



# ANNUAL REPORT

## 2022 - 2023

**Thompson Rivers University is situated on the traditional lands of the Tk'emlúps te Secwépemc within Secwepemcúl'ecw, the traditional and unceded territory of the Secwépemc.**



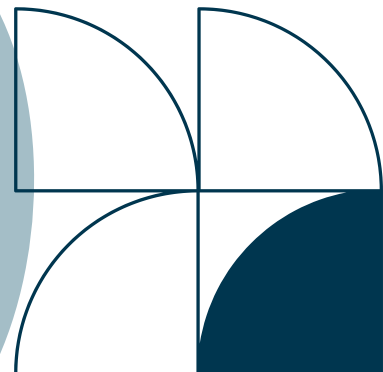


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## About this report

Covering the period from May 1, 2022, to April 30, 2023, the Annual Report shares stories of student success and reflects on the challenges and achievements experienced by the Faculty of Student Development. This report is available in print and on the Faculty of Student Development [website](#).



# From the AVP's Office

Writing these messages always puts me in a reflective mode. This year, my thoughts lead me to a deeper appreciation than ever for the team in FSD. Over the thirteen years that I have had the privilege of providing leadership support to this group of professionals, I've noticed some important changes in how we work together. I have provided this in the Looking Ahead section.

As you review this annual report, note the number of colleagues and students engaged in FSD programming, think about where we continue to have opportunities to reach out to colleagues across TRU, reflect on the places where we offer those supports, consider what areas you need to learn more about to serve students, and then find a student to talk to about all this. Each year, we advance the work of supporting students by connecting with them and with each other.

Thank you for the opportunities I've had to connect with, and learn from, each of you during my time here.

**Chris Adam**  
Associate Vice-President Students  
& Dean, FSD



# From the Executive Director's Office

I have mixed feelings about the 2022-2023 academic year. I experienced exhaustion and sadness, along with gratitude and optimism. For me, fall is always a new beginning, which I optimistically approach, and fall 2022 was no different. I did not realize how starting consecutive years without a full tank of reserves can lead to an empty feeling. By winter, I was flagging and dragging myself through the days.

Most of you know I took a leave from work to do some professional development and recuperation. It was hard to admit that I needed to take a break and step away from the work and teams I love, but I needed something to change. The time away did indeed provide much needed rest and reflection.

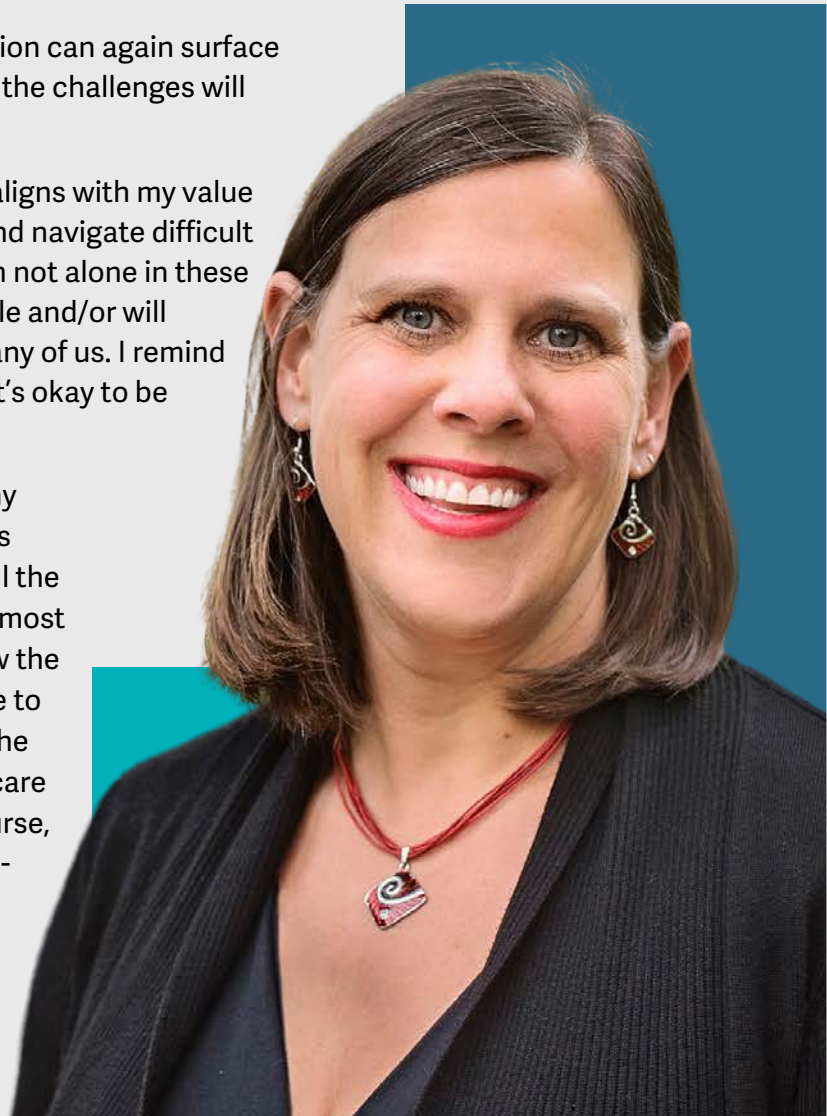
However, it was apparent that exhaustion can again surface when obstacles appear, and of course, the challenges will always be there.

I'm exploring how my leadership style aligns with my value system and how to lead, build teams and navigate difficult situations with great care. I'm sure I am not alone in these thoughts: the students we serve grapple and/or will grapple with these questions, as do many of us. I remind myself that we are not alone and that it's okay to be vulnerable and share.

Time spent on a Mexican beach with my dachshund taught me that time away is critical for our health. I'm grateful for all the folks who filled in when I needed it the most and I'm so thankful and inspired by how the folks in Student Development continue to care for each other, the students and the work. For me, these relationships and care are what life is really about- and, of course, dogs and beaches! Here's hoping 2023 - 2024 is a year to rebuild reserves.

**Sara Wolfe**

Executive Director - Student  
Development and Assistant Dean, FSD



# In The Community

## Consent Café Continues to Grow

Co-founded in 2015 by Chelsea Corsi, a senior wellness coordinator at TRU, and Tanya Pawliuk, associate teaching professor in TRU's School of Social Work and Human Service, the Consent Café is an activity-based consent education, communication and sexualized violence prevention and response program for youth and young adults. "The Consent Café curriculum was designed to address the current gaps in youth's knowledge about these topics early," Pawliuk says. "When they transition to post-secondary, they will have well-developed literacy about consent, communication, healthy relationships, their basic sexual rights, and sexualized violence prevention and response."

## Berry Walk: A Land-Based Learning Opportunity

Students had the opportunity to explore the Tk'emlúps te Secwépemc (TteS) Food Sovereignty Garden in the fall and learn more about Indigenous land stewardship, land-based learning, healing properties of plants, and make their own traditional healing tea. The event was led by members of the Indigenous Food Sovereignty Project at the Tk'emlúps te Secwépemc site, in collaboration with the Leona (Doe) Thomas, Tk'emlúps te Secwépemc Elder, and the TRU Wellness Centre.



## Back to School BBQ

The 2022 Back to School BBQ was hosted by TRU Students Union on September 9, transforming the Campus Commons into a vast outdoor BBQ bash with games, music, activities and free burgers and hot dogs. FSD was among 100 booths from campus resources/services and Kamloops-based organizations to welcome returning and new-to-TRU students on campus.



"Back to School BBQ was a wonderful event. Thank you to all the services and departments who supported the event with banners, handouts, swag, and most importantly connecting with students and wearing your Just Ask shirts. Thanks to the FSD Comms and Student Life teams for helping with the logistics."

**- Sara Wolfe, Executive Director**

# In The Community

## 2022 Spring Convocation June 7-10

FSD was present at Spring Convocation from June 7-10 as a part of the new alumni welcome reception.

## Kamloops Film Festival

Three Student Storytellers, Taryn Walter, Taylor Patton, and Jenna Marshall, volunteered as Kamloops Film Festival (KFF) committee members during the 2023 film festival. They decided to volunteer after Alicia Ashcroft, Writer & Storyteller in the Faculty of Student Development, shared how her experience as a committee member prepared her for professional success.



- Dea DiGiovanni, Student Storyteller & Alicia Ashcroft, Writer & Storyteller

Dušan Magdolen, Executive Director of the Kamloops Film Society, who supported these students through this experience said, "As someone who has literally built their career on volunteering for the Kamloops Film Festival Committee some fifteen years ago, I can't overstate how valuable volunteerism is."

*"I thought it was important to 'spice up my resume' and gain volunteer experience. This volunteer experience helped me use transferable skills such as leadership, critical thinking, teamwork, and many more and then put them on my resume."*

**-Taylor Patton, Student Storyteller**



*"Working on the Kamloops Film Festival committee allowed me to work within my community and meet some amazing people along the way. I enjoyed working in a team setting and seeing our joined efforts come to life for the week of the festival. Watching the community come out and enjoy the films and events to make this year a success was the best part."*

**- Jenna Marshall, Student Storyteller**

*"It was electrifying to use the skills and tools I learned throughout my marketing and project management degree and apply those skills to KFF 2023. As a student, saying yes to many experiences will help you grow and implement your skills. I've always known volunteerism was important for professional growth, but I never quite found the time or the right role. So when Alicia encouraged me to join the KFF committee, the perfect opportunity fell into my lap."*

**- Taryn Walter, Student Storyteller**

# FSD Administrative Support

## As Student Support Receptionists, Val Jacobs and Kaitlyn Cecchini handle a wide range of tasks:

*The Front Desk team provides inclusive, trauma-informed, confidential and knowledgeable service and support not only for the students who access and engage with the office but also for the staff, faculty and admin who work within the Faculty of Student Development.*

- Responding to inquiries by phone, email, walk-ins and through referrals from other departments.
- Handling appointment intake for Counselling, Accessibility Services and Student Affairs, resulting in a lot of general calendar management.
- Making reminder phone calls to prevent no-shows, managing urgent situations (for both students and staff), and auditing bookings to ensure best practices for the process.
- Providing referrals to other campus services, community services, and online supports (such as keep.meSAFE).
- Processing and filing intake forms, medical documentation and privacy notices in student files. Recently, the team set up a virtual counselling intake form with a QR code.
- Troubleshooting issues with appointments, referrals, and technology - in particular, Clockwork and the OM1631 copier.

### What is Clockwork?

Clockwork is the appointment booking software a number of FSD teams use to track student appointments and related documentation/information.



- Val Jacobs



- Kaitlyn Cecchini



- Submitting IT and Facilities requests.
- Ordering office supplies required for programming and events, as well as stocking the communal supply room.
- Providing general university wayfinding for students and staff.
- Maintaining internal contact lists, role specific training, processes/manuals and meeting room bookings.
- Processing incoming and outgoing mail and front desk stats.
- Looking after the Coffee Club and healthy snacks provided at the front desk.



# FSD Administrative Support

## As Divisional Secretary II, Tana Bray handles the following tasks:

- Providing coverage for the Student Support Receptionist.
- Organizing digital filing, such as meeting minutes and confirming committee representation within FSD.
- Handling onboarding activities such as order name tags, door placards, telebook updates, key requisitions, and the mailbox for staff in OM1631.
- Supporting Supplemental Learning with class schedules and feedback surveys (Kaitlyn and Allysa have also supported this in the past).
- Supporting Intercultural Learning by scheduling Ambassador meetings or taking minutes.
- Creating the Student Peer Programs' PSAs/PTICs in collaboration with Allysa and the Program Supervisors .
- Tracking inventory for FSD swag (shirts and hoodies), electronics, supplies.
- Audits department wide electronics and supports lease replacements.



