



U OF R REPORT

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Fear-struck performers can find relief

Few people would train for a job that fills them with crippling dread, but that's the unfortunate reality for many musicians.

The unpredictability of a live performance can invoke such intense feelings of inadequacy, worry and anxiety – or music performance anxiety (MPA) – that many musicians are forced to stop performing altogether.

Unfortunately there is no way to completely eliminate MPA. The condition can only be managed by the performers who suffer from it says pianist and music department lecturer Christine Vanderkooy, who studied MPA for her doctorate at McGill University.

Vanderkooy became intrigued by the subject when she was an undergraduate student. She was fascinated by how something so common was talked about so little by her professors and department.

While her research was specific to musicians, the coping methods that came from that work can be applied to situations ranging from public speaking to athletics.

How people think about their performance is important, says Vanderkooy. Negative thoughts can be a form of self-



Music department lecturer Christine Vanderkooy explores the psychology behind music performance anxiety.

sabotage. To promote positive thinking she recommends performers try to imagine themselves feeling confident and comfortable in front of a welcoming audience.

They can also reduce their fear through desensitization, which can be done by performing for friends and small groups.

“Even on those small levels you find you get a little bit anxious and you see what happens to you and how your body reacts and how your

mind reacts when you perform,” says Vanderkooy. “It’s not so threatening then. You have already exposed yourself to those experiences.”

Some professional musicians have been paralyzed by MPA to such an extent that they have turned to prescription drugs – beta blockers – to ease their anxiety, says Vanderkooy.

Beta blockers interfere with the human body’s natural “fight or flight” response which can include physical symptoms such as shaky hands, memory

lapses, nausea and shortness of breath.

When someone is experiencing anxiety the brain sends a message to the stomach to release adrenaline. This hormone binds to the organs and causes them to react in ways characteristic of the “fight or flight” response. Beta blockers prevent adrenaline from binding to the organs.

“It’s not a performance enhancing drug,” explains Vanderkooy. “It’s something that helps alleviate some of the symptoms of performance anx-

ety allowing you to do what you have rehearsed and prepared to do.”

Students, of course, are not advised to take beta blockers because it denies them the chance to learn about their psychological and physiological responses during a performance, says Vanderkooy. It also robs them of the opportunity to address some of the issues behind their anxiety.

“People find ways of coping and it’s not always the healthiest way. I think that there are a lot of people who would say that some of those substances would absolutely obliterate them from being precise, to devote the detail that they need to on stage.”

Remembering why they want to perform in the first place can help some people overcome their fear.

“I think there is an aspect of performance that is really a thrill unlike anything else. I think once you’ve experienced what it is like to give something to an audience, to be able to impact people in a particular way, usually emotionally, there is a real pleasure in being able to do that, to have that gift to be able to do that. I think that’s what keeps people coming back.”

Stories from first-time parents will help create support systems

Few things can change a person’s life like a baby. To better understand this transition psychology professor Lynn Loutzenhiser is conducting a two-year study that will follow 100 heterosexual couples from the third trimester of pregnancy until six months after the child is born.

The study, titled Mom & Dad Plus One, continues the research Loutzenhiser began a few years ago with money from the President’s Fund – The Regina Family Study.

Now she is receiving support from the Saskatchewan

Health Research Foundation and partnering with Regina Qu’Appelle Health Region.

The research from the new study will help Saskatchewan health professionals develop programs that address the unique challenges mothers and fathers face with their first child.

Exhaustion, for example, can be a major issue for new parents, says Loutzenhiser.

“When we talk about exhaustion in the context of parenting we are talking about lack of sleep and no opportunity to catch up on that. It’s not

that the next day they can get more sleep. It is usually seen as more of a chronic condition than tiredness.”

“Exhaustion has been linked to depression,” says Loutzenhiser. It can also affect a person’s ability to make decisions and cope with new situations.

“I think that society has these expectations that this is just kind of how it is. You have a baby and sure it’s difficult, sure it’s a big change, but [parents] just need to get over it. But I’m not sure that that’s true. There are things we can do to assist parents.”



Psychology professor Lynn Loutzenhiser’s latest study will be used to develop programs that help people make the transition to parenthood.

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The beginning of a new year, and a new term is a fitting moment to reflect on some of the meaningful moments from 2007.

A \$10-million donation by Regina businessman Paul Hill led to the unveiling of the Paul J. Hill School of Business. The business school connects the U of R with the Richard Ivey School of Business at the University of Western Ontario to offer practical studies and exchange programs and new scholarship opportunities.

