

SHARE & STRATEGIZE

Counsellors offer academic, career, and personal counselling in a safe and affirming atmosphere. Call, email, or drop in to book an appointment. Check out the online resources.

Counselling

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



NAVIGATING CHALLENGES

Understand your rights and responsibilities; navigate processes and policies. One-on-one support is also available to those students in academic difficulty.

BE ACTIVE

Recreation

TRU Gym 303
prusso@tru.ca
tru.ca/recreation

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!



RECEIVE MEDICAL CARE

The Medical Clinic serves registered on-campus students who require medical support during their time studying in Kamloops. Appointments are required.



Medical Clinic

Old Main 1461
250-828-5126
trumedicalclinic@tru.ca
tru.ca/clinic

APPLY SELF-CARE

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
tru.ca/wellness

Student Case Managers

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



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



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 Engagement & Experience: Connection and Belonging

Student Access & Academic Supports: Academic Accommodations and Skill Building

Student Affairs & Wellbeing: Conduct and Health

STUDENT ENGAGEMENT & EXPERIENCE

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, transitions workshops and events; read newsletters, and meet with peers to support your transition to university.

FOCUS ON EDUCATION, NOT FINANCES

Get assistance in financing your education and living costs. Be recognized and rewarded for your academic excellence. Connect with a Student Awards Advisor at the Student Awards & Financial Aid Office about your funding options as well as awards available throughout your program.



Student Awards & Financial Aid
Old Main 1629
finaid@tru.ca
tru.ca/awards

EXPRESS YOURSELF

Through inclusive, intersectional, and social initiatives, Gender and Sexual Diversity cultivates a sense of belonging for 2SLGBTQPIA+ students. Find your community at Queer Connections, discover campus and community resources, access support services, and attend educational workshops.

Gender & Sexual Diversity

Old Main 1464
gsd@tru.ca
tru.ca/gender



EXPLORE 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
tru.ca/chaplaincy

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

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

Old Main 1468
lead@tru.ca
tru.ca/leadership



FIND A COMMUNITY

Cplúlk'w'ten is a home away from home for Indigenous students. Speak with an Elder, mentor or other members of the Cplúlk'w'ten team. Partake in a workshop, access community resources, find assistance with papers or funding, study, socialize, share a meal, or use the computers.

Indigenous Student Services

House 5
indigenous@tru.ca
tru.ca/indigenous



STUDENT ACCESS & ACADEMIC SUPPORTS

Central Academic Advising

Old Main 1100
250-828-5075
advising@tru.ca
tru.ca/advising



DEVELOP YOUR SKILLS

Visit the Writing Centre to become a better writer. Access 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.

Accessibility Services

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



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.

SECURE & ACCESSIBLE ASSESSMENTS

Receive logistical operations of both in-person and virtual exam delivery, in an on-demand, year-round operation for online and distance learners. Get assistance with accommodations, exam-related concerns, reviews, academic integrity questions, and general front-line support.

Open Learning Exams and Testing Services

exams@tru.ca
tru.ca/distance/services/exams

Bring your class notes and textbook to the Science Help Centre, where students can work alone or together in an informal environment, with help readily available from upper-year and faculty tutors.

Science Help Centre

Ken Lepin Building 201
tru.ca/sciencehelp



EDUCATE YOURSELF

Connect with a Learning Strategist to access resources, gain support, and learn about the Student Academic Integrity Policy.

Academic Integrity

aic@tru.ca
tru.ca/aic



GAIN WORK EXPERIENCE

Enhance your education with career-related work experience — in the classroom or in the community. Connect your education to the career you want.

Career & Experiential Learning

OM 1712
careereducation@tru.ca
tru.ca/cel