


## DIVERSITY & EQUITY


### ENGAGE DIVERSITY

Enrich your learning through intercultural engagement. Campus is vastly diverse; faculty, staff and students represent a wide range of Indigenous, regional, national and global communities. Intercultural Learning provides you with skills and opportunities to work towards inclusion and equity. A variety of intercultural learning opportunities are available through campus events, course work and co-curricular programs.

#### Intercultural Learning

Room: House 4

 @tru.intercultural

 @TIntercultural

### FIND COMMUNITY

Cplul'kw'ten is a home away from home for Indigenous students. Speak with an Elder, mentor or other members of our Cplul'kw'ten team. Take a study skills workshop, access community resources, find assistance with papers or funding, come study, socialize, share a meal or use the computers.

#### Indigenous Student Development

Room: House 5

Tel: 250-371-5508

[tru.ca/indigenous](http://tru.ca/indigenous)

### CREATE CONDITIONS FOR SUCCESS

Contact a Student Case Manager to learn about your rights and responsibilities, including academic and non-academic conduct.

#### Student Case Managers

Room: OM 1631

Tel: 250-828-5023

Email: [studentaffairs@tru.ca](mailto:studentaffairs@tru.ca)

[tru.ca/studentaffairs](http://tru.ca/studentaffairs)



## A QUICK GUIDE TO STUDENT SERVICES

Think of Student Services as your support network on campus. Access this network to make the most of your university experience.

## STUDENT LIFE

### BUILD CONNECTIONS

Learn ways to engage in student life, participate in a monthly Study Skills Café and meet with peers to support your transition to university.

#### Orientation & Transitions

Room: OM 1486

Tel: 250-371-5942

Email: [orientation@tru.ca](mailto:orientation@tru.ca)

[tru.ca/orientation](http://tru.ca/orientation)

### START ON THE RIGHT FOOT

Choosing your courses sets you on the path to your degree. Academic advisors (domestic and international) are here to help you choose wisely. Get answers about your program one-on-one, take a workshop or online tutorial, and learn about timetabling and registration.

#### Academic Advising

Room: OM 1100

Tel: 250-828-5075



### FOCUS ON EDUCATION, NOT FINANCES

Get assistance in financing your education and living costs. Be recognized and rewarded for your academic excellence. Talk to a student finance advisor at the Student Awards and Financial Support office about your financial aid options, as well as awards available throughout your program.



#### Student Awards & Financial Support

Room: OM 1631

Tel: 250-828-5024

Fax: 250-371-5668

Email: [awards@tru.ca](mailto:awards@tru.ca)

[tru.ca/awards](http://tru.ca/awards)

### EVOLVE AS A LEADER

Develop your skills while supporting your peers. Access valuable training, partake in professional development, gain hands-on experience, and give back to your peers and campus community.

#### Mentorship & Leadership

Room: OM 1486

Tel: 250-371-5996

[tru.ca/mentorship](http://tru.ca/mentorship)

[tru.ca/leadership](http://tru.ca/leadership)

## CAREER & EXPERIENTIAL LEARNING

### PLAN YOUR CAREER

#### Career & Experiential Learning

Room: OM 1712

Tel: 250-371-5627

Email: [careereducation@tru.ca](mailto:careereducation@tru.ca)

### CAREER SERVICES

Pave the professional pathway. Through a variety of initiatives, learn how career goals can become a reality.

### CO-OPERATIVE EDUCATION

Co-operative Education blends on-campus learning with practical applied learning. Enhance your education with career-related work experience before graduation.

### EXPERIENTIAL LEARNING

Discover the many places to learn through your experiences whether on-campus or in the community (co-curricular and extra-curricular).

## A SAFETY NET FOR STUDENTS IN DIFFICULTY

If you experience academic difficulty, contact Early Alert to access resources and support services. Drop-in, email or call to connect with your academic safety net.