The University expanded its graduate programming significantly through a partnership with the University of Saskatchewan to create the Johnson-Shoyama Graduate School of Public Policy.

The U of R also claimed a small part of this year's Nobel Peace Prize, awarded to former U.S. vice-president Al Gore and the Intergovernmental Panel on Climate Change, through our growing contribution to climate change research.

We connected with the local community in meaningful ways through unique initiatives such as "Nourishing Thoughts at the Food Bank." This lunchtime lecture series, held at the food bank, addresses issues of importance to our entire community.

Our athletes and artists performed with such conviction and creativity, inspiring us all to greater heights.

We were reminded of the commitment to our University demonstrated by so many people, as we concluded a major fundraising campaign raising more than \$82 million – testimony to the generosity of so many.

Expanding undergraduate and graduate programs and finding new ways to make post-secondary education affordable and accessible enables the development of new leaders in arts, business, public policy, academia, science, engineering and beyond. Our students are building the future and we are proud to have such a bright and accomplished group of people driving positive change.

These are just a few of the significant achievements from 2007. There were many more worthy of mention. We thank everyone in the campus community for your efforts in building a legacy of excellence in education and research connecting our community and province to the world beyond. We know that with continued focus and energy, 2008 will result in even greater accomplishment.

Writ Large is written by campus leaders and is intended to challenge readers to engage with and learn about the various 'parts' that make up the wider University of Regina community and connect us to the world. If you have a topic suggestion for Writ Large, please e-mail communications@uregina.ca and include your contact information. Please put "U of R Report" in the e-mail subject line.

Geography text one of many U of R publishing triumphs

There is much more to *Saskatchewan: Geographic Perspectives* than maps and facts about the province.

For geography professor Bernard Thraves, the pages in the book also represent weekend photography trips, hours spent supervising map makers and many late nights and weekends in front of a computer screen.

Thraves and his fellow editors Marilyn Lewry, Janis E. Dale and Hansgeorg Schlichtmann from the Department of Geography committed six years to the project. The result is the first geography textbook about Saskatchewan in almost 30 years.

"We wanted to present a course on the geography of Saskatchewan but there was no suitable textbook," explains Thraves. "So we thought about putting an appropriate body of material together. More than that, Brandon University had produced a geography textbook on Manitoba in 1996 and we felt there was a need for something along similar lines for Saskatchewan. We believe we have succeeded. More importantly, we hope students will find the book informative and readable...and even enjoyable."

For Thraves, the project will never really be complete despite the current volume containing contributions on Saskatchewan's environment, people, places and economy from more than 40 scholars.

"Saskatchewan's geography covers a broad spectrum of topics and is always changing. One can hope to be comprehensive but there are always new topics to address and new perspectives on old themes. We recognize that Saskatchewan has a very dynamic environment and at some point we will need to consider a second edition," says Thraves.

This will likely involve collaborating again with its publisher – the U of R's Canadian Plains Research Center (CPRC).

The book was a considerable accomplishment for the CPRC as well.



(L to R) Janis E. Dale, Bernard Thraves, Hansgeorg Schlichtmann and Marilyn Lewry are the editors of *Saskatchewan: Geographic Perspectives*, the first geographic textbook about Saskatchewan in almost 30 years.

"It is one of the more challenging books that we have produced, on par with (the book) *Regina's Secret Spaces* in terms of sheer complexity of the layout and the design," says Brian Mlazgar, CPRC publications co-ordinator. "It's a very large book with considerable editorial challenges, particularly trying to bring consistency to the work of 40-odd contributors."

The hard work, however, paid off last year when *Saskatchewan: Geographic Perspectives* was nominated for three Saskatchewan Book Awards, including Scholarly Writing, Publishing and Publishing in Education.

Its win for Publishing in Education is especially satisfying because it recognizes both the publisher's and editors' work, says Donna Grant, CPRC editorial assistant.

Other CPRC books nominated for 2007 Saskatchewan Book Awards include *Frontier Farewell: The 1870s and the End*

of the Old West, Sour Milk and Other Saskatchewan Crime Stories and *Singing the Blues: The Conservatives in Saskatchewan*.

Books from the Gabriel Dumont Institute (GDI) also made the shortlist including Leah Dorion's *Metis Legacy II: Michif Culture, Heritage and Folkways*. Dorion is currently a faculty member of GDI in Prince Albert. Wilfred Burton's *Fiddle Dancer* also received a nomination. Burton was recently a GDI faculty member in Regina.

