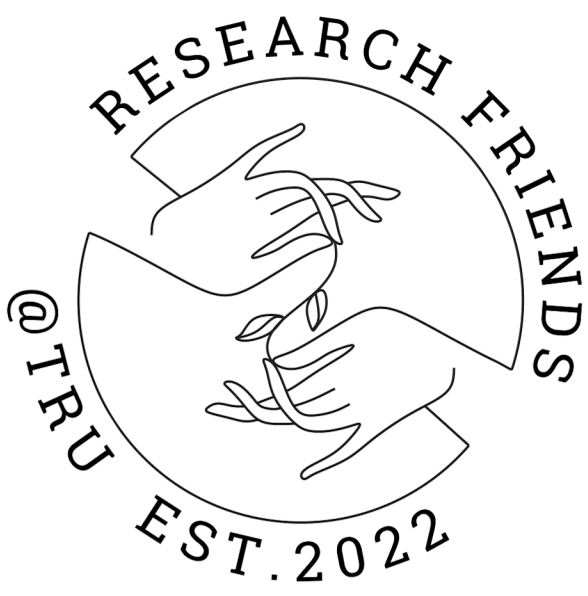


Field Journal No. _____



Weyt-kp, Research Friends!

Kara ren skwekwst. In Gaelic, the pre-colonial language of my ancestors, my name means **friend**, or stemét in Secwepemctsin. The word 'hello' doesn't exist in Gaelic, instead blessings are used to mark the sacredness of encountering another soul. I honour our meeting as research friends with the **Celtic blessing for the senses**:

May your body be blessed.

May you realize that your body is a beautiful friend of your soul.

May you be peaceful, joyful, and recognize that your senses are sacred thresholds.

May you realize that holiness is gazing, feeling, hearing, and touching.

May your senses gather you and bring you home.

May your senses always enable you to celebrate the universe and the mystery and the possibilities in your presence here.

Wandering | My Dad, whose name means 'strong-rock', taught my siblings and I to wander in the trees **and** in the forest of our minds: journeying from threshold to threshold and 'seeing' more of the forest with each new experience. Wandering through the old growth forest of the Tsimshian, 'the people inside the Skeena River' in northern British Columbia, is also how I came to know the relational currency that can only be exchanged between neighbours and nature.

Vacilando | As a young woman, separated by a continent from my father and the forest, I found myself at home in my campesina neighbours' dirt floor hut in war-torn rural El Salvador. The Spanish term **vacilando** refers to walking, or wandering, but with the implicit cultural understanding that visiting with the people you meet along the way is more important than your intended destination.

Walking Together | Secwépemc Elder Mike Arnouse's 2011 invitation to 'walk together and share our stories' is what drew me to study at Thompson Rivers University, and to develop this study that honours the rich diversity of intercultural and intergenerational wisdom that we carry within us and between us.

Research Friends | In Celtic traditions, teachers often served the revered social role of Anam Cara, a 'friend of your soul'. The nurturing shelter of a teacher who sees and cares for your soul is depicted in Celtic stories as a **sacred threshold** where the façade of curated identity safely falls away and you come home to yourself. This sacredness, wholeness, and transformational quality of friendship that infuses our senses with tenderness and compassion is what informs my understanding of teaching, learning, and belonging in the distinctly heart-shaped campus of TRU.

May your senses gather you and bring you home.

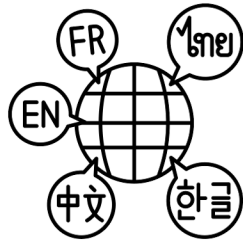
Kara

Kara Wright, Principal Investigator
Research Friends: Paths, places, and portals to belonging
Thompson Rivers University



Field Journal Instructions

Draw and describe what comes to mind in response to the question on each page.



Multilingual responses are welcome as is the use of language translation, voice-to-text, and language supports. Please include an English translation to facilitate shared understanding and accurate interpretation.

Use resources and references such as:

- researchfriends.ca and tru.ca/map
- search the internet
- go for a walk on campus and record your responses 'from the field'.

Help Getting Started

Imagine how you would describe the image that comes to your mind to someone who has never been to TRU before. What details would they need to know to experience campus as you do, to see it through your eyes, to walk it in your shoes?

