Agora

Red Deer Polytechnic Undergraduate Journal Volume 16:1 (2025) Student Conference Proceedings



Agora Red Deer Polytechnic Undergraduate Journal

Volume 16:1
Agora Conference
Proceedings 2025

Agora: Red Deer Polytechnic Undergraduate Journal

Volume 16:1 2025 Agora Conference Proceedings

Editor-in-Chief: Dr. Jessica Legacy

Editors:

Laura Arnusch
Hannah Antonishyn
Sam Darby
Ashley Gillespie
Bailey Horton
Danica Madsen
Jocelyn Wynnychuck

Cover Art: Fiona Nadon-Shields "Wilted"

Editor's Note: Although the Agora editorial staff makes every effort to maintain a consistent house style, we have also decided to allow discipline-specific styles, especially concerning references and notations, to remain unchanged.

We thank the CAT Fund, the Department of Humanities and Social Sciences, and the School of Arts and Education, and the Red Deer Polytechnic Foundation for their support in the publication of this journal

Lukas Andersen, A Contending Reality: The Secluded Physical
Infrastructure of the Digital World
Hannah Antonishyn, Being kind to yourself: Investigating the
effects of a brief self-compassion intervention on self-oriented
perfectionism in post-secondary students
Laura Arnusch, More Harm than Good: Gender Diversity
Initiatives in Industry Work
Nicholas Baker, Breaking the Cycle of Neglect: Strengthening
Healthcare Access for Rural Communities in Alberta53
Samuel W. Darby, Stoicism and the Brain: Using a Portable
Electroencephalogram with a Stoic Intervention78
Kia Ladino, Pornification of Transgender Women104
Ashley Mast, Exploring the Co-design Process in the Creation of a
Sensory Stimulation Assistive Technology118
Lucas Rahn, The Science Tells Us to Give Gabor Maté a Fair
Shake
Tyler Rastovski, The Resurgence of the Creator's Game and Its
Healing Power
Brooke Schwartz, The Psychology of a Genetic Curse: Nancy
Wexler and the Impact of Huntington's Disease
Samantha Shortt, Picturebooks: Children's Mental Health
Misrepresentations
Kayla Waldo, Makeup Through Time: Social Status, Expression, &
Gender Roles
Tessa Woods, Haunted by Memory: Trauma and the Search for
Closure with Atwood and Munro
Tessa Woods, Indigenous Practice Paper: Police-involved
Indigenous Deaths in Canada

Jocelyn Wynnychuk, Investigating the Impact of MindfulU on	
Student Well-Being: Executive Summary	46
Jocelyn Wynnychuk, Move Your Mood: A Wholistic Evidence-	
Based Approach to Enhancing Physical and Mental Well-Being in	
Adolescence2	68