- Tana Bray

## As Student Development Administrative Coordinator, Allysa Gredling's primary role is to provide administrative support to Chris, Sara and the leadership team. In addition, she handles a wide array of processes:

- Processing finance and purchasing paperwork such as travel expenses, PD, reimbursements, interdepartmental invoicing, invoice payments, p-card packages, contracts, legal reviews, and privacy assessments.
- Compiling hiring packages for faculty and admin staff as well as onboarding activities like submitting ASAR (access) requests, keys, printer codes, updating distribution lists, and maintaining the organizational chart.
- Managing FSD's Teams channel (along with Teams for Faculty Council and Senate Student Success Committee).
- Ordering furniture, swag, and various other office supply needs.
- Supporting the organization of events and professional development for leadership, FSD and pan-institutional initiatives.
- Coordinating renos and office moves (especially within OM1631).
- Providing administrative support for the following tables: FSD Faculty Council, Senate Student Success Committee, Gender Diversity Implementation Advisory Groups, which includes agenda building, meeting logistics, meeting minutes, following up on action items, maintaining websites, and membership lists.
- Ensuring the front desk team is appropriately supported through coverage, training, and communications.
- Engaging with counterparts in other faculties/departments through a community of practice called the Administrative Professionals Network, which includes information sharing, scheduling support, and occasional training.



- Allysa Gredling

# 1631

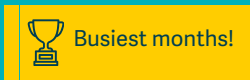
Average monthly inquiries that come through the main office (in-person and email).

# By The Numbers

## Counselling

Total counselling appointments

3,726



November

491

March

503

## Student Services

Total student services inquiries

17,805



In-person interactions

6915

Email responses

10,890

## Career & Experiential Learning

External funding raised by CEL  
(Over 4 years)

\$1,107,000



Increase in students  
entering Co-op

28%

Co-op placements

263

## Student Affairs: Academic Integrity

Percentage of academic integrity breaches that occurred due to a lack of knowledge about academic integrity

62%

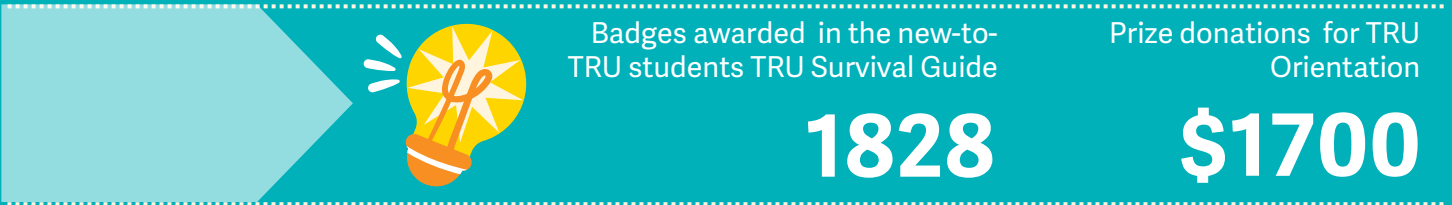
Percentage of student breaches due to pressures inside and/or outside of the classroom

34%



# By The Numbers

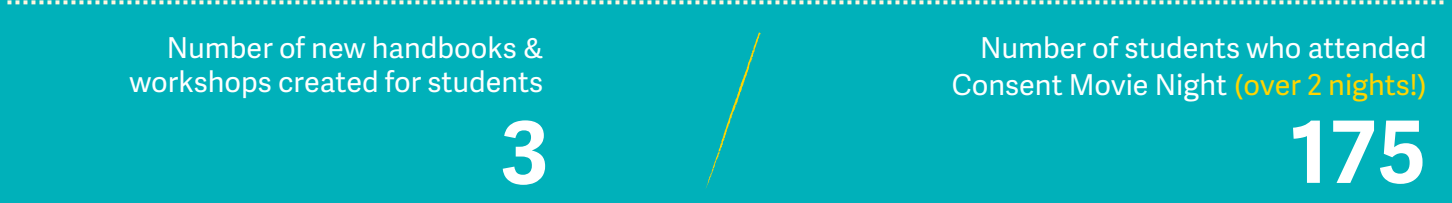
## Orientation & Transitions



## Multi-Faith Chaplaincy



## Sexualized Violence Prevention & Response



## More From FSD



Student Life helps students make the most of their university experience by encouraging and supporting student growth while promoting the large variety of services at TRU.

# STUDENT LIFE



Academic Advising

Orientation & Transitions

Mentorship & Leadership

Communications, Storytelling & Events

Student Affairs

# Academic Advising

Advising is a collaborative relationship between a student and an advisor. They work as a team to create a strategic educational plan.

Academic Advisors assisted with course planning for students who were already accepted into an academic program. Between Aug. 31 and Sept. 20, 2022 advisors:



Held 252  
Appointments



Responded to  
958 emails



Connected with 2,395  
students at kiosks



## Winter 2023 Intake

Academic Advising experienced a significant new international student intake in January. "Normally, Advising works with a five or six-page open course section list; whereas the Winter 2023 intake offered a three-page list with limited options for students to adjust their schedule," said Charlene Munro, Academic Advising Supervisor.

As the 11-day intake window progressed, Advising supported 3925 inquiries. From drop-ins to emails to student appointments, five staff members connected with 1100 students that first week, with the team expanding to seven for the second week.

Once students began shifting courses, Academic Advising started identifying trends. For example, "available seats opened first thing every morning, so as students caught on, they would pop by as soon as the kiosk opened to get what they needed. It was a successful strategy working in favour of the student," Munro said.

Munro marveled at how the Advising team exhibited care and compassion for the students and cultivated creative problem-solving solutions in real-time at the kiosk. By thinking outside the box, advisors could determine what courses and electives could fit, so the majority of students were able to get enrolled. "This team is amazing; they know what to do, how, and when to do it. I greatly respect their uniqueness and willingness to step up without being asked. I'm humbled - we are making a face-to-face impact."

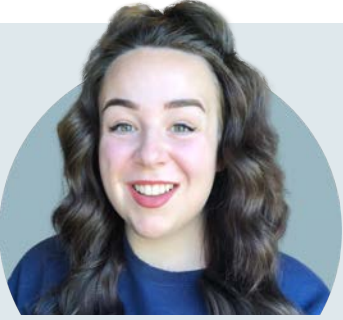


- Charlene Munro,  
Supervisor - Academic Advising

# Orientation & Transitions

**Orientation and Transitions** offers a multitude of educational experiences for **new-to-TRU students**, providing insights into all aspects of university life.

## Fall Orientation and Other First-Day Festivities



- Kayla Sanford, Learning Strategist - Orientation & Transitions

"Orientation 2022 went really well, especially considering this was the first year it took place on a holiday. Alicia did amazing at the Welcome Ceremony and was fantastic about the new script and structure this year.

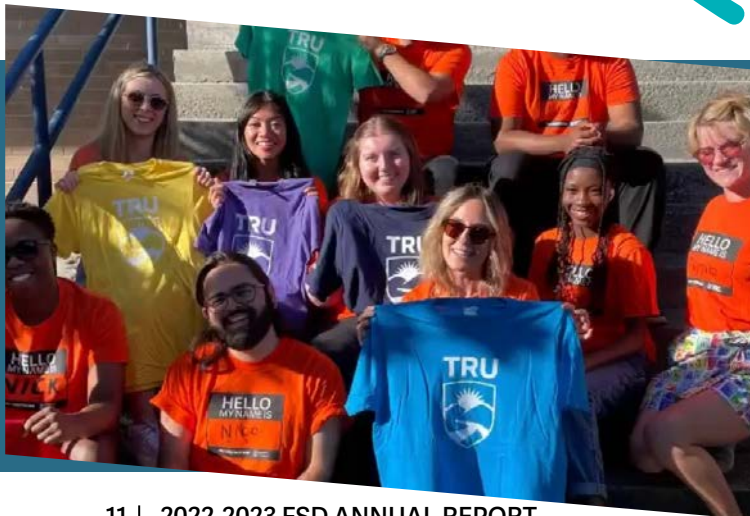
Vernie's singing and drumming was a beautiful way to start the ceremony. Chris was so welcoming when she spoke, and the cheer team had a fun routine. The BBQ and TRU'sa Palooza was really busy, and students seemed to be having a great time.

We even extended TRU'sa Palooza for an additional half an hour because there were a huge number of students still there.

Our volunteers and the Orientation and Transitions Mentors and Ambassadors made the event run smoothly and responded to any task that was assigned to them. From handing out t-shirts and drinks, to running a TRU'sa Palooza station and handing out and collecting the palooza passports, to answering student questions and giving campus tours, they helped make this event successful."

1200 attendees at TRU Orientation

40 attendees at Mature & Transfer Student Orientation



"I attended the mature student orientation and it was very well put together and the presenters did an amazing job."

- Student Feedback

"Thank you so much for hosting this event! It made my day, and I honestly feel so much better about going to TRU for the first time!"

- Student Feedback

# Orientation & Transitions

## Steps towards Success Series

This three-part series was an opportunity for students to **connect with peers**, learn how to **access resources on campus**, and engage in **skill-building interactive sessions**. The program is designed to cultivate a sense of belonging, boost student well-being, and empower students. 36 students attended this series.

## Student Life Workshop to Help Organize your Life

Student Life led a workshop on balancing school, work, friends, and extracurricular activities. Different tools and management strategies were presented for virtual and paper agendas to provide more efficient schedule balancing. 35 students engaged in this workshop.

604 students visited the weekly tabling outreach

O&T mentors supported 168 student mentees

300 Manage Your Stress bags were distributed



“**TRU** has really awakened my confidence within the few weeks of my stay.”

- Student Feedback



## In-Person Speed Friending

At one of the most popular events of the year, students jumped at the chance to interact and meet new people in an informal setting. Starting in August 2022, Speed Friending was hosted monthly, sometimes virtually, and sometimes in person.

195 students attended Speed Friending over the year.

# Mentorship & Leadership

## LEADership Series

Once a full-day conference, TRU LEADership was re-imaged into a year long LEADership series that provided opportunities for students to explore their skills, knowledge, and values as they relate to leadership.

This year's program included a lecture session and an experiential skill-building activity session on six leadership topics. Students could participate in single sessions to brush up on specific skills or receive a certificate of completion for attending 5 of the 11 sessions.

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<b>Student attendance</b>	<b>53</b>
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<b>Received certificate</b>	<b>14</b>
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## Peer Mentor Extravaganza

This student leadership fair took place on March 13 on Student Street. Students connected with different coordinators to discover how being a peer mentor, leader, ambassador, tutor, academic coach, or storyteller could help them make the most of their student life.

Peer mentorship opportunities support the development of personal, academic, and professional skill sets. Students receive training and mentorship, gain experience, and earn an honorarium.

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<b>Leadership groups in attendance</b>	<b>17</b>
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<b>Types of peer-leaders</b>	<b>6</b>
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Mentorship and Leadership supports opportunities for students to get involved in peer mentoring and receive additional training opportunities in leadership, collaboration, academic and personal well-being.



# Mentorship & Leadership

## Celebrating Peer Mentorship at TRU

The Peer Mentor Appreciation Lunch was hosted on April 6, with members from 22 different groups in attendance. Overall, 74 students, staff, and faculty enjoyed curry, a photo booth, and a Family Feud game that garnered a lot of laughter and healthy competition among the teams.

Peer Mentors of the Month were given certificates. Umme Mansoor, Learning Strategist - Mentorship, who hosted the event said, "Celebrating the accomplishments of student leaders at TRU is both a pleasure and an honour. We see these students work hard all year to serve campus and their peers, despite having conflicting priorities such as academics, employment, caretaking roles, and personal lives. Taking the time at the end of the academic year to acknowledge their efforts in a fun and festive way is incredibly rewarding. I am proud of all the peer mentors and their commitment to TRU."

### Appreciation Lunch Trivia



## Leadership Certificates

Students can work towards earning the Global Competency Certificate and/or the Leadership in Environmental Sustainability Certificate during any year of their studies to earn formal recognition for their experiences in environmental, intercultural, and international experiences.

8 GBLB completions

12 ENSU completions

## Peer Mentorship Training Day

To provide relevant training across mentor groups on the TRU campus, the Office of Student Life offered a 1-day training for all peer mentor groups. The sessions covered a diverse range of topics relevant to the work student leaders do on campus.

Topics Covered:

Professional Conduct

Interpersonal Communication

FSD Overview

Managing Time & Priorities

Conflict Management

60 student attendees



# Mentorship & Leadership

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.