For example:



Draw and describe an experience



Use colours to draw and label a map



Make a list of words that come to mind

Physical elements, such as visible shapes, colours, patterns, distances:

- Paths (roads, sidewalks, hallways)
- Portals (entry/exits, doors, stairs)
- Places (campus, buildings, rooms)
- Nature (trees, water, weather)
- Buildings (design, doors, windows)
- Rooms (walls, floor, furniture set-up)
- People (socializing, isolated, moving)
- Signs (street, traffic, advertising)
- Symbols (icons, emojis, flags, arrows)

Sensory experiences, such as:

- Ambience (feel, vibe, climate, energy)
- Activity (crowded, empty, alive, deserted)
- Senses (see, smell, taste, hear, touch)
- Time (of day, season, linear, circular)
- Perspective (familiar, foreign, holistic)
- Relationship (family, friend, teacher, boss)
- Mood (happy, calm, anxious, overwhelmed)
- Culture (values, beliefs, rituals, foodways)
- History/story (who, what, when, where, why)

Instructions for Consent and Demographic Information

The following section contains important information about the research, including the research procedures and the personal risks involved.

Please **read and complete the Consent/Demographic Form** in one of the following ways (choose the option that works best for you):

- Simply complete the consent and multiple-choice questions **in this field journal**

For more accessible (for example, larger font and language translation friendly digital versions) and **secure options** (for example, if you were to misplace your field journal before returning it to the researcher), these sections can also be completed by visiting **researchfriends.ca/participate** (QR code below) to access a:

- PDF Consent/Demographic Form** (download and return by email), or
- Online Consent/Demographic Form** (click link to complete easily and securely)

Instructions for Returning Your Completed Field Journal

Thank you for contributing your expert knowledge to this research on belonging at Thompson Rivers University! Please **return your completed field journal** using one of the following options:

Return the original paper field journal in-person

- Visit researchfriends.ca for convenient times and on-campus locations, or
- Contact us to arrange a time and place that works for you, or

Return a digital copy of your field journal (scan or take a photo of each page)

- Visit researchfriends.ca for a link to securely upload your field journal, or
- Contact us to arrange a secure transfer method that works for you

Contact Information

- Email** kawright@tru.ca
- Text or WhatsApp** (250) 574-4077
- Scan QR code** below to find more information at researchfriends.ca



Research Friends Consent Form

About the Research

This study invites Thompson Rivers University's Master of Education students to draw and describe what comes to mind in response to:

- **10 open-ended questions related to belonging at Thompson Rivers University.** For example, question 5 asks, "Where on campus do you most feel invited to belong? How would you describe it to someone who has never been there?"
- **10 multiple-choice questions related to belonging at Thompson Rivers University.** For example, question 18 asks, "Do you identify as a person with a disability?" Demographic information like this is being collected to develop a better understanding of how Master of Education students from different and intersecting backgrounds differ in their perceptions of belonging at TRU, and where opportunities may exist for increased intercultural understanding, empathy, and mutual respect (TRC 63iii). Learn more at researchfriends.ca.

About Participating in the Study

I understand that Thompson Rivers University (TRU) Master of Education students currently enrolled in on-campus studies are invited to participate in this study.

Yes, I am a Master of Education student enrolled in at least one Winter 2023 on-campus course at Thompson Rivers University.

I understand that I can choose to participate in this study using **one or both** of the following methods of contributing my expert knowledge and that I will also be invited to contribute to the **interpretation** and/or **review the research findings** that may take up to 60 minutes (optional):

Online questionnaire using text-based descriptions is expected to take 30 minutes to complete, depending on the level of detail I choose to contribute.

This **field journal** using drawings and/or handwritten descriptions that is expected to take 60 – 120 minutes to complete, depending on the level of detail.

I understand that I can access more information about the research, the researcher, a copy of this consent form, and future updates and publications at researchfriends.ca

About Privacy and Confidentiality

I understand that all information I provide, including my name, will be treated in the strictest of confidence but confidentiality is limited by a number of factors including the use of handwriting, drawings, and descriptions of places (e.g., 'my house') that are unique to me and may be known to close others within the program. I understand that my contributions to this study represent and will be treated as expert knowledge and I can choose the level of confidentiality associated with my participation that is right for me, including the option to be credited (named) for my contributions and/or for my visual contributions (drawings, sketch maps, and/or handwritten descriptions in Field Journals) to be used in the presentation/publication of research findings.

