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Fields of Interest Assessment Exercise Assignment

1. Emerging Fields of Interest

- a. The concept of happiness and how to achieve it
- b. Privacy vs security regarding surveillance
- c. Travelling and its cognitive effects
- d. Nature's effects on mental health

2. List of Courses related to emerging fields of interest

a. Women and Gender Studies 111

- i. Taken : year 1 term 2
- ii. Instructor : Devon Greyson
- iii. Relation to Fields of Interest: This class focused on what 'gender' is and why it is controversial. It also discussed the ways in which an individual's gender is perceived, and how that can aid and/or take away from the person's overall wellbeing. This course added onto my existing interest on the concept of happiness.

b. Criminology 202 Surveillance and Social Control

- i. Taken : year 2 term 2
- ii. Instructor : Laurel Whitney
- iii. Relation to Fields of Interest: This course outlined how modern governments engage in social control by using technological surveillance. Discussed how society is forced to choose between sacrificing privacy or security.

c. Social Sciences Study Abroad 349

- i. Taken : year 3 term 1
- ii. Instructor : Corey Muench
- iii. Relation to Fields of Interest: This course was based upon reflection pieces written while on a study abroad in Okazaki Japan. Allowed me to think about my time abroad, and understand how travelling impacted my educational journey and overall life.

d. Liberal Studies 200 Refocusing Knowledge

- i. Taken : year 2 term 1
- ii. Instructor : Aurelea Mahood and Sean Ashley
- iii. Relation to Fields of Interest: This course focused on teaching different methods of research. Allowed for creativity and gave the opportunity to research several personal interests.

3. Extra-Curricular Experience related to emerging field of interest

a. Employment

- i. Starbucks >> August 2015 April 2017
 - Made drinks, handled cash and made connections with customers. Connects to my interest on the concept of happiness as social interaction with customers was often the reason customers would enjoy their time at Starbucks and I would like to do some research around this.
- ii. Childcare >> August 2015- April 2017

- Watch children, make meals, clean house. Connects to my interest in happiness as I found that the children would very quickly go from extremely happy to visibly sad in minutes and would like to research this more.

iii. FitXpress Gym >> August 2017- Present

- File paperwork, Sell memberships and items, clean equipment, provide tips and be knowledgeable about the machines. Working here made me curious as to what exercising does to the body and why many people find it pleasurable. I would love to do further research on if happiness can be obtained through physical excursion.

iv. Civic Theatres >> August 2017 – Present

- Theatre attendant. Make and serve espresso and alcoholic beverages. Handle money and focus on customer experience. This also connects to my interest on the concept of happiness in the same way my time at Starbucks did.

b. Volunteer

i. Volunteer Trip in Kenya Africa >> May 2016

- Volunteer trip building schools and working with children in Kenya Africa. Here I met many people that made me reconsider my personal definition of happiness. I met individuals that attained a great amount of pleasure through non materialistic items, and in

unmeasurable ways. This connects to my interest of the concept of happiness and how to obtain it.

ii. Seton Villa Retirement Home >> September 2014- August 2016

- Spent time talking and making connections with the people living at the home. Put on performances and led gardening and craft sessions. I found it interesting how just providing these senior citizens with company made them so cheerful and made me want to understand why. This connects to my interest of the concept of happiness and how to obtain it.

c. Extra-Curricular

i. Study Abroad in Okazaki Japan >> April 2017- August 2017

- Studied Japanese language and culture in Okazaki Japan. Here I got to experience my interest in travelling and its effects first hand. It also allowed me to further my interest on the concept of happiness. I was shocked by the high suicide rates in Japan because from my time spent living there I had generalized Japanese society to be seemingly happy. This experience is what got me first interested in researching the subject of happiness.

ii. Student Success and Retention Task Force >> September 2017- Present

- Work with fellow Capilano students and faculty in determining what needs to be implemented or improved upon regarding student life at Capilano. This connects to my interest on the

concept of happiness as we are working on implementing programs that would aid in students overall happiness. We also discuss students mental health and how the natural landscape at Capilano aids in the success of the students.

4. Signature Work Analysis

Privacy vs Security

The first piece of personal work I will analyze is an article review titled “Privacy vs. Security”. This piece was written for Laurel Whitney’s Criminology 202 Surveillance and Social Control course take in Spring 2017. This course was my first introduction to the security vs privacy debate and is where my interest in the topic first emerged. The article review first discusses what makes the choice between privacy and security so difficult, then goes into details of the arguments for and against both privacy and security, and ultimately discusses some solutions to the debate.