## Peer Leader of the Month Awards



**October: Olivia Lane,**  
*Indigenous Student Mentor*

A deeply committed student who was present at every Indigenous-led event on campus, Olivia has shown great leadership. She was often seen engaging students, staff, and Faculty at Cplul'kw'ten. In addition to being an Indigenous Student Mentor, Olivia was also a part of other peer mentor groups and is always giving back to the TRU community.



**November: Samiul Khan,**  
*Residence Advisor*

CONGRATS!

## December: Anonymous

This peer leader, who asked to reduce their digital footprint and remain anonymous, has gone above and beyond in preparing and facilitating programming for the Gaglardi School of Business' pilot student support program. They proposed the idea of a financial literacy workshop for students and presented at the workshop in October. They are being recognized for their excellent contribution to the First Year Experience program and the benefit it has had on first-year BBA students. Congratulations, and thank you for your contributions this year.

A key contributor to the success of the East Village Residence Community, Samiul worked closely with his peers to help them get accustomed to their experiences at TRU. He continually supported students through roommate troubles and advocated for support on their behalf. Samiul engaged with students in a caring and creative manner, including finding unique program ideas and ways to engage students in a positive way.

2022

"I heard from students that this year in particular was very challenging – returning to pre-pandemic levels of academics, social commitments, and work added stress on students. Still, we witnessed our peer mentors put on amazing programming, provide incredible support for peers, and demonstrate leadership in many different capacities. Students are adaptable and resilient and our peer mentors are some of the most outstanding among them. I can't wait to see what they will accomplish next year."

- **Umme Mansoor, Learning Strategist - Mentorship**



# Mentorship & Leadership

**January: Cecilia Gauche,**  
*Career Ambassador*

Always a pillar of reliability, Cecilia took initiative by conducting classroom visits, tabling around campus, and tackling last-minute projects. In November, Cecilia assisted Career and Experiential Learning with the Food Security Project and dedicated hours of her time to the cause. Cecilia's genuine earnestness to support TRU students makes her a valued member of the CEL team.



**February: Robin Arundel,**  
*Senior Student Storyteller*

Known for her helpful, humorous, flexible, and creative qualities, Robin takes the initiative with tasks and ideas and is a natural leader who considers the holistic well-being of the team. Robin is a strong communicator and provides practical support as an assistant, producer, and storyteller. Robin's thoughtfulness and sense of responsibility make her a valued member of the Faculty of Student Development communications team.



**March: Lince Tomy,**  
*Orientation & Transitions Mentor*

Celebrated for always going above and beyond when helping his team and in reaching his personal goals, Lince has shown incredible growth by pushing himself outside his comfort zone. Whether he is facilitating small group discussions, striking up conversations with students during outreach, or supporting his mentees, Lince's work is exemplary. The Student Life team is fortunate to have him on their team.



**April: Mikhayla Maurer,**  
*Engineering Student Mentor*

As mentor to female-identifying students in the first-year software engineering program, Mikhayla assisted the Engineering department with workshops at high schools and planned her own peer mentor meeting collaborating with the Student Wellness Ambassador team. Mikhayla is a great role model and a valued member of the team.

# 2023

# Mentorship & Leadership



This award is given in recognition of Neil Russell, former TRU VP Student Affairs and VP Academic, for his dedication to student achievement and leadership.



## Neil Russell Student Leadership Award

Congratulations to Amna Qazi, the 2023 Neil Russell Student Leadership Award winner. Amna is an exceptional student, storyteller, advocate, and peer leader.

She is passionate about dismantling racism and championing diversity. Undoubtedly, she will be a tremendous force in all areas of her life, especially in her future work in healthcare and higher education. Members of the FSD leadership team have expressed how impressed they are by her and the depth of her interest and understanding of student development supports. This award is a well-deserved honour to encompass her contributions and legacy at TRU.

Amna's work was featured in Academia Group's Top Ten - "TRU offers guidelines on how to support Muslim students throughout Ramadan." The article promoted the Ramadan checklist she created with Student Affairs and the Multi-Faith Chaplaincy.

**28** PEER GROUPS  
AT TRU

**10** ARE FSD  
RELATED

### Student Leadership

Positions Include: >>>> storytellers



tutors



coaches



leaders



mentors



ambassadors

# Communication, Storytelling & Events

## This TEAM provides:

Student-centered, accessible, concise, relevant, timely, authentic, and responsive information that raises awareness of existing services and the students' experience.

**Provides bi-weekly newsletters with just-in-time information.**

**Promotes services, events, and opportunities on social media.**

**Supports on-campus events for the Faculty of Student Development.**

With the help of the Student Storyteller Squad, they capture student life on campus, tell stories, and inform students about what's available and happening at TRU.

Storytellers were active in attending on-campus and online events and engaged with FSD services to promote personal, emotional, academic, and professional success through reels, blogs and infographics.



## Student Storytellers

**52** Reels

**97** Interview style videos

**9** Blogs

# Communication, Storytelling & Events

The Student Storyteller Squad immersed themselves in the student experience by attending various FSD events. The team also engaged in community building through pan-institutional collaborations and interactions. Over the year, they shared their insights on the value of these experiences.

"I was overjoyed to help out with the Desert Hills Food Drop because it felt good to address food insecurity in a practical way. Giving fresh produce to students in need and sharing ways to use fruits and vegetables they've never eaten or afforded before was a unique and heartwarming experience."

- Taylor Patton



"The SVPR consent workshops were welcoming, inclusive, informative, and a safe space. I loved the relaxing atmosphere and colouring worksheets."

- Taryn Walter



"We got to engage with student life beyond the FSD! I had never been to an Actors Workshop Theatre performance before so promoting and attending the shows were a blast!"

- Mady Alger



"I enjoyed the Steps towards Success series and learning about equity and diversity from Dr. Kyra Garson."

- Robin Eccleston

"Long Night Against Procrastination was so much fun. It was awesome to see such a large turnout and students enjoying the events and workshops!"

- Jenna Marshall

"SVPR's Breaking Up with the RomCom movie nights were a fun and fabulous success."

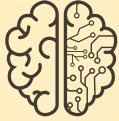
- Amna Qazi



# Student Affairs

## Key Concerns:

Academic Integrity + Artificial Intelligence



Food Insecurity



Housing Shortages



### Academic Integrity Campaign

There were six posts in 2022-23, each highlighting the fundamentals of Academic Integrity. The campaign was promoted on social media, CCTV's, and through physical handouts. The goal was to explore academic honesty in terms of resources and policies but also to unpack the pressures and stressors that might drive a student to be dishonest.

Honesty

Trust

Fairness

Respect

Responsibility

Courage

### Housing Shortages

As a response to the housing crisis in Kamloops, Student Affairs created an emergency housing procedure in collaboration with Finance, Residence, and the Accent Inn.

*Anna Udodova became a student storyteller after making a submission to the Academic Integrity Week ad contest. "I saw an AI reel on Instagram, and it inspired me to participate," said Anna. "I have always loved to make fun short videos and add music to them. It is a hobby for me, and I was inspired by previous TRU content." Student storyteller Robin saw Anna's submission on the Student Life social media page and invited her to join the team.*

The Office of Student Affairs (OSA) assists the TRU community in navigating institutional processes and policies by providing various resources and connecting individuals to available support.

### Food Security Initiative

Food insecurity is a significant concern on campus and in the community. TRU has implemented a Food Access Guide and Food Security Initiative.

In the guide, students can find on-campus resources to learn about food access, food literacy, mental health, and crisis support.



### Academic Integrity Week

AIW ran from Oct 17-21 and included information sessions, presentations, and contests. Students were challenged to think about what AI means and how they can be academically honest.




# Student Affairs

4,184

Total number of emails received by the Office of Student Affairs

Student Affairs worked closely with TRUSU to review and increase community safety efforts in Residence and contributed to a report alongside Risk Management, and Ancillary Services with recommendations for strategic changes.

## Busiest months of the year for OSA

	Emails received	Total student meetings
 January 2023	497	134
 February 2023	493	108
 March 2023	507	142

## TRU World Collaboration

At the end of February, Student Case Managers began working over at TRU World. This has been a long-discussed option for Student Case Managers to be readily available to international students rather than sending them across campus to book an appointment. Once a week a Student Case Manager goes to TRU World and spends the day taking ad hoc appointments and answers any questions that the International Student Advisors may have relating to policy or student conduct. This has led to an even stronger partnership with TRU World and the Office of Student Affairs, and we are hoping in the future that we can be available more than one day a week.



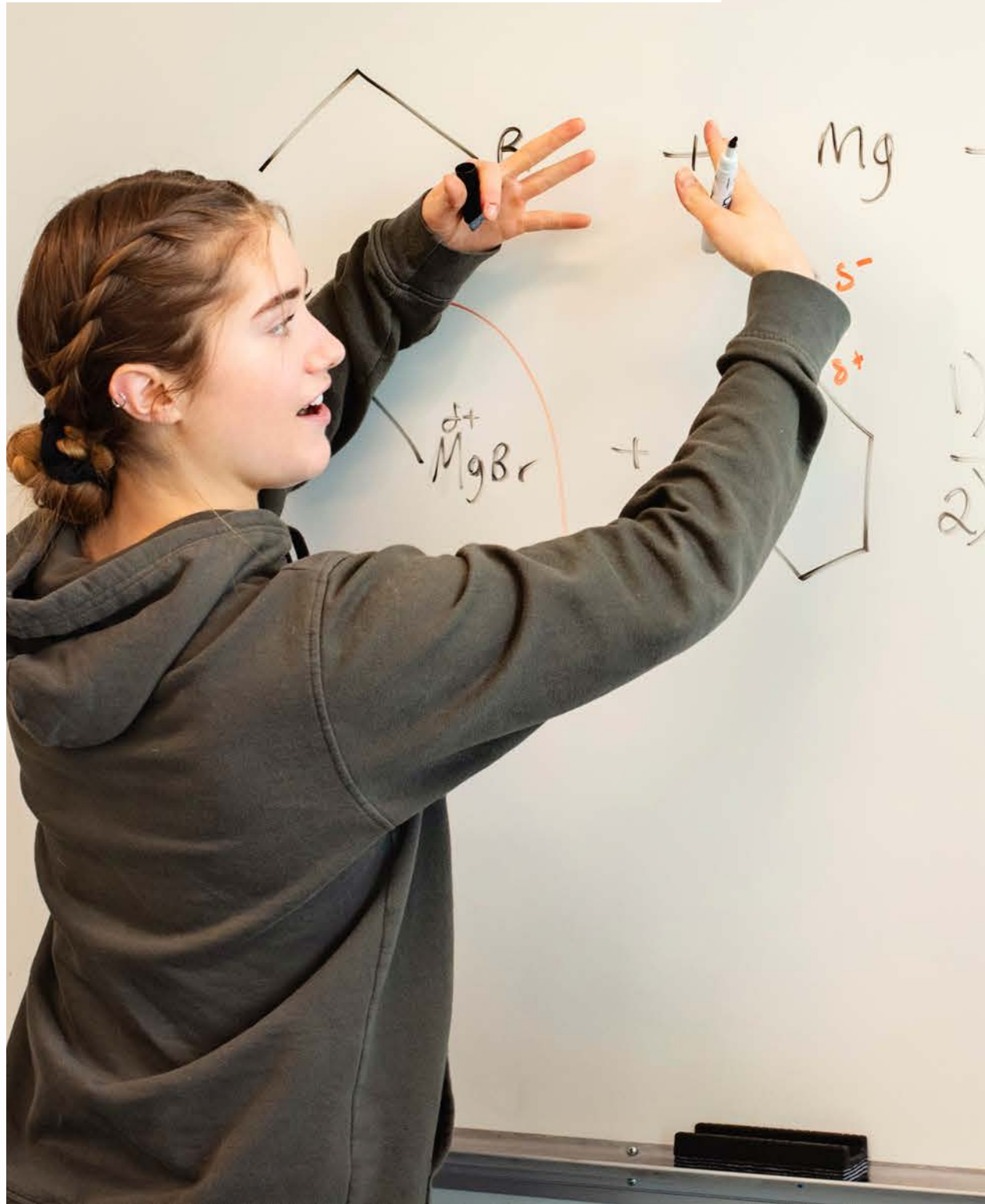
“Working with the Early Psychosis Intervention (EPI) team has been a great way to maintain a connection to Interior Health. The team has assisted us with numerous students who have experienced psychosis and provided the expertise that the students need. They also have one of our offices booked on a weekly basis to see students on campus which is much more convenient for our students and provides a more comfortable environment for all concerned. Without this community support our students would not get the help they need, it is a blessing to have such a dedicated team work with our office.”

