

Kachuri Rook

Kachuri Rook joined the ACSRC team in May 2017. Graduating in 2016 with a BA in Psychology and minors in both Crime and Community and Scandinavian Studies, her time at the University of Alberta – Augustana Faculty well-equipped her for work in interdisciplinary research. At the ACSRC, Kachuri has been working as a research assistant developing and collaborating on two separate research studies. The first is a study looking at human rights knowledge among youth in rural Alberta. This project is being conducted in partnership with local non-profit organization, The Open Door, as they work with youth (11-24 years old) daily and repeatedly hear of the human rights struggles their clients face. With this project, the goal is to identify the best methods for educating youth about human rights and learn the reasons behind youths' understanding of human rights. Our hope is that based on the results of this study, we will be able to develop resources and programming aimed at educating rural youth about human rights.

The second project Kachuri is working on is prompted by concerns regarding the prevalence of mental health issues within universities. It is estimated that 50% of students will experience some form of mental health issues (e.g. stress, anxiety or depression) during their time at university. A majority of the wellness resources that exist for mental health within universities is reactive in nature rather than proactive, and this is cause for concern, especially when less than 20% of students typically seek help. For this study we are working with local art therapist, Nikki Featherstone, to develop and employ a methodology based in art therapy. Our goal is to identify the various causes of mental health issues among students, and learn more about the methods of coping students employ when dealing with mental health. Based on our results, we hope to develop proactive resources and programming that will provide university students with the tools necessary to deal with their mental health before it reaches a state of emergency. We also hope that the outcomes of this study can be combined with the results of the first year study/ "TLEF" grant to create an improved university experience for those attending Augustana.