

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



ACCESS ACCOMMODATIONS

Gain equal access to learning opportunities through Disability 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.

Disability Services

Room: OM 1631
Tel: 250-828-5023
Toll Free: 1-888-828-6644
Email: dso@tru.ca

tru.ca/disabilityservices

A Quick Guide to Student Services



THOMPSON RIVERS
UNIVERSITY

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

tru.ca/advising



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

tru.ca/services



TALK TO SOMEONE

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

Counselling

Room: OM 1631
Tel: 250-828-5023

tru.ca/counselling



tru.ca/services



GET SET FOR SUCCESS

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

Student Success Courses

Room: OM 1631
Tel: 250-828-5023

tru.ca/counselling/courses

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 2674
Tel: 250-371-5689
Email: writing_ctr@tru.ca

TRUWritingCentre

@TRUWriting

tru.ca/writingcentre

Math Help Centre

Room: HL 304
tru.ca/mathcentre

FIND COMMUNITY

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

Services for Aboriginal students

The Gathering Place (Cplul'kw'ten)
Tel: 250-371-5508

[cplulkwten.cplulkwten](https://www.facebook.com/cplulkwten.cplulkwten)
tru.ca/aero



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
awards@tru.ca
tru.ca/awards



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 trained students. 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
tru.ca/sl

EARN WHILE YOU LEARN

Gain work experience and prepare for your future. The Career Education Department offers career development services and co-operative education (co-op)—paid experience in your field, for credit. Explore careers, get one-on-one career counselling or learn résumé writing and interview skills. Check out our job board, employer events and annual job fair.

Career Education

Room: OM 1712
Tel: 250-371-5627
Email: careereducation@tru.ca

TRUCareerEducation

@TRUCareerEd

tru.ca/careereducation



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tru.ca/services