- Karen Nichols, Student Case Manager



Academic supports help students succeed academically through peer support, resources, and workshops that foster learning and educational planning.

# ACADEMIC SUPPORTS



Accessibility Services

Writing Centre

Pack Academic Edge

Supplemental Learning

Peer Academic Coaches

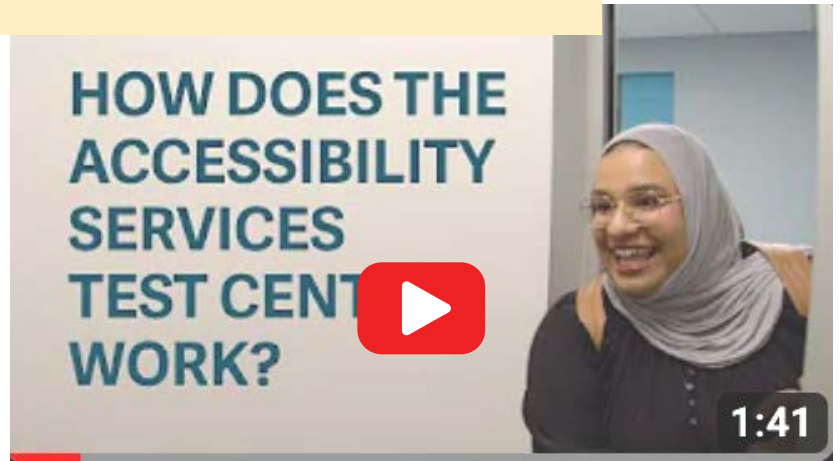
Assessment Centre

# Accessibility Services

Accessibility Services (AS) provides academic accommodations and services to all eligible TRU students, both on-campus and Open Learning. AS facilitates equitable 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 healthcare professional, and the extent of the functional impact of the disability.

## Accessibility Services Test Centre Tour



## Accessibility Services Test Centre

The Test Centre provides accommodations for tests and exams by providing a distraction-reduced environment, and/or extra time, and/or the use of assistive technology. Students need to be registered through Accessibility Services to use the test centre.

Procedures are in place to ensure that examinations are conducted in a fair manner and in accordance with TRU's policies on academic integrity and examinations. Students, invigilators, interpreters, readers/scribes, and all individuals assisting with exam accommodation are expected to be aware of and comply with, these procedures.

To prepare students to use the services, the Test Centre collaborated with the Communications, Storytelling, and Events team to produce a video that clarifies processes.

## Number of Students Supported:

Appointments/Points of Contact	1498
OL Students registered with AS	237
Team members that assisted students	9
Appointments	3202
Accommodated exams	2449

33% increase from the previous academic year

A new record, up 46% from last year's 1675



# Writing Centre



93%

Good to Excellent  
Feedback from Writing Centre users

The Writing Centre assists undergraduate and graduate students by **providing feedback** on their writing during any stage of the writing process. The centres goal is to encourage students to **realize their strengths**, make critical choices about their writing, and discover their **authentic voice**.

**4088**

Student  
Appointments

**3041**

On-Campus  
Student  
Appointments

**1047**

Open Learning  
Student  
Appointments

**1205**

New Student  
Registrations

## Creative Writing Fridays

Friday afternoons at the Writing Centre were all about drop-in creative writing sessions. Students were invited to connect with a community of fellow writers for tea, snacks, and encouragement! Writers could use a prompt, work on their own writing projects, and receive feedback in an informal setting.



## Academic Success Skills offered in Fall 2022

Updating the existing one-credit STSS courses (STSS 1030, 1050, 1060, and 1070) to reflect requirements of the new accreditation (Student Success, Intercultural Understanding) GenEd model, the new TRU Vision and Values statement, and accessibility for international students was a lengthy process.

The new changes resulted in the courses being a huge hit; there were waitlists for each course and requests for new sections.

## Long Night Against Procrastination

LNAP 2022 took place on November 17 in the Library (House of Learning). The first in-person event since COVID, hundreds of students gathered for the 15th Long Night event for:

**20-minute workshops**

**Writing Centre tutors, Library staff, Math tutors**

**On-going wellness activities**

**Snacks, coffee, tea, and pizza**

**Safe walks back to the residence or the bus stop at 11 pm**

"I think hands down Long Night is one of the best events in TRU. I never knew about it and yesterday was the first time I attended it. I did not see anything like this before in my previous universities. I enjoyed it a lot and I think this should be done every semester."

**- Student Feedback**

# Pack Academic Edge (PACE)

PACE provides varsity student athletes academic support through informal study sessions led by upper-year WolfPack athletes (PACE leaders). PACE leaders provide the opportunity to study casually with peers and receive academic guidance with a planned and strategic approach. PACE sessions are intended to keep student athletes on track and motivated throughout the semester as they balance their training, travel, and academic commitments.

- ✓ Get coaching on learning strategies
- ✓ Improve study habits and learn about on-campus resources
- ✓ Connect with other student-athletes in a supportive academic setting
- ✓ Stay on track and motivated throughout the semester as they balance their athletic and academic commitments

PACE study hall sessions are held on Mondays from 4:00-8:30pm

139.5 hours of professional development leadership training were delivered to PACE Leaders

99 collective leader hours across 17 very early morning team leader meetings

75+ student appointments



"What makes PACE so special is the WolfPack peer leadership component, with athletes leading and mentoring their teammates, both on and off the field of play."

- Eryn Barrett,  
Program Coordinator

PACE awarded the second annual PACE Attendance Champion trophy to the Men's Volleyball team, with 94% overall attendance for the year!

Women's Volleyball was a close second at 88%.

Men's Basketball rounded out the top three at 82%.

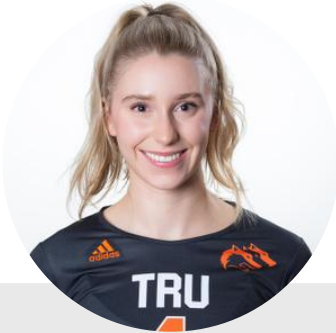
The first ever Team GPA Champion trophy was awarded to the top team GPA performer for the fall semester. Women's Basketball took the win with a collective 3.47 GPA!

3.05 was the overall WolfPack Fall 2022 GPA!

# Pack Academic Edge (PACE)

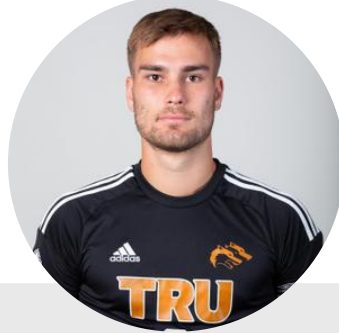
## PACE Leader Achievements & Awards

### Graduating Leaders



**Erin Mutch**  
(Women's Volleyball)  
*Bachelor of Arts*  
*Psychology Major*

5-time U SPORTS  
Academic All-Canadian  
(GPA 3.5+ for the year)



**Jan Pirretas-Glasmacher**  
(Men's Soccer)  
*MBA*

5-time U SPORTS  
Academic All-Canadian  
(GPA 3.5+ for the year)

Winner of the TRU Outstanding  
Scholar Award  
(given to the student athlete that  
demonstrated outstanding  
academic performance  
throughout the year)



**Natalie Pietramala**  
(Cheerleading)  
*Bachelor of Science Honours in*  
*Chemical Biology*



**Siobhan Toal**  
(Women's Volleyball)  
*Bachelor of Arts*  
*English Major & Political Science*  
*Minor*

## P A C E

### Leader Team

Special thanks to our student-athlete PACE Leaders who are dedicated athletes, exceptional students, and engaged community volunteers.

We welcomed the following leaders

to the team in 2022-23:

<b>Siobhan Toal</b>	<b>Women's Volleyball</b>
<b>Caylah Lemon</b>	<b>Women's Soccer</b>
<b>Natalie Pietramala</b>	<b>Cheerleading</b>
<b>Asher Mayan</b>	<b>Men's Basketball</b>
<b>Megan Rouault</b>	<b>Women's Basketball</b>
<b>Jan Pirretas Glasmacher</b>	<b>Men's Soccer</b>
<b>Olivier Jumeau</b>	<b>Men's Soccer</b>
<b>Dylan Fiske</b>	<b>Men's Baseball</b>
<b>Erin Mutch</b>	<b>Women's Volleyball</b>
<b>Corbin Okerman</b>	<b>Men's Volleyball</b>

## USPORTS

### Academic All-Canadian Honours (GPA 3.5+ for the school year):

Siobhan Toal  
(WVB)

Caylah Lemon  
(WSOC)

Asher Mayan  
(MBB)

Corbin Ockerman  
(MVB)

Olivier Jumeau  
(MSOC)

Erin Mutch  
(WVB)

Natalie Pietramala  
(Cheerleading)

# Supplemental Learning

SL is an academic support linked to challenging introductory courses. In courses supported by SL, students are invited to attend weekly sessions on a regular basis or occasionally.

Sessions are carefully planned to provide opportunities to study with peers. Sessions are led by a student that has previously mastered the course and knows what it takes to succeed. Sessions integrate how-to-learn (study skills) with what-to-learn (course content) in a collaborative setting.



**17** LEADERS

PROVIDED  
**4447** HOURS OF  
STUDENT SUPPORT

"I really enjoyed SL. It was a great way to meet people and allowed me to see where I was at with the material. I think it greatly influenced my grades this semester."

**- Student Feedback**



## Plan for Exam Season with SL

For any student feeling stressed about exams and needing extra support, SL offers a safe space to catch up or get ahead.

"SL sessions are a real booster. I've been motivated for my upcoming exams by attending these sessions."

**- Student Feedback**

# Peer Academic Coaching (PAC)

A collaboration between Supplemental Learning and the Writing Centre, PAC offers students the opportunity to have a one-to-one session with another student who has both experienced success and also has an awareness of what it is like to struggle academically.

Experienced Peer Academic Coaches provide students with individualized strategies and resources on various academic challenges for various disciplines. Coaches can offer support with:

- ✓ Goal Setting
- ✓ Time Management
- ✓ Note Taking
- ✓ Study Strategies
- ✓ Test Taking
- ✓ Dealing with Anxiety
- ✓ Giving Presentations

97  
Appointments

## Top Areas Requested:

- Time Management
- Study Strategies

"After attending a PAC session, I felt calm and ready to take on the semester. The tips I received were extremely helpful, especially about having self-checkups. I highly recommend these coaching sessions. Everyone can use a different perspective and a knowledgeable peer to talk to."

- **Taryn Walter, Student Storyteller**

## Tips From a Peer Academic Coach

Student Storyteller Taryn Walter was feeling overwhelmed with her busy semester in fall 2022. She was referred to peer academic coaching, a new academic support service to TRU. Taryn shared the tips she had received from a peer academic coach in a blog post to encourage others to book an appointment.



# Assessment Centre

"I would like to take this opportunity to highlight the TRU Assessment Centre team. Tasha Baker is our full-time clerk who joined the team just over three years ago. Nichole Baker is the part-time clerk who joined the team after Linda Giddens retired. Christene Hubbard is our part-time Coordinator who has been working in the Centre for the past five years backfilling for me while I served as Chair of CASA and enjoyed my sabbatical." - Dr. Cindy James

Open year-round to facilitate appropriate placement in courses and programs, coordinate or invigilate exams for other educational institutions and outside agencies, and to administer entry assessments for admission to TRU programs.

The Assessment Centre adheres to the NCTA Professional Standards and Guidelines for Post-Secondary Test Centers.



