



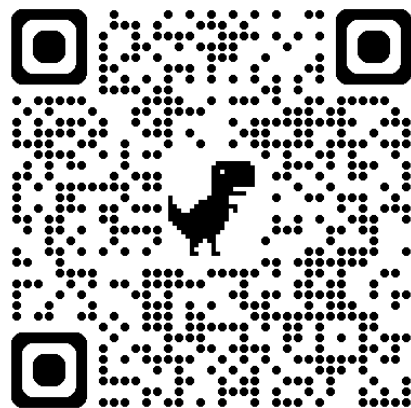
CMNS 2140 Media, Representation and Society

October 8, 2026

News and events

Every Monday 9:30-10:15
Every Wednesday 2:00-2:45
1522 Old Main
Yoga for Self Regulation

October 17, 2026
Kamloops Civic Election
TRUSU information site:



Territorial Acknowledgement



Where we're going today...



Mindfulness



Feedback Literacy



Selecting a voice for today's guided meditation (CMNS 2140)



[results](#)

Guided meditation – feminine
voice (start at 1:40 in)



Guided meditation – masculine
voice
(start at :24 in)



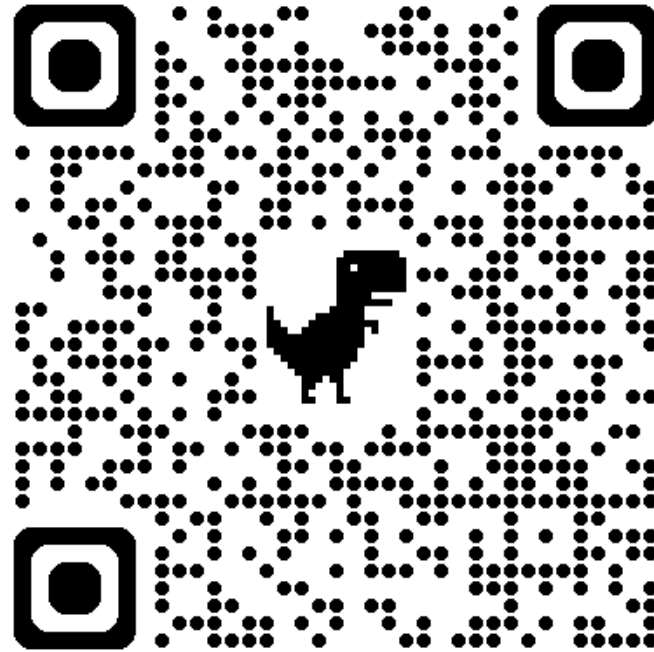
How are you feeling about receiving feedback?



[results](#)



Chris' Office Hours



Preparing for next class

- Follow the guidance on the Feedback Literacy site (see this week's reading link) to prepare yourself to receive and respond to feedback.
- Look through my feedback on your assignment. Send me a quick email (cadam@tru.ca) TODAY to tell me one thing you will apply to your next draft or assignment in this course.
- Spend some time on the AI Guidelines draft (on this week's readings link) – be prepared to speak about it.