

# Invitation to participate in a study on adjustment to telework – Université du Québec à Montréal

Greetings,

We are pleased to invite you to participate in a study that is the result of a collaboration between the Fédération du personnel de soutien scolaire (CSQ) and the Research Laboratory on Spheres of Life and Work (UQAM). The study focuses on the determinants of a successful adjustment to telework through managing the boundaries between work and personal life. By participating, you have a chance to win one of eight \$100 prepaid cards.

## HOW TO PARTICIPATE?

To participate in this study, you must:

- Be at least 18 years old
- Telework on average at least one day per week
- Currently live with at least one family member

To register for the study, simply click on the following link:  
[https://uqamfsh.ca1.qualtrics.com/jfe/form/SV\\_9zYb8QejdALbQaO](https://uqamfsh.ca1.qualtrics.com/jfe/form/SV_9zYb8QejdALbQaO)

Completing the registration will only take a few minutes. **You have until September 22 to register.**

## NEXT STEPS

Over the next few months, you will receive an invitation to complete a 20-minute survey on three separate occasions.

Thank you for your consideration. Your interest in the project is greatly appreciated.

Kind regards,

*The Research Laboratory on Spheres of Life and Work team*

## IF YOU HAVE ANY QUESTIONS ABOUT THE RESEARCH PROJECT, PLEASE CONTACT:

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