About Participant Risks and Protections

I understand that even if I select the highest level of confidentiality associated with my participation (to not be named and no visuals to be released) there is a risk that my identity could be discovered by close others within the program and/or that my contributions could be negatively perceived or misinterpreted by others, which could damage my reputation and/or relationships.

I understand that **demographic information** collected contains sufficient information that someone close to the program may be able to identify me. To mitigate the risk of demographic information indirectly revealing the identity of any participant, only aggregate demographic information will be used in the presentation/publication of research findings. I understand that I can withdraw or change my level of consent at any time prior to presentation/publication of the research and that I will be invited to contribute to the interpretation and/or review findings prior to presentation/publication.

About Data Handling

All data will be stored electronically on a remote TRU OneDrive that is protected by multi-factor authentication accessible only by the Principal Investigator, Kara Wright. Data will be backed up on an external hard drive, protected by encryption, and stored along with paper records in a locked filing cabinet in a 3rd floor A&E office. I understand that I can request my original paper **field journal be returned to me, at no cost, following the completion of this study** by providing a return mailing address below. I understand that all other records, including electronic data and paper records, will be retained for a period of three (3) years following the completion of this study before being permanently deleted and/or destroyed.

Yes, please return my original paper field journal to me upon completion of this study at the following **mailing address** (valid until at least June 2023):

Consent to Name Release

I understand the risks, protections, and limitations to confidentiality associated with this study. I understand that my contributions represent expert knowledge and that I can choose to be credited for my contributions in the presentation/publication of research findings by selecting the level of consent that is appropriate for me (**choose one**):

- Please use my **full name** (e.g., Kara Wright)
- Please use my **first name only** (e.g., Kara)
- Please **do not use my name** (e.g., a student)

Consent to Visual Release

I understand that I can choose if my visual contributions to this study are used in the presentation/ publication of research findings by selecting the level of consent that is appropriate for me (**choose one**):

- No, I do not consent** to the release of visuals materials.
- Yes, I consent to the release of visuals materials** from my field journal, including drawings and handwriting.

About Questions, Concerns, and Contact Information

I understand that at any time prior to the presentation/publication of research findings, I can address concerns, ask questions, change or withdraw my consent, ask to be removed from the study, and/or ask to have my data returned to me by contacting the **Principal Investigator**. I understand that I can also access more information, including a copy of this consent form, information and updates on this study, and future publications/presentations at **www.researchfriends.ca**. If I have any concerns about my rights as a research participant, I can contact:

| Principal Investigator | Ethics Committee Chair | Thesis Supervisor |
|--|--|--|
| Kara Wright | T (250)-828-5000 | Dr. Victoria (Tory) Handford |
| T (250) 574-4077 | E TRU-REB@tru.ca | T (250) 852-6353 |
| E kawright@tru.ca | | E vhandford@tru.ca |

I understand that the design of this research is intended to create a safe space for sharing but our fundamental need to belong is deeply emotional and support is available for participants by contacting:

TRU Counselling at studentservices@tru.ca or 250-828-5023

TRU Medical Clinic at 250-828-5126

BC Interior Crisis Line at 1-888-353-CARE (2273)

Keep.meSAFE mental wellness program at keepmesafe.org or 1-844-451-9700

Consent to Participate

I understand the information regarding this research project, including all procedures and the personal risks involved, and I voluntarily consent to participate. I understand that I will receive no financial compensation for my participation. I understand that I can change or withdraw my consent, ask to be removed from the study, and/or have my data returned to me at any time without negative repercussions by contacting the Principal Investigator (**choose one**):

No, I decline to participate.

Yes, I consent to participate in the research study, Research Friends: Paths, Places, and Portals to Belonging in the Heart of TRU, led by Kara Wright. I understand that by **checking this box and answering questions, I am indicating my consent to participate in this study**. I understand that if I participate in both the online and paper-based field journal options, my responses will be linked.