## CASA Chair & Assessment Centre Coordinator Pens Peer-Reviewed Article

Dr. Cindy James, Counselling, Academic Support & Assessment (CASA) & Principal Coordinator, Assessment Centre, authored "Comparing Performance on Entry Assessments by Proctoring Modality During the COVID-19 Pandemic", an article in the Journal of the National College Testing Association. The article explores how the COVID-19 pandemic precipitated an expansion and surge in online proctoring services, especially in higher education settings. Online proctoring is designed to be as effective as in-person proctoring, but research validating this assumption is limited.

## CASA Chair Named Recipient of Leadership Award

Cindy James received the Chair Leadership Award for her contributions to the Counselling, Academic Supports and Assessment department in the Faculty of Student Development. The letter, signed by Provost and Vice-President Academic Dr. Gillian Balfour, says, "The award is a tribute to her service and demonstrates a high regard for her integrity and professional conduct as a leader in her role as Chair." James, also the Principal Coordinator of the Assessment Centre, completed her second term as CASA Chair on May 31, 2023.

"Being Chair provided a whole new perspective and a new level of respect for CASA faculty - who continue to impress with their professionalism, resilience, endurance, compassion and care, particularly as we navigated the

pandemic and the subsequent return to campus. When you see colleagues working at such a high standard, you elevate your game too. I'm better because of those interactions," James says.





Health & Wellness supports provide personal, emotional, and spiritual care; ensuring access to medical services, creating safe spaces; and promoting support systems.

# HEALTH & WELLNESS



Counselling

Medical Clinic

Sexualized Violence Prevention and Response

Wellness Centre

# Counselling

TRU Counsellors promote and support the career development, academic success, and personal growth of TRU students.



## keep.meSAFE

To support mental wellness between counselling appointments, keep.meSAFE provides TRU students with real-time support and appointment-based, confidential support from anywhere in the world!

## Mental Health Matters

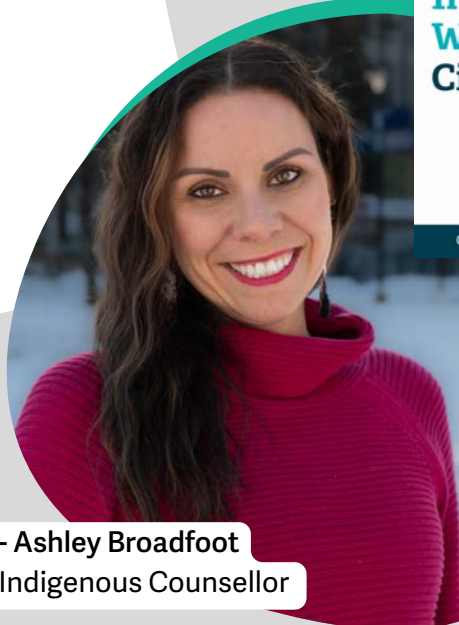
TRU Counsellors Shyann Vosper and Susan Butland facilitated a six-part series for students, that explored strategies like mindfulness, nervous system regulation, and self-compassion. There was no need to register for these informal sessions; students were invited to bring a friend and take a break from their busy schedule to do some radical self-care.

## Indigenous Wellness Circle

The Weekly Wellness Circle offers drop-in support for Indigenous students to connect to their culture and peers in a casual, safe, and supportive environment.

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.

During one of the Indigenous Wellness Circles at House 5, Ashley led a medicine bag-making session alongside an Elder.



- Ashley Broadfoot  
Indigenous Counsellor

### HEALTH & WELLNESS

**Indigenous Wellness Circle**

Wednesdays,  
1-2 PM (PST)  
House 5

Contact Counsellor [Andrea Brassard \(abrassard@tru.ca\)](mailto:andrea.brassard@tru.ca) for more info

# Counselling

## How to Navigate Counselling Services

Student Storyteller Ambika Raval met with Counsellor Cliff Robinson to discuss how counsellors can promote and assist with personal growth, academic performance, and professional development. Ambika provided some tips on how to navigate student life - from orientation to graduation - with the help of counselling.



### *Maintain well-being*

When it comes to developing healthy habits, small changes add up over time. Robinson indicates that fitness, nutrition, sleep hygiene, and social time with loved ones are essential to well-being. Making minor adjustments and improvements can help avoid an “all or nothing” approach, which can impact sustainability.

### *Accept change*

The shifts from student life to newly graduated alum to a working professional are one of life’s most significant adjustments. Robinson believes acknowledging your ability to deal with life’s transitions is part of accepting change. You’ve done it before, and you can do it again!

### *Don’t wait for an emergency*

It might take up to four weeks to see a counsellor at peak times, so planning is important. If you’re seeing a counsellor regularly, consider booking the next appointment right after your last one ends. Using apps like keep.meSAFE, Here2Talk, Calm and Mindshift for the in-between times can ensure your mental health feels consistently balanced. If you experience a crisis, Student Services does operate through an intake process and reserves emergency timeslots.

### *Avoid playing the comparison game*

The demands of student life can be intense; it’s perfectly okay to ask for help. Be mindful not to compare your struggles to someone else’s, even if you think your problems aren’t that big a deal. If you’re grappling with something, it’s worthy of support.

# Medical Clinic

Three doctors provide service on rotation throughout the week, and the MOA manages appointments and day-to-day operations.



**Lee-Gaye Hicketts**  
Medical Office  
Assistant



**Dr. Hilary Yoshida**  
Clinic Physician



**Dr. Chris Janz**  
Clinic Physician



**Dr. Jennifer Olsen**  
Clinic Physician



10,210  
Emails



3674  
Patients



1512  
In-Person  
Appointments



2150  
Virtual  
Appointments



400  
Flu  
Vaccines



72  
Rabies  
Vaccines

The TRU Medical Clinic serves registered students who require medical support during their studies in Kamloops. The Clinic provides a full range of medical services.

**Most students required support**

**with the following:**

**Depression**

**Anxiety**

**Contraception**

**Wellness Checks**

## Services Include:

Allergy injections

Cold/flu/illness care

Physical exams (work & sports medicals as required)

Prescriptions and medication management

Minor procedures: ear syringing, suture removal

Birth control education and prescribing

Sexually transmitted infection (STI) screening and treatment

Immunizations

Pregnancy testing

Pap smears

# Sexualized Violence

## Prevention and Response

### The Red Zone Campaign

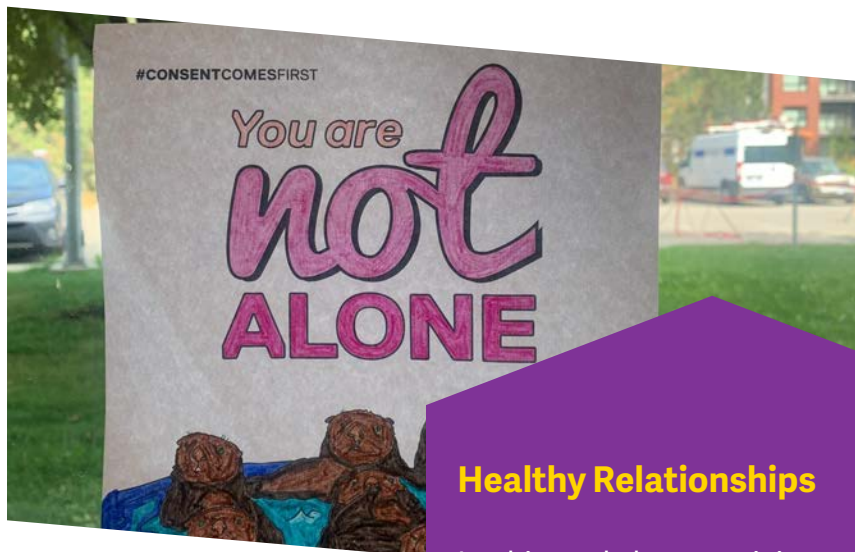
Sexualized Violence and the Red Zone

#### Red Zone Campaign

Sexualized Violence Prevention and Response's Red Zone awareness campaign ran from August 28 - October 15. Over the seven weeks, a weekly theme was explored, with opportunities for all members of the TRU community to engage in skill building activities and connect with other participants who see the value in this campaign.

#### Just Don't Give Them Tea

In this workshop, participants were taught the elements of practicing consent and how to say and receive "No." The facilitators for this event came from TRU's Sexualized Violence Prevention and Response team, Kamloops Sexual Assault Counselling Centre, and Kamloops Immigration Services. They also explored consent in everyday life and popular media and provided participants with various campus and community resources.



#### Healthy Relationships

In this workshop, participants were taught key components of healthy relationships: romantic, friends, and family. Facilitators from TRU's Sexualized Violence Prevention and Response, Kamloops Sexual Assault Counselling Centre, and Kamloops Immigrant Services explored relationship types, healthy and unhealthy behaviors, and the benefits of good communication and conflict resolution.

"I appreciated how the SVPR team made everyone feel comfortable and welcome in their events and workshops. They offered safe spaces for learning and discussion. The lantern-making blended educational insights in a calming and creative atmosphere. The 'Breaking Up with the RomCom' movie nights also made me reflect on how red flags and toxic traits are portrayed in popular culture, which can impact how we navigate or tolerate those behaviours in our real-life relationships."

- Robin Eccleston, Student Storyteller

# Sexualized Violence Prevention and Response

## 16 Days Against Gender-Based Violence

From November 25 to December 10, students were encouraged to grow and develop their education and take action against gender-based violence by attending webinars, watching educational videos, and engaging in online training with the Sexualized Violence Prevention and Response team.



## Sexual Assault Awareness Month

Throughout January, SVPR shared multiple posts to align with Sexual Assault Awareness Month, an annual campaign to raise awareness of sexualized violence and sexual assault. In addition, SVPR offered various free events centered around the theme of self and community care.

## Art Therapy for Survivors and Supporters

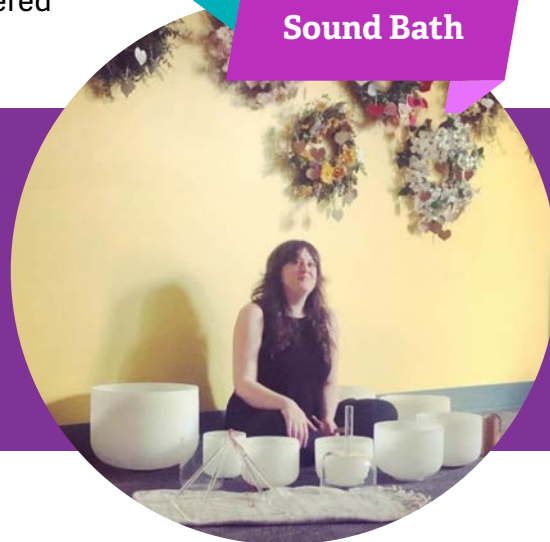
SVPR partnered with Art Tree Healing for Self-Compassion for Survivors and Self-Compassion for Responders Art Therapy virtual workshops, which offered creative activities that are soothing to the central nervous system.

## Sound Bath to Support Healing

Manager, Student Research & Community Engagement, Kate Fagervik hosted a crystal singing bowls event. This was an hour of music and mindfulness that left participants feeling great from the inside out. Attendees enjoyed creating a meditation nest to “bathe” in a healing frequency sound bath where they practiced being alone, together.

Singing Bowls

Sound Bath



## Consent Film Series

SVPR hosted two “Breaking Up with the RomCom” movie nights featuring popular romantic comedies exploring green and red flags of relationship and behaviour in the films. Students used their curated bingo cards throughout the movie to see how many toxic or positive traits they identified.

# Wellness Centre

The Wellness Centre values the health of all students and employees on campus, and aims to provide unique, educational, and fun programs that will provide the skills and tools needed to create a more harmonious and balanced lifestyle.

## National Addictions Awareness Week

Student Wellness Ambassador and psychology major Ghritaachi Mehta wrote a [blog](#) on her experience with naloxone training and how it can save someone's life. National Addictions Awareness Week took place November 20-24. The Wellness Centre offered free naloxone training; participants were taught how to recognize the signs of an opioid overdose and how to administer naloxone.

## Bell Let's Talk Day - January 25

SWAT leaders engaged in conversations about mental health while participants enjoyed s'mores and hot chocolate.



