of 42 students attended at least one session.



Communications, Storytelling & Events

TRU Student Life is TRU Student Led

The Communications, Storytelling and Events team has varied in size and capacity over the years, but one consistency is that students are working alongside the team. Over the past year, in particular, a lot of the content you saw on the TRU Student Life channels was created and cultivated by Student Storytellers, WorkStudy students and various student leadership groups.

"Our long-term goal is for TRU Student Life to be TRU student-led," said Writer & Storyteller Alicia Ashcroft, who supports the students with their many projects. "Even with the limitations placed on our ability to gather in person, it was a banner year for creativity and connection. The students hosted Instagram Lives and virtual coffee sessions, recorded podcasts, developed and executed campaigns, wrote blogs, created social media content, designed visuals, made videos, conducted research, facilitated interviews, participated in meetings and hosted virtual events. So much of what you'll read in the Annual Report reflects the Communications team's work - and of the fantastic students we worked with over the past year."



The Office of Student Affairs

OSA an enhanced support system for vulnerable students

The Office of Student Affairs (OSA) saw a significant increase in the need for support. "Whether COVID-19 magnified pre-existing conditions or caused a new mental health concern, students were dealing with a wide array of issues exacerbated by the pandemic," said Marian Anderberg, Director of Student Affairs.

Anderberg noted that the many issues brought for a renewed sense of clarity about what issues students (and their families) face and the various supports OSA offers regarding suicide prevention, self-harm reduction, postvention for families who lost loved ones, safety planning for individuals facing increased incidences of violence in times of isolation, as well as resources for those impacted by the opioid crisis.

Continue reading on the next page.

The Office of Student Affairs

"When a student is struggling with their academics, it's generally a symptom of other issues like housing and food insecurity, poverty, mental health and addiction - lacking basic needs impacts educational outcomes. Part of our work is to peel back the layers of a situation to find solutions and supports."

The OSA team, who had successfully pivoted to remote service, often worked around the clock to respond to needs from across the globe, assisted students with navigating and connecting to university checkpoints. "Case Managers can convey policies and information to students in a way that's accessible and digestible."

Academic Integrity

- New efficiencies found with online Committee meetings.
- Director reported to Senate twice, providing information on case numbers and the extensive educational offerings to students, Faculty & staff.
- Success with Learning Strategist for Academic Integrity pilot position serving students by assisting them in understanding process and connecting them with resources.
- Explored the use of social media to reach students with appearances by Learning Strategist on FB & IG live events and podcast with Brenna Clarke Gray.
- New resources were developed for Faculty and OLFMs by Academic Integrity Faculty Fellow Krista Lussier. Resource links added to CELT website.
- Task Force underway with work on policy revision and recommendations for program redesign.

Student Case Manager

- Continued relationship building and collaboration with community partners to ensure just-in-time service for students needing additional supports.
- Developed mental health resource guide for students.
- Hosted 4th year TRU BSW student who was also learning what it was like to work remotely as a social worker.
- Student Case Managers and Director undertake Threat Assessment training to ensure meaningful contributions to the institutional threat assessment team.

Early Alert

- Increased need for programming by domestic students evident during COVID.
- Explored the use of social media to reach students with appearances by Learning Strategist on FB & IG live events and podcast with Brenna Clarke Gray.
- Engagement by Learning Strategist in the International Student Success Working Group.

SVPR

- The program found a new home within the Office of Student Affairs, which is an excellent fit for this specialized work and allows for a collaborative approach to supporting survivors while protecting confidentiality.

ACADEMIC SUPPORTS



Accessibility Services | PACE | Supplemental Learning
Assessment Centre | Writing Centre

Accessibility Services

Share your AS Story Initiative

As a Student Research Assistant for Accessibility Services, Hanna Conradi developed an initiative to celebrate diversity and destigmatize disabilities, health conditions, and the use of accommodations by sharing student stories.

Watch AS success stories on YouTube



Assistive Technology Video Features

To help students cope with remote learning, Accessibility Services created a [Remote Learning Tools](#) list, which offered lots of options and insights. Assistive Technology Specialist [Nadia Karim](#) developed an Assistive Technology video series to help clarify and demystify different apps and browser extensions that support focus, organization, time management, memorization, note-taking, and mental health management.

"The past year has highlighted the many ways in which technology can support us in our day-to-day lives, and at the same time, what kinds of barriers impact access to digital supports," Karim said. "These easy-to-digest blog posts featured different apps that aid productivity, organization, and mental well-being. In addition, collaborating with Student Storyteller Amna Qazi on the Read&Write feature was a delight; I loved hearing how she uses this software to support her studies."



Acquiring Access with Keisha Anderson

Student Storyteller Keisha Anderson sat down with various members of the Accessibility Services team at TRU to discuss accessing supports and what paving your own way can look like at TRU.



[AS Assistive Technology](#) Facebook Live with Jenn Mei, Kathyrne Brattland and Jeff Dineley.

[Experience More Access](#) Facebook Live with Jenn Mei

Pack ACademic Edge (PACE)

As part of PACE programming, a series of online workshops were offered to student-athletes during the 2020-2021 academic year.