Field Journal No. _____ Date _____

Participant name _____

TRU student email _____

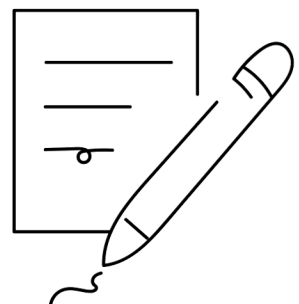
Personal email address (optional) _____

Anticipated graduation (month/year) _____

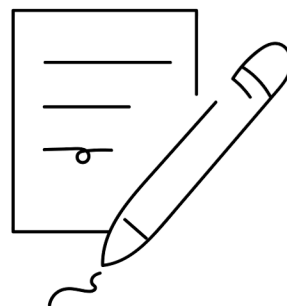
Mailing address (if applicable) _____



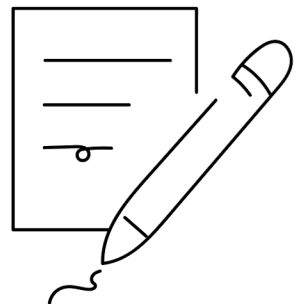
Question 1. Please draw and describe what comes to your mind, what symbolizes **Thompson Rivers University (TRU)** for you? How would you describe TRU to someone who has never been here?



Question 2: Please draw and describe what comes to your mind, what symbolizes **belonging** to you?

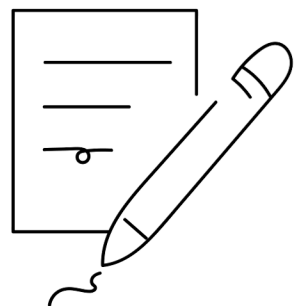


Question 3: Please draw and describe what comes to your mind, what symbolizes **belonging at Thompson Rivers University (TRU)** for you? How would you broadly describe your experience of belonging at TRU?

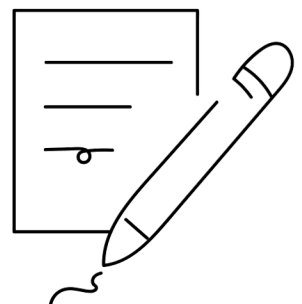


Question 4: Where on TRU's campus do you most feel **invited to belong**?
How would you describe it to someone who has never been there
before? How would they know they are in the right place?

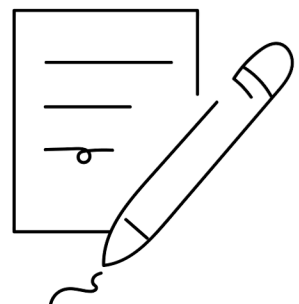
Research Friends Field Journal



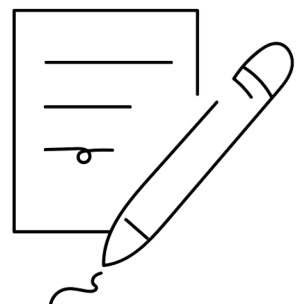
Question 5: Please draw and describe what comes to your mind, what symbolizes your **favourite food**? How would you describe it to someone who has never had it before? How far would they have to go on, or away from, TRU's campus to taste it?



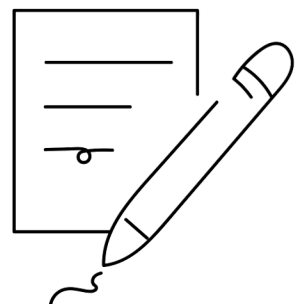
Question 6: Please draw and describe what comes to your mind, what symbolizes your **favourite annual ritual, holiday, or event**? How would you describe it to someone who has never experienced it before? How likely are they to see it at TRU in the next 12 months?



Question 7: We often use informal, descriptive place names to mark an important location in our mind. Please draw and describe what comes to your mind, what **informal names do you use for places at TRU** and what do they mean to you?



Question 8: Please draw and describe **how you get to campus on a typical day**. Picture yourself actually making the trip. Do you drive, walk, bike, or take the bus? What parking lot, path, bike lock, or bus stop do you use? How long does it take? What emotions do you feel on the way and why?



To what extent do you agree with the following statements?

Question 9: "I have found a community of people at Thompson Rivers University that I feel connected to and who support, respect, value, and care about me."

1-Strongly Disagree

2-Disagree

3-Agree

4-Strongly Agree

Question 10: "One or more faculty or staff at Thompson Rivers University know my name, engage me academically, and care about my wellbeing."

1-Strongly Disagree

2-Disagree

3-Agree

4-Strongly Agree

Question 11: "I have a safe, affordable, comfortable, and stable place to live (housing)."