## Therapy Dog Thursdays

If students are curious but nervous about Therapy Dog Thursdays, Student Wellness Ambassador and Storyteller Samiul Khan wrote a [blog](#) on [Making a canine connection: Tips for Therapy Dog Thursdays](#). He wanted to learn how to connect in a way that felt safe for him, so he reached out to St. John Ambulance representatives Trudie BonBernard and Bridget Jension to get some tips.

## Swap 'Til You Drop

The Student Wellness Ambassador hosted their second-ever clothing swap on March 22, 2023. Students donated clothing that was then displayed outside of HOL for free!

# Wellness Centre

## Understanding BC's Stance on the Decriminalization of Drugs

In response to the ongoing toxic drug crisis in British Columbia, the provincial government was granted an exemption to the Controlled Drugs and Substances Act by Health Canada to temporarily decriminalize personal possession of small quantities of select illicit drugs in effect until January 2026. This approach recognizes addiction as a healthcare issue rather than focusing on harm reduction and combating stigma. On-campus policies and regulations remain unchanged. Regulation exists around the consumption of alcohol or medical cannabis on campus property, as stated in ADM 05-3. Possession, consumption, and encouraging the use of illegal substances in the residence community are banned. Cannabis and alcohol possession is allowed in residences - importantly though, cannabis consumption on the property is prohibited.

## 8th Annual Consent Tea

Students engaged in dialogue and participated in interactive activities about consent, relationships, and setting and respecting boundaries! Free tea and pastries were served.

The Consent Tea was held on Student Street in the Old Main Building (near Starbucks and the Art Gallery).



## Thank you SWAT!

- Adriana Herrera
- Afrin Haque
- Casey Hopper
- Ghritaachi Mehta
- Hayleigh Armstrong
- Macarena Mantilla
- Olivia Lane
- Olivia Tegan
- Ridah Adeyemi-King
- Sam Paudel
- Samiul Khan
- Skyler Trotta





Diversity & Equity services, programming, and initiatives empower and foster students' personal growth by supporting, including, and catering to different perspectives and experiences at TRU.

# DIVERSITY & EQUITY



Indigenous Student Development Intercultural Learning

Multi-Faith Chaplaincy 2SLGBTQIA+

# Indigenous Student Development

ISD supports Indigenous students at Cplul'kw'ten, the on-campus Indigenous Centre, through resource sharing, social gatherings, workshops, programming, peer mentorship and outreach.

## Welcome Home Breakfast

The Cplul'kw'ten team hosted this back-to-school breakfast on September 7 and 8 to welcome new and current Indigenous students back to campus and help them connect with each other and Indigenous staff.

## First Friends Feast

This annual event provided an opportunity for Indigenous students to catch their breath after the whirlwind of those first few weeks of classes. Those who attended on September 23 learned about services at Cplul'kw'ten and shared a meal with peers, mentors, Learning Strategists and Elders.

## Winter Feast

On December 2, Cplul'kw'ten hosted a winter feast to congratulate all Indigenous students for their hard work during the semester. The event featured a home-cooked dinner, which was a comfort, especially for those living far away from home who couldn't be with their families during the holidays.

## Soup Circle

Indigenous students enjoyed a warm meal and connected with Learning Strategists, Elders, and Indigenous student mentors during the weekly Soup Circles held throughout the academic year.

**264 liters of soup served**

**Over 24 Soup Circles**

## Rock your Mocs at TRU

On November 15, all students, staff, and faculty were invited to "Rock Their Mocs" at TRU and post pictures of their moccasins on social media. This day allowed participants to be united, show their support, and celebrate Indigenous cultures by wearing moccasins. Rock Your Mocs week (November 13-19) honours Indigenous ancestors and people worldwide.



"I have greatly appreciated and enjoyed the opportunity to be an Indigenous Mentor at House 5 and value the relationships I developed with Marie, Denise, Shawna, Jason and the Elders. Supporting Uncle Mike at the Faith dialogue and Auntie Sandi at the Métis events was fun! I also fostered relationships with students who were regular visitors during computer lab hours. I would often help them with their assignments and received feedback that my support was helpful to them."

**- Olivia Lane, Indigenous Student Mentor**

# Indigenous Student Development

## Orange Shirt Day

On September 29, the Cplul'kw'ten team was among many attendees recognizing and honouring the hundreds of Indigenous children who attended Residential Schools in Canada. Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family, and community intergenerational impacts of residential schools and to promote the concept of "Every Child Matters." The orange shirt symbolizes the stripping away of culture, freedom, and self-esteem experienced by Indigenous children over generations. The ceremony at the TRU Campus Commons featured drummers, community speakers, local Indigenous vendors, and reconciliation activities throughout the day.



## Indigenous Movie Nights

Indigenous Peer Mentor Hailey hosted two movie nights at Cplul'kw'ten. On November 25, Indigenous students watched "The Nightmare Before Christmas". On December 13, students, faculty, and staff gathered to watch the classic Indigenous movie "Smoke Signals."



## Indigenous Students Weekly Recovery Group

TRU Indigenous Counsellors and the Cplul'kw'ten team hosted this bi-weekly recovery group for Indigenous students who identified as "in recovery" to help them connect with, learn from, and support one another.

# Intercultural Learning

Intercultural Learning engages with students, faculty, staff, and the communities that TRU seeks to serve.

Intercultural Learning vastly expanded the breadth and scope of intercultural education provision at TRU. Research and scholarship contributions continue to support and inform both locally specific and pan-institutional initiatives addressing the complexities and synergies of internationalization, indigenization, and inclusion in higher education.

2,400+ students attended Intercultural Learning workshops & guest lectures

## Intercultural Learning Speakers Series

Students had the opportunity to learn more about intercultural education and TRU's diverse community through this workshop series that featured talks on how Intercultural Learning supports equity, diversity, inclusion, and cultural understanding.

- Cultural Dimensions and Intercultural Communication - Kyra Garson
- Entangled Selves: Social Identities and Intersectionality - Amie McLean
- Introduction to Indigenization at TRU - Paul Michel
- Active Witnessing: If Not You, Then Who? - Kyra Garson
- What's in a Value? Contextualizing EDI Data Collection at TRU and Beyond - Evelyn Asiedu

**Intercultural Coordinators provide guest lectures, workshops, and training on intercultural learning. They also support equity, inclusion and intercultural engagement across the institution.**

- Story Circles: A Tool for Learning Across Difference
- Intercultural Skills and Supports for Teaching Assistants
- Intercultural Development: Tools for Connecting Across Difference (Field Schools)
- Pre-Departure: Nursing Field School, Nepal
- Engineering Empowerment: Responding to Discrimination
- Decolonizing Tourism
- Intercultural Skills for Tourism
- Management & Communication Across Cultures
- Intercultural Communication for International Business
- Intercultural Skills for the Canadian Classroom



# Intercultural Learning

## Intercultural Ambassadors (ICA) Highlights

Each year, students in the ICA program are responsible for the development and delivery of giveback projects. These are projects that intentionally 'give back' to campus communities by contributing to a culture of equity, inclusion, and intercultural engagement. This is a key aspect of program impact on the communities we seek to serve. Major give-back projects in Spring 2023 included:

### Bridging the Gap: Indigenizing Natural Resource Science

▶ Bridging the Gap was a UREAP-funded project led by Intercultural Ambassador Robyn Stack and supervised by Intercultural Coordinator Dr. Kyra Garson. It focused on bringing Indigenous-heritage TRU students into the Natural Resource Science (NRSC) classrooms to present on Indigenous topics. Dr. Kyra Garson supervised the substantive development and completion of the broader UREAP project, which led to a presentation at the TRU Equity in Action conference in May 2023 entitled "Cross-Culture Classroom Communication and Working With Indigenous Cultures."

### Sound Healing with Singing Bowls Workshop

▶ For this IDAYs event, Intercultural Peer Mentor Robyn Stack worked with ICA volunteers to bring local practitioners to lead a sound healing event to the community. This included applying to TRUSU for funding to help the event occur, as the ICA program did not have the budget to support it. The intention of the workshop was to allow attendants to explore alternative ways to manage stress and expand their self awareness.

### Plurilingual Workshop

▶ Intercultural Ambassador Yujie Jiang took the lead on organizing fellow ICAs to host this intercultural and language learning event. Plurilingual education is a form of intercultural education that recognizes and embraces linguistic and cultural diversity, and creates opportunities for meaningful learning across differences.

### Storied Servings: Intercultural Storytelling & Potluck IDAYs event

▶ This was a powerful event where members of the TRU community were invited to attend, bring a dish that was meaningful to them, and share a story about the food that they brought with them. It brought together a diverse array of students, staff, faculty members and administrators. People told stories of food as memorial, of how the food they brought connected them to home – including homes that no longer existed. Hindu and Muslim students sat side by side and spoke of their family histories of partition, and determination to overcome the hatred and divisions sown by the ongoing legacies of colonialism. There was laughter, tears, and meaningful connection. Everyone who came was fed, including the volunteers and people who arrived with no food of their own to share. It was a powerful collective event of resource sharing and community building across differences.

*"The Intercultural Ambassadors Program gives me a sense of belonging and a wonderful intercultural learning experience. This wonderful team will be my good memory for a lifelong time. [...] It is an excellent learning journey."* - **Intercultural Ambassador, Yujie Jiang**

# Multi-Faith Chaplaincy

TRU Multi-Faith Chaplains respect individuals of all faith traditions and spiritual expressions and serve them equally without discrimination.



## Faith Dialogues

Multi-Faith Chaplains met on Student Street every Thursday during the academic year for meaningful discussions about religious, spiritual, and interfaith perspectives.



## Mindfulness Meditation

Chaplain Venerable Ani Gawa Khandro hosted mindful meditation sessions every Tuesday from October 4 - November 29. Students could drop in for a few minutes or the full 30 minutes to learn about and practice mindful meditation.

## Day of Peace

The Multi-Faith Chaplaincy created an outdoor space for reflection, connection, and dialogue on September 21. 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 Panel

The Multi-Faith Chaplaincy welcomed campus and community to attend "Building Our Future Together," a panel dialogue around multi-faith perspectives to mark World Interfaith Harmony Week.

World Interfaith Harmony Week, February 1 to 7, is "a way to promote harmony between all people regardless of their faith," according to the United Nations.

This event took place on February 1, with each panelist sharing their faith perspectives and offering a chance for participants to expand their spiritual understanding during the question and answer period.

# Multi-Faith Chaplaincy



## Chaplaincy Outreach a Delicious Treat

The Multi-Faith Chaplaincy continued their tradition of celebrating the last day of class with sweet treats for students. Doubling the number from last year, the chaplains gave out 400 cookie packs, 400 chocolate milks and 100 cups of hot chocolate. Pastor Jane Gingrich dressed in the iconic pink unicorn costume again, which never fails to delight students, staff, and faculty alike. "For me, it's about raising the spirit," she said. "The unicorn comes out when everyone is at peak stress and needs something silly to break out of a studious moment. You need that extra boost to make it through."

As for the higher purpose of this end-of-semester outreach, Pastor Jane said, "The Multi-Faith Chaplaincy supports our full humanity - to care for spirit is to care for the whole person." When it comes to demystifying chaplaincy services as being strictly serious or reverent, she said, "In a particular moment, it might be to have fun, have a laugh, give someone a boost for the day, and everything in between."

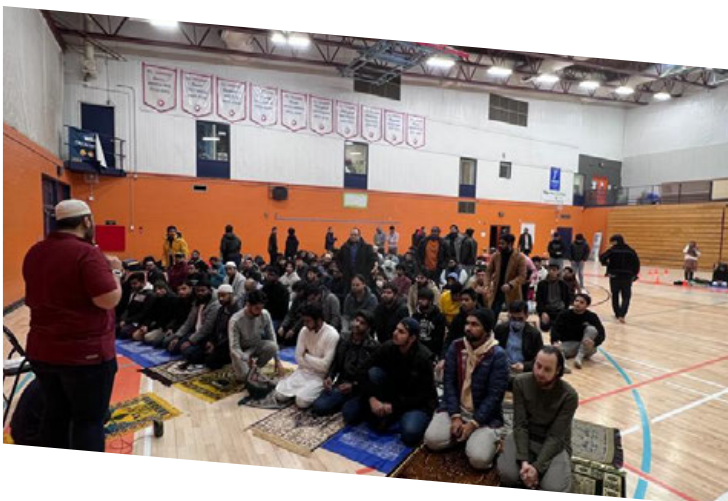
## Remembrance Day Ceremony

On November 8, the TRU Multi-Faith Chaplaincy, along with the Faculty of Student Development, welcomed students, staff, faculty, and community to the 2022 Remembrance Day Ceremony on Student Street to honour fallen, retired and still-serving members of the different branches of Canada's Armed Forces.