- Time Management & Study Skills (Presented by Jenna Goddard, Writing Centre Coordinator and Student Success Lecturer)
- Academic Integrity (Presented by Stephanie Tate, Learning Strategist - Academic Integrity)
- Note Taking & Test Taking (Presented by Jenna Goddard, Writing Centre Coordinator and Student Success Lecturer)
- Self Care (Presented by Shyann Vosper, Counsellor)
- Intimate Relationships and Consent: Getting it, giving it, & what to do when things go wrong (Presented by Sarah Coyle, Sexualized Violence Prevention and Response Manager)
- Intercultural Understanding (Presented by Kyra Garson, Intercultural Coordinator)
- Career Self-Assessment, Career Planning & Resume Skills (Presented by Noah Arney, Career Services Coordinator)



- Interviewing & Networking Skills (Presented by Noah Arney, Career Services Coordinator)
- Indigenous Culture History & Language of the T̓k̓emlúps te Secwépemc & Teachings from an Indigenous Athlete and Coach (Presented by Jonathan Michel)

Supplemental Learning

Connect with SL Leaders on Facebook Live

Writer & Storyteller Alicia Ashcroft connected with Supplemental Learning (SL) Leaders Loghan Eskritt, Andrea Valcarcel, and Eric Franks to discuss academic supports linked to challenging introductory courses.



SL Leaders share the best advice they ever received, effective study habits, what they wish they knew on their first day at TRU, and much more!

"Being a scientist means working in groups a lot; it's important to lead a group, be an organized person, and a good presenter, which is what being an SL Leader has taught me."

Assessment Centre

The Assessment Centre was the one of the only FSD offices that remained open on campus during the pandemic, providing in-person and virtual testing services with strict safety protocols in place. "Working on the nearly deserted campus was eerie at times but worth it," said Principal Assessment Centre Coordinator Cindy James. "Most candidates thanked us profusely for being open."



The Writing Centre

The Writing Centre supported students online throughout 2020/2021 with synchronous and asynchronous appointments and a robust presence on various social media channels like [YouTube](#) and [Instagram](#).

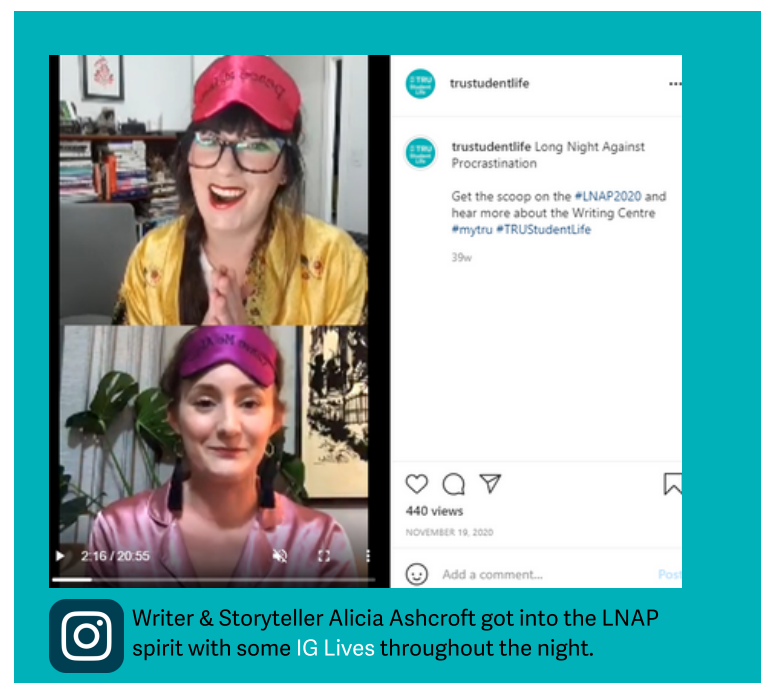
Virtual LNAP

Through one-on-one writing and research sessions, "glimmer hunting" and grounding exercises, the Virtual Long Night Against Procrastination (LNAP) connected students to Librarians, Writing Centre Tutors, Wellness Ambassadors and Counsellors.

Writing Centre Coordinator and Student Success Lecturer Jenna Goddard noted: "The main goals of LNAP – creating community, connecting students with important wellness and academic services, and relieving stress – were still accomplished in this virtual format, thanks to the hard work and creativity of organizers and volunteers. It was simply heartwarming to see how the students connected with the supports, engaged in the chat, and supported each other. I received many comments from students throughout the event expressing their appreciation for this warm and inclusive community."

Get the Scoop on the Writing Centre FB Live

Writing Centre Coordinator and Student Success Lecturer Jenna Goddard, along with some spectacular tutors, took a deep dive into ways to navigate the website, make appointments, and prepare yourself for that virtual experience in this [Facebook Live conversation](#).



HEALTH & WELLNES



Counselling | Medical Clinic | Sexualized Violence
Prevention & Response | Wellness Centre

Counselling



BLOG

Managing Stress and Anxiety

In her blog, Student Storyteller Shannon Cooper admits that student life can be a source of anxiety, but with the help of TRU resources and supports, she managed stress and maintained a balanced sense of well-being.



Y-Minds Positively Impacts Mental Health

Y-Minds is a free 7-week support group program for students coping with anxiety. Facilitated by TRU Counsellors Shyann Vosper and Susan Butland, and supported by Wellness Centre Coordinator Chelsea Corsi, these sessions helped participants manage the impact of stress and anxiety with different strategies and supports. As part of this year's promotional campaign, Y-Minds Fall 2020 student participants Dea DiGiovanni and Sarah Cowger shared their experience with the program in an [Instagram Live](#).

Connecting with a Counsellor: Preparing for a Virtual Appointment

When faced with challenging, stressful, and uncertain times, 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. [Meet the TRU Counsellors](#) offered a sense of personal connection to ensure that students felt connected to TRU supports, especially in the early days of the pandemic.