Blair Stonechild, professor of Indigenous Studies at the First Nations University of Canada, had his book *The New Buffalo: The Struggle for Aboriginal Post-Secondary Education in Canada* nominated in the Scholarly Writing category and English professor Michael Trussler's book *Accidental Animals* was nominated for both the Regina Book Award and Book of the Year, categories he won in 2006 with his first short story collection *Encounters*.

- from page 1 *stories from*

The study will be based out of the Child and Family Research Lab at the U of R, where each year Loutzenhiser supervises one to two undergraduate honours students as well as a master's student and PhD student.

This team will survey

parents about various aspects of their transition to parenthood and may include questions about their expectations, physical and mental health, their baby's temperament and how they balance work and family.

Loutzenhiser is particularly interested in gaining more information about fathers.

According to Loutzenhiser very little father-focused information is available in child development literature and this study will help fill in the gap.

Examining how Canada's paternal leave policy has affected families is a priority, she says.

"Anecdotally we have moms saying things like, 'I

can't wait till he gets home at 5 o'clock and I can give him the baby and get a break.' The dads have been at work all day and they are coming home to do another shift. So it's interesting for us to get a better sense of how (the parental leave policy) is working for dads."

Couples interested in being part of the study are encouraged to contact Loutzenhiser at the Child and Family Research Lab at (306) 337-2592 or via email at lynn.loutzenhiser@uregina.ca

For more information visit the study's website at <http://uregina.ca/~loutzlyn/>

Director of Communications: Paul Corns
 Managing Editor: Therese Stecyk
 Communications Officer: Shanam Sorochynski
 Photography: U of R Audio Visual Services
 Saskatchewan Health Research Foundation
 Distribution: Natalie Tomczak



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Data reveals limited birth control options

One of the most satisfying parts of sociology professor Rozzet Jurdi's job is when the convergence of research and statistical analysis provides an unexpected revelation to a perplexing question.

"Sometimes you get astonished about what you find in the data," says Jurdi, who uses her background in social demography, political studies and population studies to promote women's rights in her research.

"I have analyzed data on Africa, the Middle East and Latin America and you would be surprised to find that in every society there is an issue of lack of contraception, lack of counselling, and lack of contraceptive choice, making it difficult for women and couples to plan the timing and size of their families."

Jurdi's latest paper focuses on women's reproductive health in the Middle East. Since the United Nations' International Conference on Population and Development in 1994, Arab countries such as Egypt, Jordan and Morocco have made efforts

to improve their reproductive health services.

By using demographic and health survey (DHS) data researchers such as Jurdi are able to isolate problems and give policy makers the starting point they need to develop solutions.

Demographic and health surveys are nationally-representative surveys typically conducted every five years with sample sizes between 5,000 and 30,000 households. They provide a wide range of data about areas including population, health and nutrition.

Jurdi has found from DHS data, for example, that while there has been an increase in contraceptive use by women in Egypt, Jordan and Morocco since the 1970s, the type of contraceptives being prescribed do not meet women's specific needs.

Doctors and family planning clinics have been giving women the same contraceptive methods whether these women want to delay their pregnancies or avoid them, says Jurdi.

"The woman who wants



Sociology professor Rozzet Jurdi's research helps inform policy on women's rights.

to space and the woman who doesn't want to have any more births – they are using the same method, and most of the women in those countries are using the same brand of the method, which really tells you something, that there is no real choice for these women."

The most recent DHS data for each of these three countries also shows that approximately 25 per cent of woman surveyed in Egypt and approximately 35 per cent in both Morocco and Jordan

reported their last pregnancy as either unwanted or mistimed.

In some cases the methods available to women have side effects that prompt them to stop using contraception, says Jurdi. When this happens an unplanned pregnancy is often the result.

"Those women are saying they don't want any more children. So we have to help them attain their rights. Imagine if you didn't want to have more children and had no means to avoid getting pregnant. In all

developed societies we have reached a stage where we decide freely, and with ample choice, how many kids we want to have and when to have them."

By using statistics Jurdi is able to see through the randomness of patterns and provide evidence that problems do exist.

"When you put things in numbers then you have proof, you have data to support your claims that there is a problem and that we need to help these women. We have to provide choice."

Neary looks to lessen concussion symptoms

Even with a concussion most athletes who have experienced a head trauma will still have one question at the forefront of their minds: When do they get to play again?

To assist in the development of better treatments, John Patrick Neary and co-investigators Gordon J. G. Asmundson and Bharath Krishnan, all from the Faculty of Kinesiology and Health Studies are studying the brains of people who have suffered concussion.