## Friday Prayers

Organized by the TRU Muslim Students Association and supported by the Muslim representative from the Multi-Faith Chaplaincy, Friday prayer congregated weekly.



# 2SLGBTQPIA+

## 2SLGBTQPIA+ Acronym Breakdown

2SLGBTQPIA+ is an acronym to describe gender identity and sexual orientation within the queer community; the terminology is continuously evolving to be as inclusive as possible. Many people in the 2SLGBTQIA+ community have encountered discrimination and prejudice; appropriate use of the acronym can help folks feel connected, validate their feelings and experiences, and foster a sense of belonging. For Pride Month, folks were encouraged to learn what the acronym stands for to further their understanding of the 2SLGBTQPIA+ community.



## How to Take Part in Pronoun Culture *she/he/they*

As a follow-up to the 2019 TransFocus Consulting gender diversity audit, which assessed records, data, facilities, communications and programs/services, FSD continued to lead TRU's efforts in supporting trans\*, non-binary and Two-Spirit employees, and students.

Kai Scott of TransFocus returned to campus on December 8, 2022 to facilitate another round of Gender Diversity workshops that related to gender, sex, sexuality, gender expression, pronoun use, common challenges and supportive actions. Scott also participated in the Gender Diversity Implementation Advisory Group meeting to reflect on progress and provide insight on next steps.

## Transgender Days of Visibility (TDOV) and Remembrance (TDOR)

In celebration of transgender people and in acknowledging the struggles and discrimination that trans folks might face, Student Services offered a space for discussion, support, and a sense of community for TDOV on March 31.

As the sobering conclusion to Transgender Awareness Week, TDOR encourages public awareness of the dangers of transphobia and the violent hate crimes experienced by transgender, gender non-conforming, non-binary and Two-Spirit people. To mark the day on November 20, TRU Student Life shared resources and amplified messaging from community groups.



Career & Experiential Learning (CEL) connects classroom learning with career-related work experience. CEL provides resources, info sessions, networking events, experiential learning opportunities, and peer-to-peer mentorship.

# CAREER & EXPERIENTIAL

# LEARNING



Career Services Co-operative Education Experiential Learning

# Career Services

Career Services supports career development through every phase. They offer personal career development appointments; access to job application tools and resources; and options for workshops and courses.

## Service Stats:

632

Career Planning/  
Advising  
Appointments

278

Resume &  
Cover Letter  
Review

166

Job  
Search  
Coaching

### Job Fair 2023

This two-day event was hosted by Career & Experiential Learning, with the virtual fair taking place on February 1 and the in-person event on February 2. Over the two days, 2,500 attendees (2,000 in-person and 500 online) connected with 90 employers.

As part of Job Fair 2023, CEL offered free photo sessions with Lisa Novak, who was invited back by popular demand!

### Peer-to-Peer Mock Interviews

Career Services helped students throughout the year shake off their interview anxiety in a safe space with the help of the virtual Peer-to-Peer Mock Interview program. To succeed in interviews with employers, students were encouraged to research a company, review a job description, formulate questions, and prepare responses.



Average of 8  
mock interviews  
a week



"The TRU Job Fair has been running for over 25 years. This year was the best attended in terms of both students and employers. It is the fifth largest career fair in British Columbia, second largest single-university career fair in BC, and the single largest career fair in BC outside of Metro Vancouver."

- Noah Arney, Career Services Coordinator

# Career Services

There were 295 attendees

Throughout 9 events

## Career Week

Career & Experiential Learning hosted Career Week, offering presentations, panels, speakers, photo shoots, and info sessions with several employers and organizations.



# CAREER WEEK

# OCT 17 - 21



Thank you to the amazing Career Ambassadors!

Damian Mather, Kulrajbir Singh Sandu, Abhishek Bhattacharya, Cecilia Gauche, Ashley Wallace, Harnoor Singh (missing), Andrea Fernandes (missing).

## Peer-to-Peer Career Planning

Career Ambassadors encourage student awareness of career and experiential learning opportunities on campus. Through weekly tabling, event participation, and skill development workshops ambassadors encourage students to start early and take the first step towards the career, job, volunteer position, or work term they are after. In this role, ambassadors develop a greater understanding of job search tools, improve their public speaking ability and develop confidence.

## CEL on Student Street

CEL offered many tabling events throughout the year such as Meet the Coordinators, Resume Hackathon, Mock Interviews, Social Shadow and LinkedIn Review and the Career Closet. There were also tabling events that occurred twice a week, where students could get information and ask questions about CEL.

## Social Shadow/ LinkedIn Review

Students had their LinkedIn profile reviewed by a Career Ambassador and learned how to get noticed and build an impactful social shadow.

## Career Closet - Tabling Event

Students discovered what kind of industry-appropriate clothing is recommended for their future careers. Career Ambassadors provided tips and tricks for future interviews and successful endeavours in different industries.

## Resume Hackathon

Career Ambassadors reviewed resumes, provided constructive feedback, and improved students' odds of getting to that job interview.

# Career Services

## Funding

Over the last 4 years, Career & Experiential Learning faculty have been very active writing proposals and receiving funding to support TRU students in experiential and work integrated learning opportunities and projects. The commitment to support students in experiential learning/work integrated learning initiatives has translated to the department acquiring more than \$1,107,000 of external funding.

## Community Sponsors at Job Fair



\$21,000 from Interior Northern Work Integrated Learning Project (INWIL). These funds were used to support employment recruitment activities and completion of the Work Integrated Project with UNBC and UBC-O.

\$27,000 CEWIL/i-Hub Funding to support students in Service Learning 3000 who worked on short-term projects with local not-for-profit organizations. The monies were used to provide a \$1500 student award for domestic students enrolled in the course for W23.

*7 local host organizations were each provided a \$500 stipend for their support of hosting a student.*

\$15,000 Mitacs Accelerate Grant hired a full-time Co-op student to collaborate with the Chartered Professional Accountants of BC and develop new programming for student preparedness in career events.

\$5000 from CPABC. This funding was used to support the hosting of TRU Accounting Night and the TRU Job Fair.

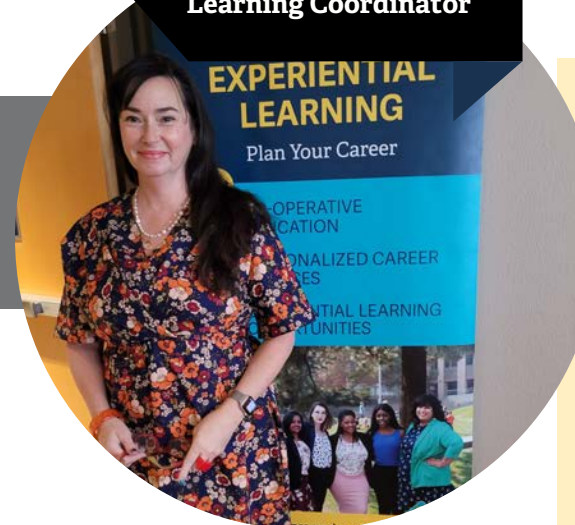
\$2,000 SOTL Grant to support revisions of Co-op curriculum.

\$ 121, 800 Riipen Level Up Funding supported student hires in Co-op and through WIL projects during the year.

\$110,000 in Work Integrated Learning funding through the Magnet program to support students in WIL and EL activities in Summer/Fall 2022 and Winter 2023.

**Robbi Davey**

**Indigenous Experiential Learning Coordinator**



# Co-operative Education

Through Co-operative Education (Co-op), students can alternate study terms with paid, monitored work terms in a professional setting. The TRU Co-op program provides students with a great way to learn valuable career skills and an opportunity to test-drive the wide variety of career options.

## CSotY Winner Grateful for Experiences

As he approached the end of his last semester, Kulrajbir Singh Sandhu, the 2022 Co-op Student of the Year (CSotY), was experiencing mixed emotions. "I'm excited but also a little sad about leaving school because I like being a student," he said.

After 16 months of working in a computer science Co-op, he had a bright-eyed vision for his next chapter. "There's a lot to be said about the collaborative process from beginning to end, but there's nothing like the thrill of when a project comes to life."

His Co-op journey started with a former Co-op Co-ordinator Nancy Bepple who retired midway through Sandhu's first year. Leanne took over as the Coordinator. He credits both women as being critical to his success at different stages of his student life.



"As a Co-op student, Kulraj is an ideal role model who continuously gives back as much as he gains. He is a great learner, always seeking opportunities for growth and knowledge, making him a fantastic mentor and leader, whether with his peers on campus, colleagues in his field, or the faculty and staff he engages with. While Kulraj's Co-op experiences have opened the door to many prospects, he has fearlessly leveraged these with great integrity."

**- Leanne Mihalicz, Co-operative Education Coordinator**



Honourable Mention  
**Corinna Bartucci**

**568 students enrolled in the Co-op program**

**296 students enrolled in Co-op 1000**

**22% growth in Co-op placements in the last 5 years**

# Experiential Learning

## Where There's a WIL, There's a Way

The Interior & Northern Work Integrated Learning Coalition (INWIL) was a partnership between Thompson Rivers University, the University of British Columbia Okanagan and the University of Northern British Columbia. This collaboration supported the changing needs of small and medium-sized organizations and created a direct connection between industry and institution. Within this community, employers could increase capacity, contribute to a future skilled workforce, cost-effectively innovate and engage with skilled students. Co-op student Taylor Patton organized INWIL's first virtual fireside chat, profiling careers in technology from the North and South Interiors of British Columbia. Over 30 students from the three institutions attended.

Experiential Learning gives students the opportunity to learn through hands-on practical experiences in their field of study.



## SERV 3000

Service Learning at TRU is an intentional approach that connects learners with practical community experiences while incorporating guided reflection. It serves as a platform for students to enhance and apply their disciplinary knowledge, develop transferable skills, clarify their interests and values, strengthen career engagement and employability, and collaborate effectively with communities.

Students gain hands-on experience working on projects that have a direct impact on external organizations. This practical exposure allows them to bridge the gap between theory and practice, applying what they have learned in their academic studies to real-world contexts.

Serv 3000 offers a reflective component that encourages students to critically analyze their experiences and learning outcomes. Through guided reflection, learners can deepen their understanding of the connections between their academic knowledge and community engagement.

Host Organizations: in Winter 2023:

Connective Supportive Housing • Interior Community Services - Mt Paul Food Market • Volunteer Kamloops - Snow Angels  
Children's Therapy & Family Resource Centre • Kamloops Sports Council • Kamloops Mustard Seed • Kamloops Immigrant Services

# On-Campus Collaborations

## A.R.T Workshop

Facilitated by the TRU EDI consultant and EDI Fellows, the Anti-Racism Training workshop offered an invaluable opportunity to learn the Model of Active Witnessing teaching participants how to move from awareness to action and transform passive bystanders into active and ethical witnesses.



## Indigenous Employer Speaker Series

Devin Gambler, business executive, entrepreneur non-profit builder, and award-winning technologist, spoke on working in Indigenous organizations within corporate, non-profit, and government frameworks. Gambler writes and speaks about how Indigenous economic development is transforming the local, regional, and national economy. He is passionate about making spaces available for Indigenous people to succeed and ensuring reconciliation is achieved respectfully.

## How to Support Muslim Students throughout Ramadan

Ramadan is a sacred month for Muslims around the world, characterized by a full month of obligatory fasting and a spiritual cleanse. When this holy month overlaps with exam season, Muslim students may have increased anxiety around meeting deadlines, altered sleep patterns, changes in energy levels and commitment to prayer timings. In collaboration with Student Affairs and the Multi-Faith Chaplaincy, Intercultural Storyteller Amna Qazi developed guidelines for staff and instructors on how to support Muslim students throughout Ramadan.