BLOG

Establishing Healthy Boundaries

When it comes to our relationships, we want to be helpful, supportive, and available, but we also want to be mindful of potential burnout. Balancing our own goals, responsibilities, and self-care with whatever our family, friends, classmates, professors, and employers expect of us can be tricky. Establishing boundaries can feel like you are mean, hurtful, or insensitive; when in reality, if you express your feelings in a kind, honest, and direct way, you are honouring yourself and the relationship you want to nurture.

Weekly Wellness Circle

Indigenous Counsellor Ashley Broadfoot focused on personal, academic, and career growth and practices through an Indigenous lens and draws primarily from multicultural, person-centred, and solution-focused therapy perspective.

"Assertiveness takes time; you might need to practice a little. There's always room for repair."

SUSAN BUTLAND -
COUNSELLOR

The Medical Clinic

Medical Clinic a presence on campus throughout the pandemic

Medical Office Assistant Lee-Gaye Hicketts and Dr. Hilary Yoshida reflected on the many approaches to working with patients remotely in the COVID era.

"It was a learning experience - we were creative, collaborative, and had to think outside the box when it came to problem-solving," Hicketts said.

Yoshida added, "It was different, but we adapted. Ultimately, we were able to provide safer care during COVID by reducing the need to travel, enter spaces, and sit in waiting rooms."



Hicketts noted that many patients appreciated the accessibility factor because telehealth meant reduced barriers to receiving medical attention.

While the average patient accessed virtual support exclusively, the Clinic was open on-campus one day per week for IUD insertion and removal, pelvic exams and other in-person examinations as required.

If there were any concerns about safety and wellbeing, "there was always the option to follow up with the patients, bring them in for an appointment and make sure they got the help they needed," Yoshida said.

The Medical Clinic was also working with Interior Health to ensure that patients were connected to services like Respiratory Health. The Clinic also ran a Flu Clinic last September in Student Street.



Sexualized Violence Prevention and Response

Violence in Times of Isolation Virtual Panel

Incidents of violence tend to increase during times of isolation and stress, such as during a pandemic. Campus services and front-line community agencies provided education, information, and resources to help folks feel safe(r) and supported.

Building Safe Community

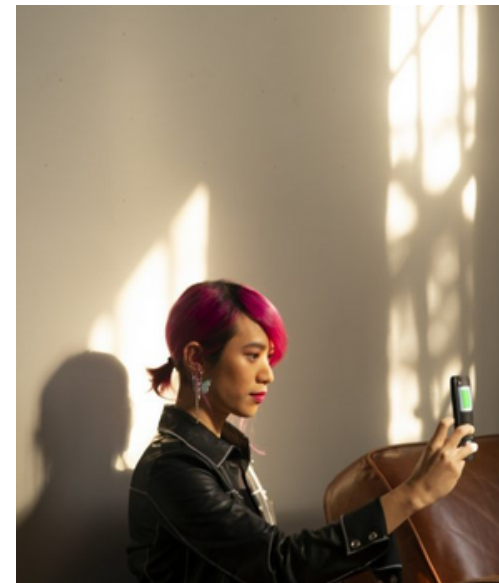
This collective of campus and community partners gathered for several [Facebook Live](#) panel discussions. In these sessions, TRU Student Life, Sexualized Violence Prevention and Response (SVPR), Wellness Centre, TRU Residence, Kamloops Sexual Assault Counselling Centre, and Kamloops Immigrant Services discussed support systems, consent, rape myths, gender-based violence, and being an active bystander.



BLOG

Navigating Consent in the Digital Age

When it comes to managing and/or problem-solving all of the intricacies involved in online relationships, there are many supports and services available on campus. In addition to providing resources and support to victims and survivors, Sexualized Violence Prevention and Response develops and delivers educational and prevention-based programming to campus and community partnerships. SVPR also plays a key role in supporting the ongoing implementation of TRU's Sexualized Violence policy, which identifies online violence as violence.



BLOG

Remembering the Montreal Massacre

Faculty of Student Development WorkStudy student Irene Vergeychik had not yet been born when the Montreal Massacre happened on Dec 6, 1989. Until her work with Sexualized Violence Prevention and Response, she hadn't fully processed the magnitude of that tragic event and the subsequent National Day of Remembrance and Action on Violence Against Women, which the Canadian government established in 1991. This day of remembrance, which aligns with the 16 Days of Activism Campaign reaffirms the government's commitment to combat misogyny, racism, sexism, homophobia, and transphobia. Vergeychik reflects on why this day of remembrance is more critical than ever and encouraged everyone to speak up and stand with survivors of gender-based violence.

"I will be committing to furthering my knowledge around supporting victims and survivors." In preparation for the TRUFA Status of Women Committee's Virtual Violence Against Women Memorial on Friday, Dec 4, Vergeychik spent some time learning about the impact of this devastating chapter in Canadian history.

Wellness Centre

Wellness In Your House

The Student Wellness Ambassador Team facilitated 20 Wellness in Your House (WIYH) presentations over the course of the academic year and covered topics such as sleep, nutrition, physical activity, and self-care. Wellness Centre Coordinator Chelsea Corsi led some workshops to help students realistically prioritize their well-being in times of disruption.

Blatter Chatter Went Virtual

While the usual washroom stall staple wasn't found on campus this year, the Bladder Chatter was a huge hit online. The Wellness Team published 9 issues of Bladder Chatter on [Instagram](#) and [Facebook](#).