"When you get a concussion there is a decrease in the amount of blood flow to the brain initially and then later, with time, and depending on how bad that concussion is, blood flow starts to come back to normal," explains Neary, the principal investigator for the project.

"What we are doing is looking at the changes in blood (flow) velocity and changes in cerebral oxygenation to get a greater understanding of how the brain uses oxygen under conditions of concussion and how that changes over time."

The two-part project is

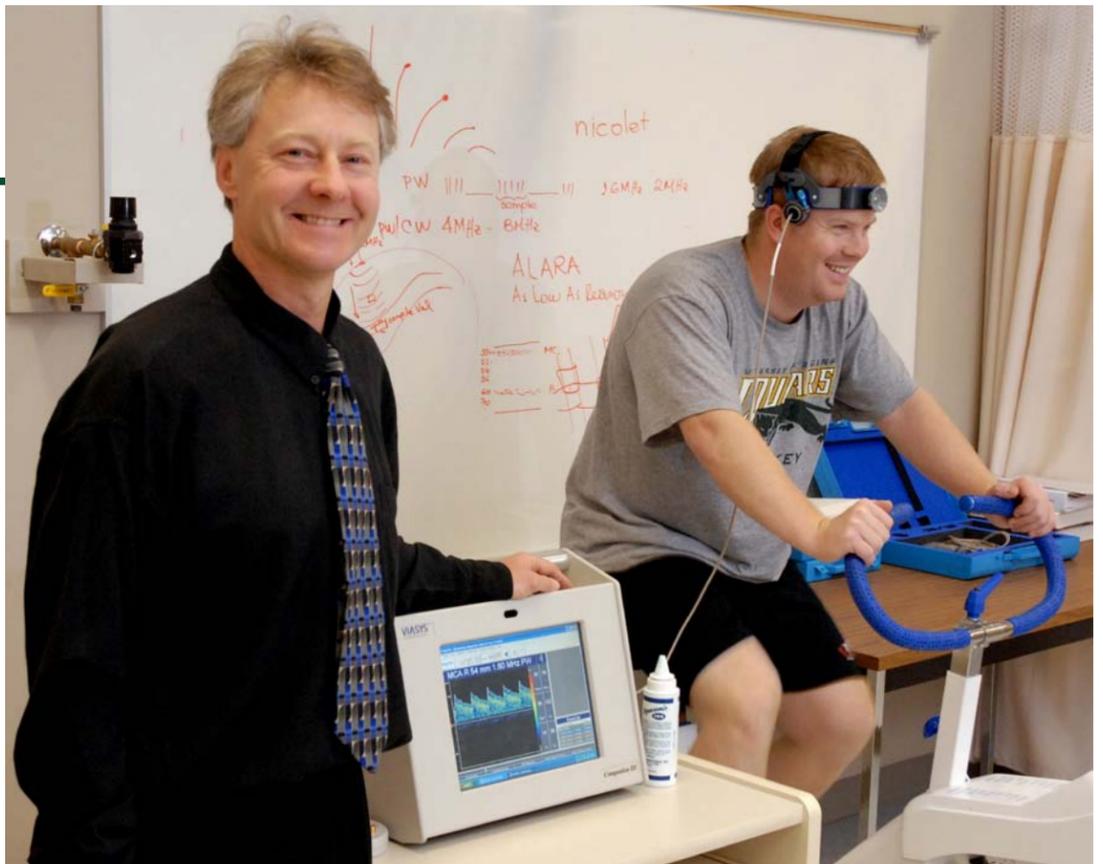
supported by a \$109,870 grant from the Saskatchewan Health Research Foundation (SHRF), and a \$232,507 grant from the Canadian Institutes of Health Research (CIHR) made to Neary and colleagues from Simon Fraser University in Burnaby, B.C.

The SHRF funding will support the group's initial research and study of the brains of both athletes and non-athletes who have suffered concussion.

The CIHR-funded study will examine the effect of exercise on diagnosis and treatment of concussion symptoms.

In early 2008, the U of R men's and possibly the women's hockey teams will be tested to measure things such as memory, reaction time, how fast blood travels through the brain, how much oxygen it uses and how much blood is pumped by the heart per beat. Athletes who experience concussion during the playing season will be asked to return for further testing. This will provide researchers with a means of comparison.

The group will also look for study participants from



(L to R) Concussion researcher Patrick Neary and graduate student Trevor Len conduct a test with a transcranial Doppler, a machine that measures the speed of blood flow in the brain.

other sports as well as referrals from neurologists and emergency medical practitioners.