## Black History Month

The 2023 theme for Black History Month was “Ours to Tell.” This theme represented both an opportunity to engage in open dialogue and a commitment to learning more about the stories black communities in Canada have to tell about their histories, successes, sacrifices, and triumphs. TRU Student Life collaborated with the TRUFA Equit committee, on a social media campaign to engage the TRU community throughout the month.

# Awards & Recognitions

## 2023 Merit Award

Jenna Goddard was awarded the Excellence in Interculturalization Award.

"I am honored to have been nominated for this award. Finding ways to highlight the humanness within academic writing spaces, systems, and processes that historically emphasize the technical or physical skills and ignore the emotional, psychological, and civic elements (Chavez, 2021) underscores everything I do in the writing centre and classroom." - **Jenna Goddard, Writing Centre Coordinator**



At the Merit Awards, recipients and all dedicated colleagues received Long-Term Service pins at the President's Annual Merit and Long-Term Service Awards ceremony.

This took place on May 2 in the Grand Hall.

Tasha Baker	20 Years
Shawn Read	20 Years
Carolyn Royer	20 Years
Nichole Baker	10 Years
Christopher Lindsay	10 Years
Brianna McIlquham	10 Years
Julie Taylor	10 Years



# Awards & Recognitions

**Robbi Davey,  
Indigenous Experiential  
Learning Coordinator**



## **CEL Awarded Scholarship of Teaching and Learning**

Co-op Coordinator Leanne Mihalicz won a Scholarship of Teaching and Learning (SoTL) Grant for her project, A Multi-Discipline Collaboration in Cooperative Education and Course Development.

The Scholarship of Teaching and Learning (SoTL) Grant Program offers up to \$2000 to support SoTL research projects. Engaging in teaching and learning research supports faculty in improving their teaching and curricula through systematic inquiry into their teaching practices in their own courses; it also provides an opportunity for faculty to provide evidence of effective teaching and, through the dissemination of their research, to widen their sphere of influence.



**- Leanne Mihalicz**  
Co-operative  
Education Coordinator

## **Noah Arney, Career Services Coordinator**

Noah Arney participated on the board of directors for the Canadian Association of College & University Student Services (CACUSS) from 2021-23. His contributions were acknowledged at the annual conference in June.

# Committees

## CUPE Meetings

The CUPE meetings were a wonderful way to bring our staff together to have some yummy treats and learn from each other. These meetings highlighted all the great work being done by our staff within FSD.

### Presentations at the CUPE meetings were:

- Presentations by the Student Life Office and Academic Advising
- Institutional/departmental communications
- Presentation by OSEM about RUTH program
- Presentation by SVPR – Responding to Disclosures
- FSD over time guidelines
- Hybrid Work Program



## FSD Social Engagement Committee

FSD Social Engagement Committee hosted “Bring on 2022-2023” on September 1 with a BBQ lunch and outdoor games to celebrate the new academic year.

The FSD team gathered at The Den in December for informal chatter and appetizers. The annual “Ugly Sweater” competition was a hit.

For the FSD Spring Social, everyone enjoyed a rousing game of Family Feud with Alicia Ashcroft and Sydney LaMarsh and a fascinating keynote presentation by Susan Butland and Shyann Vosper. In addition, there were opportunities to participate in TRU Recreation classes, tour the Chappell Family Building for Nursing and Population Health and learn about TRU's Not Myself Today campaign. The day-long event also offered unstructured creative activities and a relaxing end to the day with a sound bath in the Multi-Faith Prayer Room

## Decolonization and Indigenization Working Group

Sara Wolfe, Noah Arney, Jason Blair, Thriza Kennedy, Amber Huva, and Misty Antoine met monthly through 2022-2023. The monthly meetings involved a welcome and check-in, discussion about the Coyote Project Funds, and brainstorming about initiatives. In 2022-2023, 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, CEL Indigenous Speaker Series, the CEL Indigenous Video Project, and supported Indigenous Student Development. Ideas for initiatives in the future have been an Elder Campfire program, future PD for FSD that promotes understanding of Indigenization, developing Indigenous libraries with displays, small takeaways with learnings, and building a community.

# Publications

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"How ChatGPT taught me what isn't important in cover letters." CareerWise by CERIC. <https://careerwise.ceric.ca/2023/03/13/how-chatgpt-taught-me-what-isnt-important-in-cover-letters/>

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(2021).

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"Differentiating Métis Feminism." In L. Forsythe & J. Markides (Eds.), Strong Metis Women Academics: Our Contributions. University of Manitoba Press. (In press).

Clark, N.  
Jules, R.,  
Davey, R.  
Kenoras, L.,  
Kenoras, M. &  
Kelly, B.  
(2023).

"Cu7 me7 q'wele'wu-kt." Come on, let's go berry-picking. Intergenerational land-based healing through Indigenous girls' groups.

In L. Pihama & L. Tuhiwai Smith (Eds.), ORA: Healing Ourselves: Indigenous Knowledge, Healing & Wellbeing (pp. 311-327). Huia Publishers.

Arney, N. D.,  
Mihalicz, L., &  
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(2022).

Sector Specific Examples for Students. Pressbook. <https://resumecatalogue.pressbooks.tru.ca/>

McLean, A.  
(2023).

Manitoba Crash Highlights Safety Concerns About Canada's Highways and Trucking Industry. The Conversation. <https://theconversation.com/manitoba-crash-highlights-safety-concernsabout-canadas-highways-and-trucking-industry-207971>

Garson, K.  
(2022).

Weaving Together Critical Education Perspectives to Teach for Social and Ecological Justice. In A. Farrell, C. Skyhar & M. Lam (Eds.). Teaching in the Anthropocene. Canadian Scholars Press.

# Conference Presentations

## Noah Arney

"Developing an OER resume catalogue: creating for users beyond the classroom", co-presenter, Open Education Talks 2023. <https://oetalks.opened.ca/>. March 2023.

"Understanding the Government Narrative Around Work-integrated Learning", Co-Presenter Cannexus23, January 2023.

"Critical Reflection, Stories, and Career Interviews: Toward Qualitative Career Assessments", Poster Presentation, CACEE 2022, November 2022.

"Writing for a Professional Blog", CACUSS, November 2022.

"Indigenous Perspectives and Partnerships: Enhancing Work-Integrated Learning", Panel Member, Australian Collaborative Education Network, Beyond 2022: Creating the future with WIL, October 2022.

"Indigenous Work-Integrated Learning: Defining, Amplifying, Celebrating", Panel Member, World Indigenous People's Conference on Education 2022, September 2022.

"Roundtable: Developing a Culture and Systems of Knowledge Sharing for CACUSS", Co-Lead, CACUSS, June 2022.

"A critical reflection on work-integrated learning policy and implementation", Co-Presenter, CACUSS Conference, June 2022.

## Amie McLean

"Teaching for Transformation: Student Leaders' Perspectives on Equity, Inclusion, and Intercultural Teaching Practices," Teaching Practices Colloquium, February 2023.

## Kyra Garson

"Story Circles: A Tool for Learning Across Difference," TRU Professional Development Day, February 2023.

## Robbi Davey

Presented "Does culture shape access to and experiences in post-secondary online education?" at the Hawaii International Conference on Education (HICE) and at the 8th IAFOR International Conference on Education Hawaii in Jan. 2023.



## Alicia Ashcroft & Sydney LaMarsh

Writer & Storyteller Alicia Ashcroft and Accessibility Services Advisor Sydney LaMarsh presented From Recruitment to Wrap Up: Exploring the Student-Leadership Lifecycle at CACUSS 2023 in Niagara Falls. In exploring the good, the bad and the ugly parts of supporting a student leadership team, they provided a guideline that supports a student-centred, strengths-based approach to learning and working.

# Looking Ahead

AVP - CHRIS ADAM

Once again, our annual report documents the myriad ways in which FSD has supported students over the past year. In the introduction, I suggested some of the ways you might reflect on our work with students. These are some of the areas of growth that I've noticed in FSD since 2010.

First, there are a lot more of us working together to support student success. We welcomed new colleagues as both Central Advising and the Medical Office joined FSD. We've also created new faculty positions in Interculturalization and the Writing Centre and identity-specific positions in both Counselling and Career and Experiential Learning. We now have Sexualized Violence Prevention and Response (SVPR) Managers, Student Case Managers, a Communications team, and Learning Strategists in units across FSD. We have supervisor, manager, director and executive director positions that reflect our increased accountability in supporting our team members and the community.

Second, we offer increasingly integrated supports, both within FSD and across the university. To name a few, Supplemental Learning leaders support courses in at least eight departments; Counsellors locate themselves in Trades and Athletics part of the week; Case Managers spend time in TRU World; SVPR offers tailored workshops for the Adventure Guide program; Career and Experiential Learning supports a food security initiative; the Wellness Centre works closely with an Indigenous Elder; and the Intercultural Coordinators work with the Centre for Excellence in Teaching and Learning, TRU World, Indigenous Education and the new Office for Equity, Diversity, Inclusion and Anti-Racism. Our colleagues across campus continue to learn more about us and the value we bring to supporting student success.

Third, students can find us in more places and improved spaces, most of them around the "T" in Old Main. In the north hallway on the first floor, we have a Wellness Centre, an Accommodated Testing Space, the SVPR Office, and renovated spaces in the Medical Office and the Assessment Centre. To the south, we have a bright and active Writing Centre. Students are also served through spaces for Muslim prayer and other inclusion/wellness activities in dedicated rooms on the first and second floors. In recent years, Supplemental Learning has been provided a dedicated classroom space in the House of Learning to run weekly sessions and exam reviews.

Fourth, we've planned and engaged in hours and hours of professional development, including semesterly CUPE meetings; Lunch and Learns; the Intercultural Development Inventory; StrengthsFinder; Gender, Sex and Sexuality 101; and attendance at regional, national, and international conferences. I've often said that one of the things I appreciate about working in post-secondary is that we constantly need to, and have opportunities to, learn. As students' needs change, we have dedicated ourselves to learning how to do our work better.

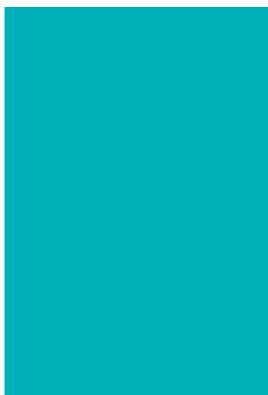
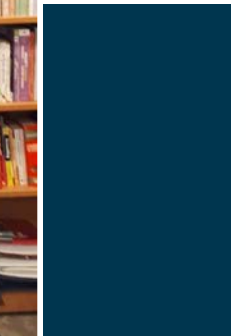
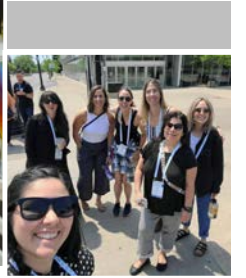
Fifth, and I don't have numbers from 2010 to work from, but I'm pretty sure we have had a ten-fold increase in the number of students joining FSD offices and activities through volunteer, Co-op, work study, leadership, mentoring, coaching and practicum placements. Working with students in our midst keeps us honest. Students are amazing collaborators, temperature checks, and feedback providers. The more we partner with them in this work, the better we live the maxim "Nothing about them without them."

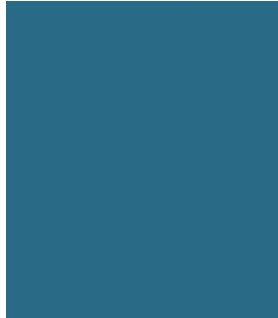
EXEC DIR - SARA WOLFE

As we progress through the 2023-2024 academic year, I remain hopeful. I think of resiliency, which is the capacity to withstand or recover quickly from difficulties and how we build and rebuild this. I'm reflecting on boundary setting and establishing a work/life balance.



# FSD Photo Album







# ANNUAL REPORT 2022 - 2023

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