Coming Together for a Great Cause

COVID-19 has affected every aspect of our lives, especially our mental health. This year's Bell Let's Talk Day Campaign shone a light on the actions that we can all take because, now more than ever, mental health matters. The Wellness Centre and People and Culture collaborated on a campus-wide day of events for Bell Let's Talk Day on January 28.

Trivia Nights

Chelsea Corsi and Theresa Desmarias partnered with People and Culture's Wellness Coordinators to coordinate 3 campus trivia nights; themes included Disney and Marvel movies, DC Comics, The Office and Brooklyn 99. Students and employees alike had so much fun testing their memories together!

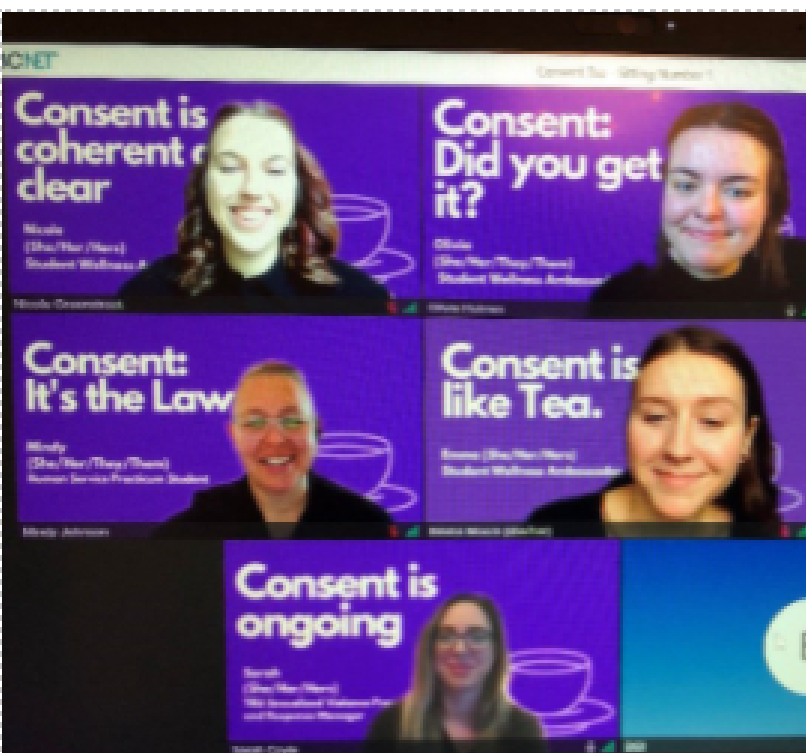
Live Chat Launched

A virtual live chat was launched, so students could connect with to a SWAT leader in real-time and from a distance. The Live Chat ran 35 hours a week from Monday to Friday.



Online Consent Tea

The 6th annual [Consent Tea](#), a consent and sexual health education event at TRU, was held [virtually](#) this year and was facilitated by Wellness Coordinator, Chelsea Corsi, and the [Student Wellness Ambassador Team](#). This year's theme, 'Online Consent,' was due to the nature of our increasingly digital aspects of our lives, and our ongoing relationship connections made possible through technology.



DIVERSITY & EQUITY



Indigenous Student Development
Intercultural Learning | Multi-Faith Chaplaincy

Indigenous Student Development

Indigenous Student Mentors Reflect on Leadership Roles

When it comes to navigating student life, a mentor can give you the scoop on supports, services, and skill sets to ensure a more successful experience, especially in those early years of university.

Being a mentor can help you prepare for your professional pathway. As part of any student leadership program, training and learning opportunities can benefit your personal development. Helping others by sharing experiences and wisdom is also particularly good for the soul.

Indigenous Mentor and Communications Co-ordinator Mathilda Chillihitzia says, "Mentoring and being mentored is a part of Indigenous life. Not only is it meaningful to pass down your knowledge, but it also feels meaningful to be taught by someone with such great knowledge. You can leave a lasting connection that will carry you beyond university."

Chillihitzia, herself a graduate from TRU, loves working with students, particularly her team of student mentors. "I get to meet new people every semester and make lasting friendships. I understand what it's like to come from a small community and feel scared of being so far away from family, so I love to help students reach their goals."



Virtual Soup Circle

Cplul'kw'ten adapted to their weekly Soup Circle to social-distancing guidelines by hosting a Facebook Live every Wednesday. Learning Strategists, Peer Mentors, Elders, and special guests engaged in various discussions and reflected on coping skills, study tips, community resources, and employment opportunities.

First Friends Feast

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

Indigenous Career Fair Virtual Live Roundtable

Co-op student and moderator Sophie Collins hosted the Virtual Indigenous Career Fair on July 15, 2020 which connected participants with Career & Experiential Learning, Indigenous Student Development, Cplul'kw'ten and various employers.

Indigenous Student Development

Moose Hide Campaign

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

Understanding Land Acknowledgements

As part of Indigenous Awareness Week, Theresa John, a Dakelh (Carrier) and member of the Lusilyoo (frog) Clan from the Northern Interior of BC, facilitated discussions and wrote this piece about the importance of land acknowledgements.

[CLICK](#)

Audio recording of the TRU
land acknowledgement



Intercultural Learning

Share Your Intercultural Story

The Intercultural Understanding Subcommittee (IUSC) asked to hear student stories of intercultural learning at TRU. Students filled out a survey to provide a short-written submission or a 1-2 minute video about an experience that increased awareness and understanding of sociocultural diversities.

DIVERSITY & EQUITY

ep·i·ste·mic rac·ism

epə'stēmik/ /rā'sizəm/

Refers to positioning the knowledge of one race or cultural group as superior to another, including a judgment of not only which knowledge is considered valuable, but is considered to be knowledge.