### Early Alert

Room: OM 1464  
Tel: 250-828-5213

[tru.ca/earlyalert](http://tru.ca/earlyalert)



## GET SET FOR SUCCESS

From intercultural communications to fundamental academic skills, Student Success courses prepare you for student life. These flexible, one-credit courses are offered throughout the semester.

### Student Success Courses

Room: OM 1631  
Tel: 250-828-5023

[tru.ca/stss](http://tru.ca/stss)



## STUDY SMART

Forget cramming—master challenging introductory courses with the help of your peers. Stay on track with skills and strategies for learning course content in Supplemental Learning (SL) study sessions led by students experienced in the target course and trained in strategic learning. Attend on a weekly basis or whenever you need support. Watch for special exam review sessions.

### Supplemental Learning

Room: OM 2699  
Tel: 250-828-5277  
Email: [etempleman@tru.ca](mailto:etempleman@tru.ca)

[tru.ca/sl](http://tru.ca/sl)



## ACCESS ACCOMMODATIONS

Gain equal access to learning opportunities through Accessibility Services. If you are living with a disability, you may be eligible for supports such as exam accommodation, alternate format text material, sign language interpretation, access to adaptive technology, and the facilitation of in-class note-taking.

### Accessibility Services

Room: OM 1631  
Tel: 250-828-5023  
Toll Free: 1-888-828-6644  
Email: [as@tru.ca](mailto:as@tru.ca)

[tru.ca/as](http://tru.ca/as)



## ADD TO YOUR SKILLS

Become a better writer. Get free math/stats help. Peer tutors and faculty at the Writing Centre and Math Help Centre provide answers to your questions, feedback and advice. You'll also find handouts, tutorials and online resources.

### Writing Centre

Room: OM 1411  
Tel: 250-371-5689  
Email: [writing\\_ctr@tru.ca](mailto:writing_ctr@tru.ca)

TRUWritingCentre

@TRUWriting

[tru.ca/writingcentre](http://tru.ca/writingcentre)

### Math Help Centre

Room: HL 304  
[tru.ca/mathcentre](http://tru.ca/mathcentre)



## HERE TO LISTEN

When you need help with academics, career development, or personal growth, the supportive staff in the Counselling Department can provide confidential counselling in a safe and affirming atmosphere. Drop in, book an appointment, or use online resources.



### Counselling

Room: OM 1631  
Tel: 250-828-5023

[tru.ca/counselling](http://tru.ca/counselling)

## GIVE YOURSELF A BREAK

Your well-being is key to achieving your academic and personal goals. The Wellness Centre offers free health and wellness classes, workshops and resources, fun stress-busting events and a quiet place to relax or ask questions about your health and wellness.

### Wellness Centre

Room: OM 1479  
Tel: 250-828-5010

TRUWellnessCentre

@TRUWC

truwc

[tru.ca/wellness](http://tru.ca/wellness)



## FIND RELIGIOUS AND SPIRITUAL CARE

Find religious and spiritual resources. Ask questions and engage in thoughtful reflection and dialogue.

### Multi-Faith Chaplaincy

Room: OM 1421  
Tel: 250-371-5940  
Email: [chaplains@tru.ca](mailto:chaplains@tru.ca)

## YOU ARE NOT ALONE

Access support for victims and survivors of sexualized violence including emotional support, safety planning, on and off campus referrals, academic and/or housing accommodations, and reporting options. Learn more about education and prevention initiatives.

### Sexualized Violence Prevention & Response

Room: OM 1631  
Tel: 250-828-5023

[tru.ca/sexualviolence](http://tru.ca/sexualviolence)

## GET ACTIVE

Throughout the year, TRU Recreation organizes and implements a variety of special events, Intramural sports, and fitness classes for the university community. Many activities are free, while others require a minimal fee. Grab your friends, roommates, instructors — even the random guy sitting next to you in class — and get in the game!

### Recreation

Room: TRU Gym 303 & 308  
Tel: 250.828.5271  
Email: [campusrec@tru.ca](mailto:campusrec@tru.ca)

facebook: TRUrec

twitter:@TRU\_Rec