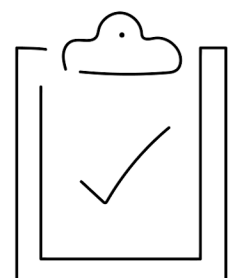
1-Strongly Disagree

2-Disagree

3-Agree

4-Strongly Agree

Question 12: Please share any other information or feedback that you feel may be important to this study.



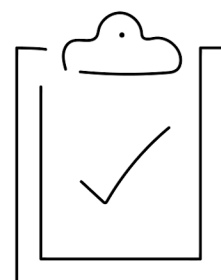
Demographic Information Multiple-Choice Questions

Question 13: Please indicate which of the following best describes your **primary language** (the language you are most comfortable speaking, generally your first):

- Arabic
- Bengali
- Cantonese
- English
- French
- Gujarati
- Hindi
- Mandarin
- Mongolian
- Portuguese
- Punjabi
- Secwepemctsin
- Spanish
- Taiwanese
- Ukrainian
- Prefer not to say
- Not listed (please indicate) -----

Question 14: Please indicate which of the following best describes your **secondary language(s)** (the other languages you speak). Check all that apply:

- Arabic
- Bengali
- Cantonese
- English
- French
- Gujarati
- Hindi
- Mandarin
- Mongolian
- Portuguese
- Punjabi
- Secwepemctsin
- Spanish
- Taiwanese
- Ukrainian
- Prefer not to say
- Not listed (please indicate) -----



Question 15: Please indicate which of the following best describes your ethnic background (check all that apply):

- Arab (Saudi Arabian, Palestinian, Iraqi)
- Black/African/Caribbean
- Indigenous (Inuit/First Nations/Métis)
- Latin American (Mexican, Costa Rican, Guatemalan, Brazilian)
- South Asian (Bangladeshi, Indian, Sri Lankan)
- Southeast Asian (Chinese, Japanese, Korean, Filipino)
- West Asian (Armenian, Iranian, Afghani)
- White/European
- Prefer not to say
- Not listed (please indicate) _____

Question 16: Please indicate which of the following best describes your **gender identity** (check all that apply):

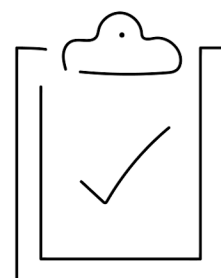
- Man (male, cis)
- Non-binary
- Two-Spirit
- Transgender
- Woman (female, cis)
- Prefer not to say
- Not listed (please indicate) _____

Question 17: Please indicate which of the following best describes your **sexual orientation** (check all that apply):

- Asexual
- Bisexual
- Gay
- Heterosexual
- Lesbian
- Queer
- Two-spirit
- Prefer not to say
- Not listed (please indicate) _____

Question 18: Please indicate if you identify as a **person with a disability** (a long-term or recurring physical, mental, sensory, psychiatric, or learning condition)?

- Yes
- No
- Prefer not to say
- Not listed (please indicate) _____



Question 19: Please indicate which of the following best describes your belief system (check all that apply):

- Buddhism
- Christianity
- Hinduism
- Islam
- Jainism
- Judaism
- Secular (Agnostic, atheist, secular humanist)
- Sikhism
- Spiritual, not religious
- Traditional Indigenous Spirituality
- Traditional Chinese (Taoism, Confucian)
- Prefer not to say
- Not listed (please indicate) _____

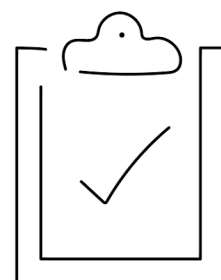
Question 20: Please indicate which of the following best describes your **employment status** (choose one):

- Not employed, looking for work
- Not employed, NOT looking for work
- Employed, working 1 – 30 hours per week
- Employed, working over 31 hours per week
- Prefer not to say
- Not listed (please indicate) _____

Question 21: Please indicate which of the following best describes your **legal status in Canada** (choose one):

- Canadian Citizen
- Permanent Resident
- Temporary Resident (visitor, student, worker permit holder)
- Prefer not to say
- Not listed (please indicate) _____

Question 22: Please share any other information or feedback that you feel may be important to this study.







**THOMPSON
RIVERS
UNIVERSITY**

Research Friends: Paths, places, and portals
to belonging in the heart of TRU

Principal Investigator

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researchfriends.ca