Power of Language Initiative

Understanding the power of language and using it effectively and appropriately is vital to anti-racist action and education. Because language (and our learning) around equity, diversity, and inclusion is continuously evolving, opportunities for dialogue on this topic are encouraged and welcomed.

[Diversity & Equity Glossary.](#)

Amna's Halloween Costume Check List

Student Storyteller Amna Qazi reflects on the scariest part of the spooky season: the abuse and appropriation of different cultures as part of a costume. With the help of Intercultural Education and Accessibility Services, she crafted a [helpful list](#) to ensure your costume is festive yet respectful.



Multi-Faith Chaplaincy



Focus on Faith

Buddhist Venerable Gawa Khandro answered questions about life, faith, and spirituality in this Facebook Live conversation with Writer & Storyteller Alicia Ashcroft.

Peace Day Dialogue

Multi-Faith Chaplains commemorated International Day of Peace in this conversation recorded on September 21. This year's theme was Shaping Peace Together, and they discussed how peace can begin from within and radiate outwards.

Connect with Multi-Faith Chaplains

Conversations with the TRU Chaplains are always fascinating, nourishing, and inspiring; enjoy some meaningful dialogue about how spirituality can help navigate challenging times.

CAREER & EXPERIENTIAL LEARNING



Career Services | Co-operative Education
Experiential Learning

Career Services

Student Award Supports Powerful MMIWG project

In May 2021, Kelly Stanley, TRU Bachelor of Arts Co-op student, received a MITACS-UREAP award of \$6000 to carry out a research project, and a literature review on Missing and Murdered Indigenous Women and Girls (MMIWG), the role of social media, and how the media portrays Indigenous women.

This project is her experiential learning and co-op work term and will satisfy three credits of her Bachelor of Arts degree. Along with Co-op Coordinator Sarah Gibson, Stanley's co-supervisor is Lindsey McKay, Sociology.

Wired for Career Success

TRU's Career & Experiential Learning Department hosted their first online job fair on March 2, 3 and 4. With approximately 40 employers and nearly 800 registered students, the Wired for Career Success job fair offered a platform for networking and career opportunities for employment-seeking students. Feedback from all parties declared that the event was a success and provided a great alternative to the traditional in-person networking event.

From February 12-15, Career Services Coordinator, Larry Iles, facilitated [workshops to help students prepare](#) for the online job fair.

Job Fair 2021



*A welcome address from
President Fairbairn*

 **CEL on YouTube**



BLOG

Organize Your Digital Life: A How-to-Guide

Dea DiGiovanni is a post-baccalaureate marketing student at TRU who worked her way through a remote co-op term with Career & Experiential Learning. Without a physical office to report to, or colleagues to connect with face-to-face, Dea has been a creative and organizational force when it comes to cultivating relationships and completing projects.

She thrives in the virtual setting due to her digital organization skills, which helps her keep track of her tasks, ideas and action items; this allows her supervisor to easily follow her successes. In this blog post, Dea shares the importance of digital organization in a mostly virtual world.

Co-operative Education

Co-oped Up: Instagram Photo Contest Winner



**Alex
Duarosan**

1st Place

Co-op students had the chance to win \$300 and be featured in the TRU Newsroom by sharing remote working tips and tricks.

Learn more about the experience of each winner of the Co-Oped Up Contest.

- [Ask, adapt, and accept: Nazli's Co-oped Up experience](#)
- [Procrastination vs me: Alex's Co-oped Up experience – TRU Newsroom](#)
- [9-to-5 no more: Camila's Co-oped Up experience – TRU Newsroom](#)



BLOG

How a Co-op Student Nailed a Full-time Contract

As a fourth-year Bachelor of Engineering student currently on her fourth co-op work term at Raptor Integration, a company that specializes in sawmill automation and optimization, Lorelei Guidos' favourite part of the experience is seeing how her "programs and designs influence the physical world in a tangible way."

Even though she has yet to complete her final year of university, Guidos recently signed a contract to return to Raptor as a full-fledged employee. "I love the company and thoroughly enjoy the work, so much in fact that I've already signed a full-time contract to work with them after graduation."

Raptor Integration is so committed to fostering professional growth that her employer has collaborated with Guidos on her capstone project as part of her final year of study.



*"The engineering program and university are two things I really believe in.
I'm very excited to watch and help them grow."*

LORELEI GUIDOS - 2020 CO-OP STUDENT OF THE YEAR

Co-operative Education



BLOG

The Power of Abstraction: Drawing from Experience

As the 2019 Co-op Student of the Year, Bachelor of Computer Science student Brad Crump encourages other students to take charge of their own career pathway. "Co-op is what you make it. I treated the experience as an opportunity to meet intelligent people and learn from them. This education has afforded several opportunities since including machine learning research with the Province of British Columbia. Co-op gave me the technical skills and confidence to embark on a career path in machine learning that I couldn't envision before the program."

Set to graduate in 2021, Crump continued his role as a software developer at Teck Resources after his two terms ended.

Experiential Learning

Riipen Funding Creates Opportunities to Learn and Earn

Through RBC Canada funding, CEL partnered with Riipen to provide experiential learning opportunity for up to 20 students interested in New Media and Communications, English, Marketing, Public Relations, and Policy Development. Riipen's network includes thousands of companies and non-profit organizations who are eager to collaborate with students and support their development of applied skills and employability. Students were enrolled into the Career and Experiential Learning Department's "Experience More" program where they can complete projects ranging from developing marketing and communication plans to strategic planning.

