



School of Kinesiology

Exercise and Sport Psychology Lab
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Greetings,

This e-mail is your invitation to participate in a research study entitled “*Well-being, self-compassion, and the transition into first year university*”. The purpose of this study is to determine the association between psychological needs, well-being, self-compassion, and various aspects of self-concept. It is anticipated that attention to these important variables will help to understand the transition that first year university students may face. Your involvement would be greatly appreciated. If you choose to participate, we will ask that you complete a questionnaire via a secured internet survey at four separate time points (in September, late October, early January, late February, and late April). Each questionnaire will take approximately 15 to 20 minutes to complete.

All participants will be entered into a draw for a chance to win one of three \$50 UBC Bookstore Gift Cards.

If you wish to participate, please follow the link below:

<https://survey.edudata.ca/es/czE3Mg/YzIzOO/>

It is important to note that all information is confidential and only the research team members will know the identity of the participants and their responses to the questionnaire.

For more information on the study or on how you can participate please contact the researchers involved in this research by email (UBCfirstyears@gmail.com) or by phone (604-822-5580).

If you know any other first year UBC students (i.e., friends/family/contacts) that might be interested in participating in this study, we ask that you discuss this research with them to determine their interests in volunteering to participate. Those individuals interested in participation can then contact the research team to volunteer.

Thank you for your time and consideration.

Sincerely,
Katie Gunnell, MA
Carolyn McEwen, MSc
Amber Mosewich, MSc