

# Student Life at TRU

## Online Tutorial Academic Advising



THOMPSON RIVERS  
UNIVERSITY  

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KAMLOOPS, BC



# Purpose of this tutorial.....

... is to inform you of the numerous events, activities and resources that are offered specifically to help you reach your full potential while studying at Thompson Rivers University!



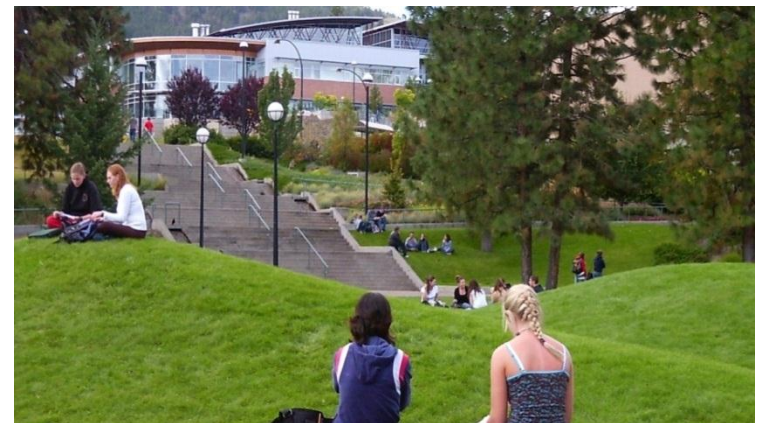
# Student Life at TRU....

- University life is so much more than classrooms and textbooks!
- Make new friends....network
- Find out what amazing opportunities are available at TRU
- Get involved.....Be engaged



# Student Life at TRU....topics

- Student Orientation
- TRU Website
- Cultural and Social Events
- Recreations and Sports
- UPASS and Kamloops transit
- Student Housing
- Writing Centre and Math lab
- *The Gathering Place* for Aboriginal students
- Co-op Education
- Study Abroad and Field Schools
- Food Services



# Student Orientation

- [Orientation at TRU](#) offers various programs students can participate in to orient themselves to life on-campus
- At TRU, we recognize the importance of a great transition. To help in this process, there are lots of activities planned for new students
- We organize a day full of fun as well as important information students should know to be successful at university
- Through orientation, new students gain a deeper knowledge about their academic program, are provided opportunities to meet other students, and will learn about campus resources and ongoing events



Check Website often for events throughout the year

# Jump the Line

- Come onto campus during the Labour Day weekend – get a lot of last-minute tasks completed and wind down a little before classes begin to reduce stresses once the semester starts
- Many Student Services will be open
  - **Counselling** – career planning
  - **Academic Advising** – if you have questions about courses
  - **Registrar's Office** – Admissions – last additions to schedule
  - **Campus Cashier** – pay your fees/get your Student ID Card & Picture
  - **The Welcome Centre** – take a Tour of the Campus
  - **TRUSU Office** (TRU Student Society) – get UPass sticker, information about Health and Dental options
  - **Computer Lab Help Desk** – questions about your account
  - **Financial Aid and Awards** – Loan & Scholarship Information
  - **TRU Bookstore** – Buy your texts before the rush
  - **Tim Horton's** – sit down, relax and take it all in



# Orientation Day

**Orientation Day!** Always the Tuesday before class begins. This day just gets bigger and bigger every year with more involvement by students and TRU staff

- Starts at 8:30 am through until early afternoon -

- Welcome from TRU's President – Dr. Alan Shaver
- Resource fair – information about University Life (programs, parking, housing, campus activities, athletics, food venues, etc)
- High energy activities
- On campus resources to help you be successful in your studies
- Personalized groups focused on your own area of study
- Meet and Greet Professors from each Faculty



- Free Giveaways and BBQ

# Stay involved throughout the semester...

- The TRU Student Union knows how important it is to balance a heavy academic schedule with some fun & relaxation
  - Each year’s “kick start” Orientation activities include
    - Annual Back to School BBQ – first Friday of class
    - Outdoor Movie Night
    - Tunes Against Tuition Fees Concert Series
  - Learn more about your Student Union and events occurring throughout the semester
  - There’s always something to do on-campus



[Click here](#)

# Other Orientation events.....

- Fall semester activities
  - The Fall Fair
  - TRU's Biggest Winner
  - Campus World Cup
  - BC Lions Road Trip
- Winter semester events
  - In February - International Days (full week)
  - In April - Survivor- Year End Event
  - In May- Beach Party
- Check out the Orientation Homepage for dates and times



Click [here](#)



# Cultural and Social Activities

Cultural and social events at TRU include theatre, art shows, films, live music and entertainment

- Attend a live theatre productions by Thompson Rivers University *Actors Workshop Theatre*; for season tickets phone (250) 377-6100
- Drop by the *TRU Visual Art Gallery* for information on current and future exhibitions; the *Gallery is located on Student street, Old main Building*
- Check the *Events Calendar* to see what great artists will be coming to campus



[Click here](#)

# Recreation and Sports

Drop by the Gymnasium for information on how to get involved

Recreational activities include:

- Intramural sports team in Volleyball, Basketball, Soccer or Floor Hockey team
- Game nights – Cheer on our Wolf Pack teams
- Fitness Classes
- Trips to Sun Peaks



[Click Here](#) for current events



# UPASS- City Bus and Aquatic Centre pass!

- **What's a UPASS?**
  - It's your *Universal Bus Pass*- on all Kamloops Transit routes during a four-month semester
  - AND....by showing your UPASS at the Tournament Capital Centre, located at the edge of campus, you can access to the **Canada Games Aquatic Centre** free of charge, and use of the centre's gym facilities at a reduced rate
  - The UPASS is included in your TRU student fees



# How to get a UPASS?

To get your UPASS ...bring a copy of your Course Registration Data form and your TRU Student ID Card to the Student Union front desk, located in the Campus Activity Centre, and they will put a UPASS sticker on the back of the card for easy use.