Career Path Tuesdays

These career path narratives of TRU's diverse body of students, staff, and faculty are a constant inspiration.

Meet #CareerPathTuesday Student Feature, Rehan Ahmed!

Rehan is a student in the Associate of Commerce & Business Administration program at TRU. Prior to moving to Canada, Rehan studied at the Cambridge School in India, where he got to meet international students for the first time in his life. Aside from his passion about photography, Rehan would also like to pursue his dream of promoting soccer - making professional soccer training accessible to underprivileged children who are just as passionate about soccer as he is.



AWARDS & RECOGNITION



Evelyne Penny

Distinguished Service Award

Learning Specialist Evelyne Penny received the Distinguished Service Award for her work with students in Accessibility Services and her contributions as a fitness instructor.

After the discontinuation of TRU Recreation classes, "Ev took it upon herself to provide a group of TRU colleagues with weekly fitness classes that were well planned, professionally facilitated, free and for no recompense," said SL Coordinator Elizabeth Templeman.

"In this last year, COVID 19 has stolen much from our community. We think that it is no small act of service that Ev gifted us with a few minutes of semi-normalcy in the face of such loss. In our basements and spare bedrooms and garages, in Kamloops and beyond, we have followed Ev's voice and image, squatting and lunging, crunching and lifting. Not all of us had the right equipment, not all of were initially comfortable exercising in front of a camera, but Ev found ways for all of us to participate."

Sarah Walz, Director of Student Access and Academic Support said, "This year in particular, Evelyne helped to enrich the lives of her students immensely. Many students with disabilities struggled in an online learning environment. As such, the demand for Evelyne's service has increased even more than in previous years. Evelyne constantly adapted her strategy during appointments to keep students engaged and focused. This year, she also spent a lot of her appointment time comforting students who were distraught or overwhelmed. I know this takes its toll, but Evelyne is an exceptional professional and an expert in her field."

Long Term Service Awards



Nancy Bepple



Marian Anderberg

Susan Butland

Vernie Clement

Robline Davey

Sara Wolfe



AWARDS & RECOGNITION



TRUSU Student Support Award

Kayla is civically engaged. Working with the City of Kamloops, she tactfully interviewed people experiencing homelessness to gather information, which was used to better understand homelessness in Kamloops and help guide the development of social services. Similarly, during the winter and reading break of 2018 and 2019, Kayla visited science classes in Chetwynd, BC to promote the value of pursuing post-secondary education and to inspire students to continue with science-based programs. Today, these students contact her for help

with their TRU applications, to get advice for which courses to take, and to say thank you. Kayla finished her final exams for the semester and said she had so much time on her hands she volunteered her time at the COVID-19 vaccination center in Chetwynd, BC (her hometown). This is truly an outstanding student and an individual making a positive difference in the lives of those around her.

Accessibility Advocate Awarded for Outstanding Work

Accessibility Experiential Learning Coordinator Jennifer Mei successfully defended her Master of Social Work thesis from Wilfrid Laurier University and received an Award for Outstanding Graduate Work. The research committee also nominated Mei for the Medal of Academic Excellence. Her committee was unanimous in nominating Mei, as the originality and timeliness of her study topic focused on the disclosure of mental health disabilities to employers, university personnel, including faculty. Mei developed and conducted a survey implemented at Laurier and TRU, which generated the engagement of 256 students. This study is the first of its kind to identify the reach, consequences, responsiveness, and usefulness of responses.

The nominating committee stated that Jennifer's own identity as a racialized student with a mental health-based disability invigorated her study and retained her perseverance to respond to the full range of input. They noted that Mei holds very high promise for an academic career, and she could next take her research in several directions. All her committee members intend to continue their support for Jennifer as she disseminates her significant findings. The committee was impressed and inspired by the quality of Mei's research, passion, and effective writing and presentations. All are committed to helping make sure Mei's work has an impact in the social work field and beyond.



PRESENTATIONS



Spring/Summer 2020

- Alicia Ashcroft and Chelsea Corsi presented “Violence in Times of Isolation” at a virtual community panel coordinated by the TRU Wellness Centre and TRU Student Life in May 2020.
- Cindy L. James presented “Testing at a Post-Secondary Institution during a Pandemic” as an Invited speaker at National College Testing Association (NCTA) webinar in June 2020 (325+ participants).
- Jennifer Mei presented “Determining Essential Requirements” at Virtual Café, in August 2020.
- Robline Davey presented “Examining the online educational space for Indigenous learners” at the National Online Gathering of IMNP in August 2020.

Fall 2020

- Kyra Garson presented “Answering the Call: Being and Becoming an Ally” as an Invited panelist/moderator at BC Campus, March 2020.
- Kyra Garson presented “A Conversation about Intercultural and International Education’s Current and Future Direction” as an Invited Keynote at the British Columbia Council for International Education in September 2020.
- Jenna Goddard presented “Hello from the Other Side (AKA what your students are complaining about)” as an Invited speaker at CELT Talk in October 2020.
- Robline Davey presented “Incorporating Indigenous Perspectives into Career Planning” at CACEE Virtual National Conference in November 2020.
- Robline Davey presented “Pedagogy for Inclusion: A Discussion About Impactful Practices for Non-Traditional Learners” at ETUG: Fall Workshops in November 2020.
- Jennifer Mei presented “Productivity Pressure & Hacks for Staying on Track at NEADS in November 2020.
- Jennifer Mei presented at BIPOC Social Work Panel, UVIC – BSW in December 2020.