Neary and his team are particularly interested in cases where patients have had prolonged symptoms. People can suffer from concussion symptoms for days, weeks and sometimes even months after their injury, he says.

Along with physical symptoms such as headaches, dizzi-

ness, nausea, ringing in the ears and blurred vision, sufferers can also experience psychological problems.

"There are mental health implications for the ones that are prolonged and do not resolve. There are issues down the road related to depression. There may be family issues in the future and occupational issues."

According to Neary approximately 15 per cent of athletes with concussion have symptoms severe enough to keep them from ever returning to their sport. This group, he says, is at high risk of suffering from depression.

The results of their research will help inform the development of new treatments to help these people.

Student enrolment plan set for spring

Five cross-campus working teams are focusing their efforts on developing the University's first strategic enrolment management plan by the spring.

The teams of faculty and staff were developed as part of the University's response to addressing enrolment challenges.

In 2005, the U of R contracted the enrolment management consulting firm SEM Works in response to demographic projections of a significant decline in Grade 12 graduates from Saskatchewan over the coming decade and a booming economy that is enticing those who do graduate away from post-secondary education and into the job market.

"Many universities across North America are going through enrolment planning exercises to maintain their position or grow their position. It is a very common exercise," says Don Clark, special advisor to the President for the University's Strategic Enrolment Management Project.

SEM Works delivered its report with recommendations in 2005 and in August of 2007 started to develop a planning model for enrolment management with the University.

The model identified five strategic areas where the University should concentrate its efforts: student marketing and recruitment, student retention, process improvement, student financial awards and program development.

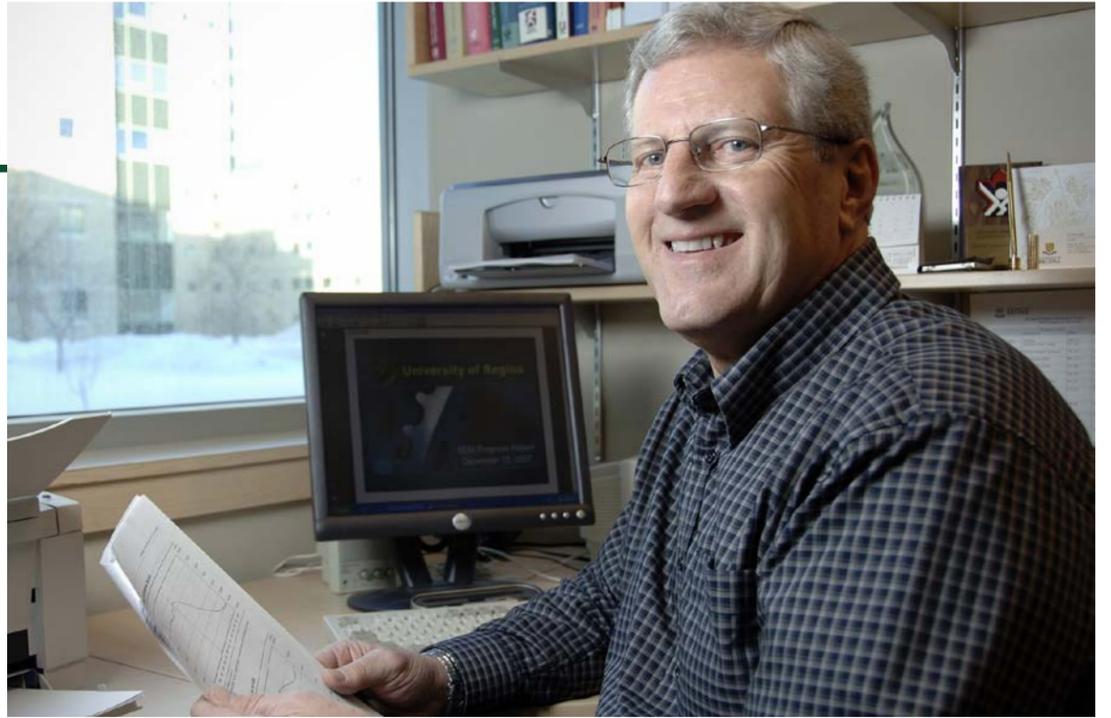
A goal or key performance indicator (KPI) was determined in each area and metrics were established to measure whether the University was meeting its goals.