Note: Once you have paid your full semester fees, you can get your *Course Registration Data Form* and your *TRU Student ID card* at the Campus Cashier in the Old Main building

Download Registration Information from your [myTRU](#) account or go to Registrar's Office in OM 1155



# Getting to TRU

- TRU is served by scheduled Transit service. For maps and schedules go to [www.busonline.ca/regions/kam/schedules/](http://www.busonline.ca/regions/kam/schedules/).
- Remember to show your UPASS when you get on the bus. TRU Students enjoy unlimited access to Kamloops Transit through UPASS.
- A city wide carpooling service is also available through [www.carpool.ca](http://www.carpool.ca)
- *Other alternatives include walking and riding your bicycle to campus.*
- If you choose to drive your vehicle, you will be required to purchase a parking ticket. To learn more about where to park and the cost of parking on campus Click here [PARKING](#)



# Housing for Students at TRU

- New TRU student Residence & Conference Centre  
Click here [Residence & Conference Centre](#)
- McGill On-Campus Housing.....  
Click here [McGill Student Housing](#)
- Upper College Heights Residence & Apartments
  - Click here [Upper College Heights](#)
- TRU Off-Campus Housing Registry
  - Click here [Off-Campus Registry](#)



# Writing Centre

- Make an appointment with one of the tutors to receive help with any stage of the writing process, including generating ideas; organizing; managing issues of sentence structure, grammar, punctuation and documentation; revision; and editing.
- The writing centre is not a proofreading service. It is a **free service** to help you become a more skilled and confident writer.
- The centre is usually open Monday to Friday, from 9:00 am to 4:30 pm.
- It is located in Old Main Building Room 2674. For more information phone (250) 371-5689 or look at their [Website](#)



# Math & Stats Help Centre

- The Math & Stats Centre is a free service for students and is staffed by Mathematics and Statistics faculty and upper level students. Students can work alone or together with other students in a relaxed, informal environment, with help readily available.
- The Help Centre is located in House of Learning #210A.
- The centre is open from 9 am to 4:30 and help is available Monday to Friday according to the staffing schedule posted in the centre.
- For more information – go to their [website](#)



# The Aboriginal Culture Centre- *The Gathering Place – House #5*

- The “Gathering Place” is an on-campus Aboriginal support and information centre
- Drop by the centre or email [Aboriginal@tru.ca](mailto:Aboriginal@tru.ca) for help with getting started at TRU
- Some of the services offered include:
  - Program, admission, and registration information
  - Campus service information for daycare, counselling and academic advising
  - Cultural support by providing a warm, safe environment, hosting potlucks and assisting the First Nations Student Society with cultural activities
  - Tutoring referrals and workshops in test anxiety, stress management and note taking, etc.
  - Dedicated Counselling Services



# Co-op Education.....

- Co-operative Education gives students career related work experience before they graduate
- It integrates academic studies with paid periods of relevant work experience.
- Students participating in Co-op alternate between semesters of full-time study with 4 months of full-time paid employment
- Co-op is available at TRU in a number of programs, such as Bachelor of Arts, Science, Business, Computing Science, Tourism, ARET and Electronics
- Check out Co-op Education homepage for complete details ...click here [Co-operative Education](#)



# Study Abroad

- Make an international experience part of your studies!
- TRU's exchange programs allow students to live and study in a different country for up to a year—and have it count toward their degree
- Study abroad offers students a choice of more than 300 universities around the world, and TRU is one of only three universities in Canada to be members of the International Student Exchange Program, the largest student exchange organization in the world.
- Want to learn more about the Study Abroad program?
- Plan to attend a Study Abroad Information Session



For more information click here



[Study Abroad](#)

# Field School

- TRU offers a number of general and program specific field schools every year. These schools run from two to six weeks in length and offer course credit that can be applied to your degree program.
- For more detailed information on these schools currently being offered please click the link below:
  - Geography Field School to Japan
  - Natural Resource Science Field school to Belize
  - Anthropology Field School to Eastern Europe
  - The School of Nursing...to various places in the world
  - The School of Social Work...to places like Cuba and Mexico
  - Modern Languages to Mexico



For more information click here



[Field School](#)

# Food Services

TRU offers a [Culinary Arts Program](#) which means everyone on campus has the opportunity to eat amazing food!

The **Culinary Arts – Cafeteria** located the Cafeteria building second floor is open from 7:30 am to 1 pm for breakfast and lunch. All the food is prepared by the students in the Culinary Arts program and it is delicious and reasonably priced

**Accolades Dining Room-** If you are wanting a evening dining experience at one of the best dining rooms in Kamloops then make a reservation for Accolades. It is open Tuesday through Friday for seating between 6:00 pm and 7:30 pm.

Check out their website for more information

Click here  [Accolades Dining Room](#)



# Food Services cont'd

- There are lots of places on campus to get a good nutritious full course meal or a quick snack!
  - The Terrace Cafeteria located on the second floor of the Campus Activity Centre
  - Tim Hortons and Montagues Deli- first floor of the Old Main Building
  - Old Main Café- second floor of the Old Main Building
  - International Café - first floor of the International building (serving Starbucks coffee)
  - Trades and Technology Kiosk- second floor of the T&T building
  - Heroes Pub- second floor of CAC
  - Tim Horton's in the House of Learning Building



# To find out more about TRU Program Options, Services and Opportunities...

Go to TRU homepage at [www.tru.ca](http://www.tru.ca)

- Click onto 'Programs and Courses'
- Refer to the TRU calendar - available [online!](#)
  - click on quick links on left hand-side of homepage





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