Winter 2021

- Robline Davey presented “Considering Culture in Online Learning Communities” at Teaching Practices Colloquium in February 2021.
- Chelsea Corsi presented “TRU Trades Health and Wellness 411 Pilot” at National Apprenticeship Conference in February 2021.

PRESENTATIONS CONTINUED



Winter Continued 2021

- Cindy James co-presented “Assessment & Evaluation Across Canada” as an invited panelist at CACUSS webinar for the Research, Assessment and Evaluation Community of Practice in February 2021.
- Jennifer Mei presented “Accessibility for Practical Learning - Pro D Day” in February 2021.
- Jennifer Mei presented at BIPOC Social Work Panel, UVIC-BSW in February 2021.
- Chelsea Corsi and Cindy James virtually presented “Showcasing Applications for the Campus Suicide Prevention Grant at Healthy Minds, Healthy Campuses Summit, Canadian Mental Health Association, BC Division in February 2021.
- Kyra Garson presented “Equity, Diversity, and Reconciliation” at the American Association of Universities and Colleges, Diversity, Equity, and Student Success Conference in March 2021.
- Jennifer Mei presented “Accessibility Resources for Employers” at Kamloops Rotary in March 2021.
- Jennifer Mei presented “How to Zoom” at TRU Indigenous Ed. in March 2021.
- Sara Wolfe presented “Fostering a Service Culture” to Lethbridge College via Zoom in April 2021.
- Robline Davey presented “Innovative Pedagogical Approaches for Inclusive Online Instruction was accepted at the 12th Annual University of Waterloo Teaching and Learning Conference in April 2021. Davey presented this at the CNIE – Canadian Network for Innovation in Education National Conference in April 2021.
- Cindy James co-presented “Assessment & Evaluation as Research” at CACUSS webinar for the Research, Assessment, and Evaluation Community of Practice on April 2021.

PROFESSIONAL DEVELOPMENT



The pandemic forced everyone to pivot to an online environment for professional development, networking and presentations. Below is a list of conferences attended on various virtual platforms by some of our FSD colleagues.



- Sara Wolfe, Marian Anderberg, Sarah Coyle, Cathy Auld and Holly Winzey attended Protect International Foundational Violence Risk Assessment and Management Workshop on September 28 - October 2, 2020.
- Sara Wolfe attended TRU Professional Development Week virtually on February 17-19, 2021.
- Sara Wolfe attended Gallup Clifton Strengths Coaching on March 3 - 4, 2021.
- Sara Wolfe attended NWCCU Workshop "How to incorporate them into data collection" on March 12, 2021.
- Jennifer Mei attended CACUSS 2020 "Supporting Career Development for LGBTQ2S+" on July 8, 2020.
- Jennifer Mei attended TRU - CEL "Indigenous Job Fair" on July 14, 2020.
- Jennifer Mei attended TRU - Research "Writing for the Conversation" on January 21, 2021
- Jennifer Mei attended CERIC "Motivational Interviewing Webinar" on February 24, 2021
- Jennifer Mei attended UVIC "Beyond Race Theory: Centering BIPOC Voices" Hosted by Ryan Kunghay on March 18, 2021
- Jennifer Mei attended Western Webinar "Decolonizing University Programs" on March 23, 2021
- Jennifer Mei attended "Sterilization: Racism in Indigenous Health" at TRU hosted by Lisa Bearskin Bourque on sterilizing indigenous women w/o consent on June 7, 2021
- Robline Davey attended Teaching Practices Colloquium at TRU in February 2021.
- Robline Davey attended CNIE – Canadian Network for Innovation in Education National Conference in April 2021.
- Robline Davey attended Congress of the Humanities 2021 Virtual Conference (various sessions) in May 2021.

PUBLICATIONS



Robline Davey contributed to 5 publications during the fiscal year.

- Davey, R. (2021). Chapter 14. Indigenous Perspectives on Career. In J. Noakes (Ed.), TRU Career Text. TRU Open Text. (In press).
- Davey, R. Clark, N., and Barkaskas, P. (in press). Following the Stories through the Beadwork: Métis Feminists Stringing Beads Together to Create a Whole. In L. Forsythe & J. Markides (Eds.), Strong Metis Women Academics: Our Contributions. University of Manitoba Press.
- Clark, N., Barkaskas, P. and Davey, R. (2021). Thanks for Listening: Witnessing Métis Women & Girls Experiences of Violence & Pathways to Healing. Métis Nation British Columbia (MNBC).
- Clark, N., Barkaskas, P., Davey, R. (2022). Métis Feminist Witnessing Methodology. Manuscript submitted for publication.
- Clark, N. Jules, R., Davey, R. Kenoras, L., Kenoras, M. and Kelly, B. (2021). Chapter 16: Cu7 me7 q'wele'wu-kt. Come on, Let's Go Berry-Picking. Intergenerational Land-Based Healing Through Indigenous Girls' Groups. In L. T. Smith (Ed.), ORA: Healing Ourselves – Indigenous Knowledge, Healing & Wellbeing (pp. 311-327). In press.
- Jennifer Mei published her master's thesis in social work at WLU titled "Mental Health Disclosures: The Experiences of Post-Secondary Students Transitioning into Career/Experiential Learning Environments" in Scholarly Commons in April 2021.
- Jennifer Mei published blog on universal design principles for coping, working and studying during COVID-19 titled "Productivity Pressure & Recipes for Staying On Track" on the TRU Student Life Webpage in May 2020.
- Umme Mansoory published "Improving Guidelines of Practice for the Prevention and Response of Suicidality in Post-Secondary Institutions" in the Journal of Educational Thought in December 2020.
- Kyra Garson co-published "Underrepresented Voices in Intercultural Research" in World Council on Intercultural and Global Learning Blog in 2020.
- Jenna Goddard co-published "Director's Day Out": Meaningful Collaboration Online, in Canadian Writing Centres Association literary blog in January 2021.