Work teams of faculty and staff from the U of R and federated colleges were assigned to each strategic area. Team leaders were selected in consultation with the President while team members have either an interest or expertise in the recruitment, retention or graduation of students.

Clark says the teams have begun the process of determining strategies. In February they will prioritize those strategies and determine how to implement them. This will provide the basis for the University's strategic enrolment management plan.

There will be additional consultations with faculty, staff and students as the process moves forward, he notes.

A management team chaired



Don Clark oversees the development of the U of R's strategic enrolment management plan, a project that will assess opportunities to attract and retain more students.

by the President will develop a framework for establishing enrolment targets. The group consists of the five team leaders and six other members from the University community.

While work continues to deliver the campus-wide strategic management plan by March, individual departments have already started to make changes in response to Black's report.

"Over the past few years, Student Affairs has responded to some of Jim Black's findings," says Judy Amundson, associate

vice-president (Student Affairs).

"There has been an expansion of programs and services for international and aboriginal students. The orientation program has changed to a one-day event, integrating incoming students from all faculties with an increased focus on the social dimension and building connections with faculties and programs. A three-credit-hour university transition course, UNIV 101, has been developed for credit in several faculties, and online writing services to serve

distance learners have been implemented. General guidelines for increasing scholarships have occurred and new scholarships implemented," says Amundson. She points out that the real impact of strategic enrolment management will be seen once recruitment/retention strategies are further developed.

For more information about the strategic enrolment management project, please contact Don Clark at (306) 585-4911 or email him at don.clark@uregina.ca



Canadian performing artist Sam Roberts entertained the crowd at the 2007 University Celebration Day. The event is one of many activities at the U of R that help develop a campus community, an important factor in student retention.

Strategic enrolment management work teams in place

Teams of faculty and staff from across the University and federated colleges have been assigned to the five areas identified in a 2007 planning model for enrolment management. The work teams will develop strategies and an implementation plan for the University's first strategic enrolment management (SEM) plan. The team areas and leaders are as follows:

Marketing and Recruiting

Team leader: Carol Hixson, Library

Student Retention

Team leader: Brien Maguire, Science

Process Improvement

Team leader: Nick Forsberg, Education

Student Financial Awards

Team leader: Harold Riemer, Kinesiology and Health Studies

Program Development

Team leader: Christine Crowe, Centre for Continuing Education

In addition, the team leaders and the following individuals have been tasked with establishing enrolment targets for the SEM plan:

Bruce Perlson, Luther College
Brian Christie, Resource Planning
Judy Amundson, Student Affairs

Thomas Chase, Faculty of Arts
Judy Chapman, Registrar's Office
Jenn Bergen, URSU

For more information contact:
Don Clark at (306) 585-4911 or email him at don.clark@uregina.ca

Demographics and economy part of enrolment equation

A combination of demographics and economic opportunities has created a unique challenge for Saskatchewan's universities to find – and keep – future students.

"We are one of the few provinces where there is a decline," says Don Clark, special advisor to the President for the University's strategic enrolment management (SEM) project. The Professor Emeritus in Kinesiology and Health Studies was appointed in October 2007 to oversee the process of developing the U of R's strategic

enrolment management plan.

Clark says that since 2005, the U of R has experienced a gradual decline in enrolment of about two per cent each year.

"The booming economy is drawing people away from post-secondary education. People are getting jobs without having post-secondary training. Right now with the job market the way it is there is a lot of on-the-job training going on," he says.

"We also know from the Ministry of Education – formerly SaskLearning – that there is going to be a decline in Grade

12 graduates over the next decade, maybe as high as 25 per cent. Of course the majority of our students come from Regina and Saskatchewan, so that is a concern."

A 2003 U of R survey of newly admitted students and their parents or partners further confirms the impact of market size and proximity on enrolment numbers. The survey found that 82 per cent of respondents chose the U of R primarily because of its location and attributes such as convenience, distance from home and

familiarity.

According to Jim Black of SEM Works, the enrolment management firm hired by the University in 2005 to analyze and make recommendations on the University's enrolment challenges, "market size is the most daunting challenge facing the University of Regina."

In his report, Black pointed out that the enrolment decline can be offset by expanding into new markets. This includes focusing efforts on attracting out-of-province students, international students, mature stu-

dents and distance learners.

"To obtain the aggressive enrolment growth on which the University's business plan is founded, the institution must alter its course, abandon the status quo and invest strategically in the future," Black said in his report.

"The entire campus must come to grips with the current reality, generate a sense of urgency that is compelling enough to warrant wholesale change, and mobilize around a common purpose."

(endnote)