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.

CAREER & EXPERIENTIAL LEARNING

ENGAGE DIVERSITY
Enrich your learning through intercultural engagement. Faculty, staff and students represent a diverse 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
House 4
intercultural@tru.ca
tru.ca/intercultural

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

Indigenous Student Development
House 5
indigenous@tru.ca
tru.ca/indigenous

CREATE CONDITIONS FOR SUCCESS
Student Affairs Case Managers can help you learn your rights and responsibilities, navigate processes and policies, or assist if you are in crisis. One-on-one support is also available to those students in academic difficulty.

Student Case Managers
Old Main 1631
250-828-5023
studentaffairs@tru.ca
tru.ca/osa

ACADEMIC INTEGRITY MATTERS
Connect with a Learning Strategist to access resources, gain support and learn about the Student Academic Integrity Policy, which sets the honesty standard at TRU.

Academic Integrity
aic@tru.ca
tru.ca/aic

BUILD CONNECTIONS
From the beginning of your student experience, the Orientation & Transitions team is here to support you academically, personally and socially. Take part in orientation activities, visit our weekly outreach table, read the bi-weekly newsletters, and meet with peers to support your transition to university.

Orientation & Transitions
Old Main 1468
orientation@tru.ca
tru.ca/orientation

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 Awards Advisor at the Student Awards and Financial Aid office about your funding options, as well as awards available throughout your program.

Student Awards & Financial Aid
Old Main 1629
250-828-5024
finaid@tru.ca
tru.ca/awards

PLAN YOUR CAREER
Career & Experiential Learning
OM 1712
250-371-5627
careereducation@tru.ca
tru.ca/cel

CAREER SERVICES
Professional career planning and job search support from first-year to graduation.

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

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@TRUStudentLife
tru.ca/services

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ACADEMIC SUPPORTS

GET SET FOR SUCCESS
Student Success (STSS) courses prepare you for student life by introducing essential academic skills for university students, including studying, writing, research, citation, and intercultural communication. Gain elective credits in any discipline and set yourself up for academic success with STSS!

Student Success Courses
250-828-5023
tru.ca/stss

ADD TO YOUR SKILLS
Visit the Writing Centre to become a better writer! We provide face-to-face and online tutoring, as well as writing, citation, and research-related resources. Tutors can help improve your writing skills, facilitate group projects, provide feedback on presentations, and connect you with other services.

Writing Centre
Old Main 1411
250-371-5689
writing_ctr@tru.ca
tru.ca/writingcentre

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

Accessibility Services
Old Main 1631
250-828-5023
Toll Free: 1-888-828-6644
as@tru.ca
tru.ca/as

HERE TO LISTEN
Counsellors offer academic, career and personal counselling in a safe and affirming atmosphere. Drop in, book an appointment, or use online resources.

Counselling
Old Main 1631
250-828-5023
fsd@tru.ca
tru.ca/counselling

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Toll Free: 1-888-828-6644
as@tru.ca
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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
Old Main 1486
250-828-5023
svpr@tru.ca
tru.ca/sexualviolence

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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 person sitting next to you in class—and get in the game!

Recreation
TRU Gym 303
250-828-5271
prusso@tru.ca
tru.ca/recreation

HEALTH & WELLNESS

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, nap or ask questions about your health and wellness. Drop in to chat with a Student Wellness Ambassador.

Wellness Centre
Old Main 1479
250-828-5010
tru.ca/wellness

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. Ask about special exam review sessions and Peer Academic Coaching.

Supplemental Learning
HL 210
250-828-5277
etempleman@tru.ca
tru.ca/sl

FIND SPIRITUAL RESOURCES
Religious and spiritual support is available from a variety of community faith leaders. Ask questions and engage in thoughtful reflection and dialogue.

Multi-Faith Chaplaincy
Old Main 1421
250-371-5940
tru.ca/chaplaincy

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