LOOKING AHEAD

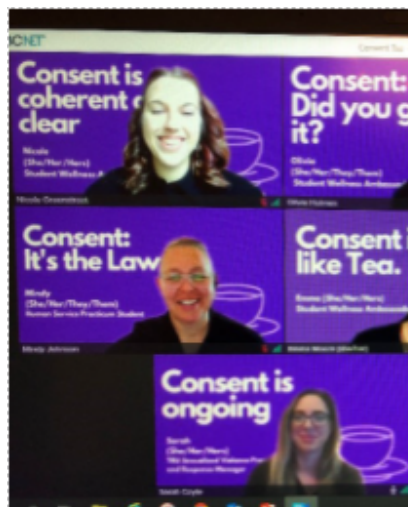
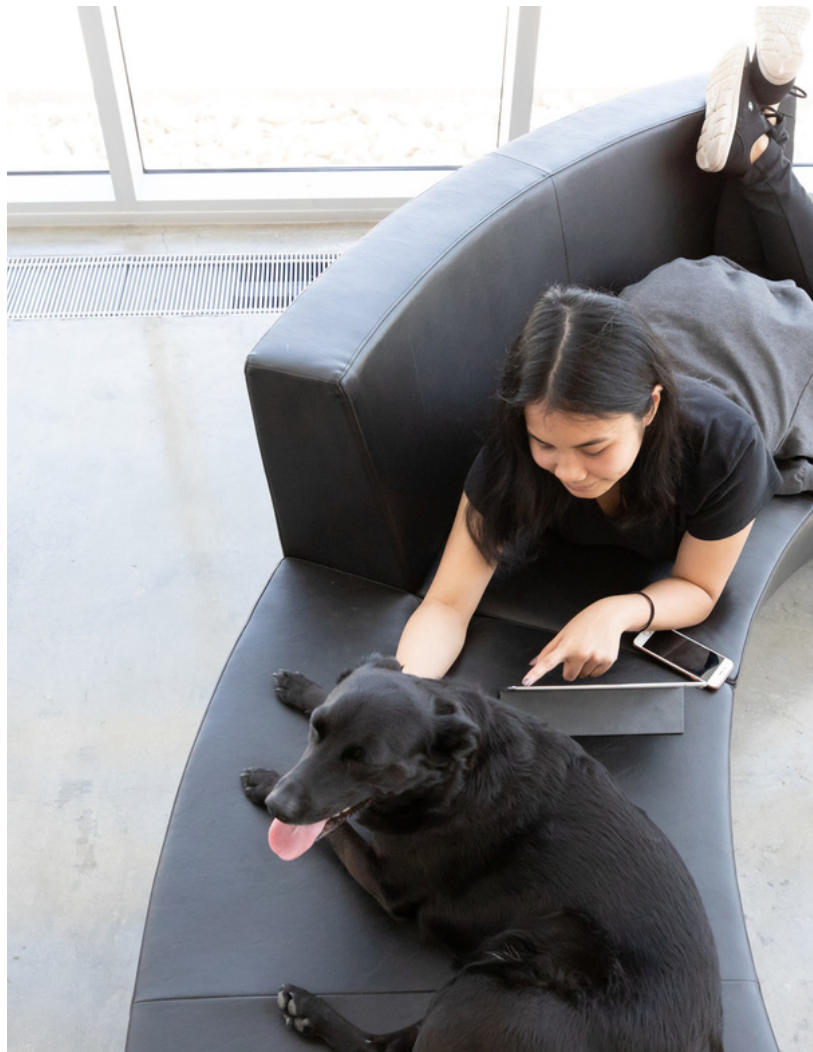
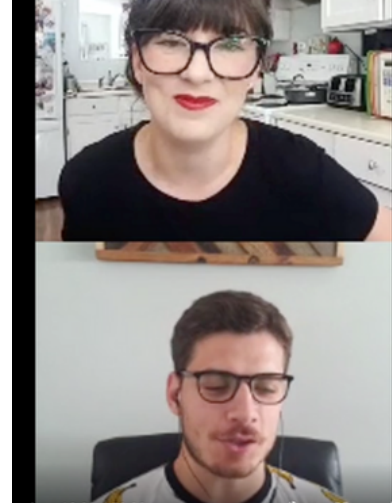


When looking ahead, it is important to also look back. Looking back at FSDs Strategic Priorities for 2017-2022: Communication and Visibility; Health and Well-Being; Experiential Learning; Sense of Belonging; Equity and Inclusion; and Indigenization, it is easy to see the work and changes that have been implemented related to these priorities even during difficult times.

As we move into the next year and setting new strategic priorities, it will be exhilarating to see how the experiences we have endured will impact the goals for FSD. COVID19 has made us all stretch and respond to meet the needs of students and each other in unique ways from drive-thrus to virtual gatherings. There will likely be more of this stretching and responding as we look to the future, and there is no better team that we look forward to doing this with! Thank you to all the members of FSD for the continual commitment and care, and to those reading this, thank you for supporting and being curious about the work we do!

-Chris and Sara







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RIVERS
UNIVERSITY**

**Faculty of
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