What makes the concept of privacy vs security so debated is largely due to the fact that privacy is subjective. It is difficult to calibrate a “level” of privacy, as it is particularly dependent on the context of the given circumstance. For example, a wealthy Caucasian male living in North America could have a higher level of privacy than a young woman living in Syria yet both could be deemed as having adequate levels of privacy as they are in differing contexts and societies. The main argument discussed in the article review supporting privacy over surveillance is the idea that new surveillance devices have the potential to be used as a means of totalitarian control. The two main arguments discussed supporting surveillance over privacy is that if someone has not committed any crimes they have nothing to hide and should therefore not feel the need for privacy, and that with surveillance the politically powerful can be monitored and scrutinized. A short term solution to the debate is that a guide within all societies should be

created to provide a standard outline for when privacy should be sacrificed for security.

The article review was essential in understanding and informing my research interests. It raised many questions I would like to explore. How can society finally settle the privacy vs security debate? What further issues may emerge in the future? A subcategory of this topic that I would like to research further is understanding if this debate should have less focus on the assemblage of information and have more focus on the handling and disclosure of it.

Research Folio Proposal and Literature Review

The second piece of personal work I will analyze is titled “Research Folio Proposal and Literature Review”. This piece was written for Aurelea Mahood and Sean Ashley’s Liberal Studies 200 Refocusing Knowledge course take in Fall 2016. This course gave me the ability to choose my own topic which allowed me to research something I had prior interest in investigating. I wrote my literature review on The effects of natural landscapes on university campuses had on students mental wellbeing. This topic was of interest to me as one of the reasons I chose to apply to Capilano was because of the beautiful natural atmosphere and I was curious as to what effect the landscape had on my own happiness

This Literature review directly correlates to my emerging field of interest regarding nature’s effect of mental health. Mental health is a growing concern within universities. Personal mental state is not something many people feel comfortable talking about, because of this many students fight in silence rather than utilizing the available resources. Within the literature review research was found that supports the idea that having an education center in a natural atmosphere improved students educational experience immensely. It was also found that an ‘open concept’ structure with the incorporation of nature is ideal in fostering creativity. Within this piece of writing I also conducted interviews with university students. The common idea extracted from each interview was that nature is a key element in their personal well being. All the research done within this Literature review explicitly

connects to my interest in nature's effect on mental health by providing a strong foundation of knowledge and research on which I can work off of.

The literature review was critical in understanding and informing my research interests. It raised many questions I would like to explore. Why is mental health a growing issue? What social factors cause people to feel uncomfortable speaking about mental health? I would like to research the answers for these questions and possibly extract a grad project concept.

5. Sample Research Projects

After reflecting upon my answers to the questions in section 1-4 of this assignment I noticed a reoccurring trend; I connect the majority of my life experiences to understanding a new perspective of happiness. In the Spring 2018 semester I plan on completing my first tutorial. In LBST 390 I will be researching the concept of happiness through a psychological perspective. The main objective of this tutorial is to gain an understanding of happiness and how to achieve it through a psychological viewpoint. I will be exploring different schools of psychology (e.g. religion and spirituality, developmental, etc.) to understand how various aspects aid in an individual's happiness. I plan on combining the knowledge gained through completion of this tutorial with my next two tutorials in order to create a final graduating project that provides an interdisciplinary definition of happiness and gives readers valuable insight on how to attain happiness themselves. My final project on the concept of happiness would be using an interpretive paradigm of thought as I would be observing and analysing existing texts and using various opinions to form a final creative project.

Another potential research project could be regarding the topic of mental health. In this project I would focus one tutorial on nature's effect on a person's well being. This tutorial would entail a literature review as well as a small scale experiment. The experiment would be constructed to compare students performance on a test taken in a dark room to the results collected from students taking a test in a natural environment. My second tutorial for this perspective graduating project would look at the

social aspect of mental health. I would conduct research and do another literature review. The main objective of this tutorial would be understanding what social factors cause people to feel uncomfortable speaking about mental health, and find ways to decrease the intensity of those factors. I would not plan anything for my third tutorial yet as my understanding on mental health will develop as I complete my first two tutorials. The knowledge gained through completion of my first two tutorials will help me pinpoint exactly what I would want to focus on in my final research project and how I can tailor my third tutorial to complement that. These tutorials would be looked at through a critical paradigm of thought as I would be analysing data, making connections and providing suggestions.