

THOMPSON RIVERS UNIVERSITY

# Faculty of Student Development



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Personal, Academic and Social Supports

“

*No door is the wrong door.*



fb.com/TRUStudentLife

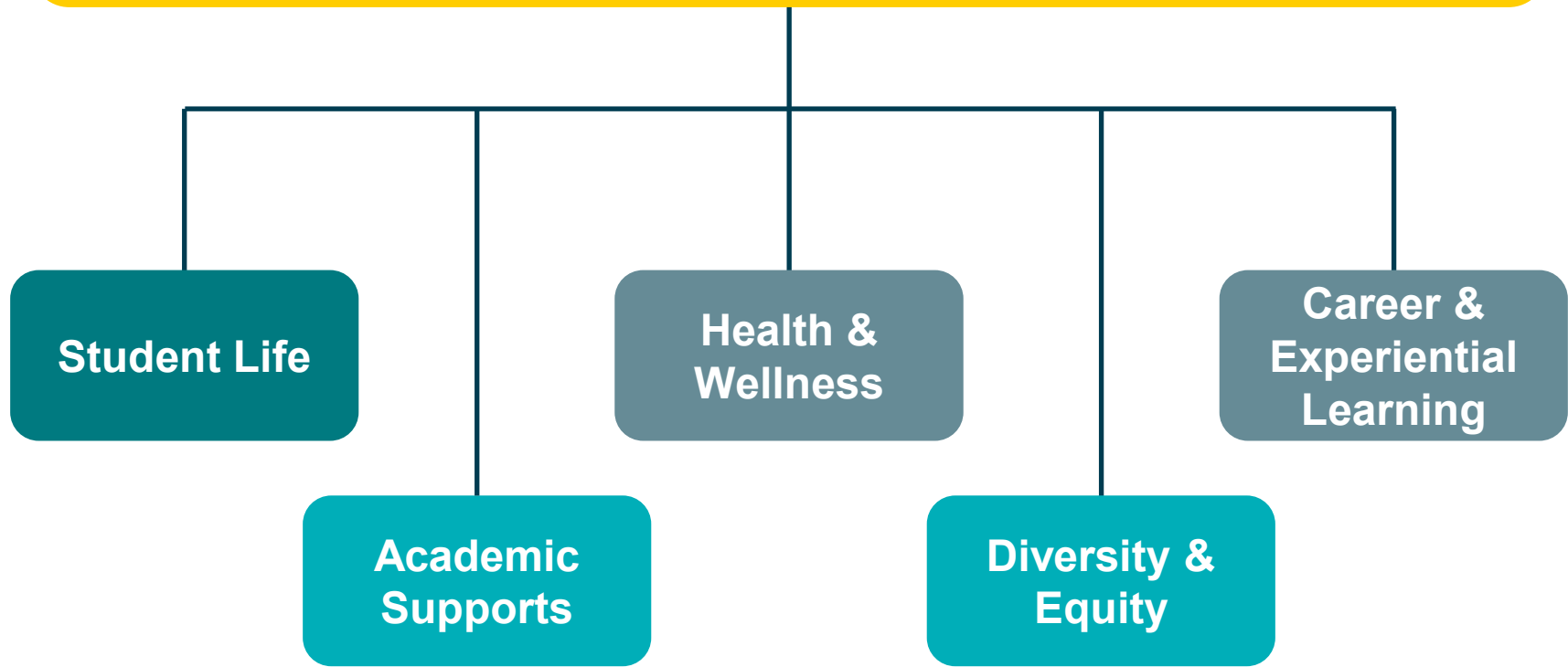


@TRUStudentLife

OM 1631 | (250) 371-5698 | tru.ca/services

# Faculty of Student Development

Hubs of Practice



# Student Life

- Academic Advising
- New Students
- Mentorship
- Leadership
- Financial Planning
- TRUSU
- Research
- Study Abroad



# Academic Advising

We **advise**, you **decide**



Learn about **timetabling** and **registration**



Work with domestic and international **advisors** to choose courses



**Get answers** in one-on-one sessions or take a workshop or online tutorial

[tru.ca/advising](https://tru.ca/advising)

**Phone:** (250) 828-5075

**Email:** [advising@tru.ca](mailto:advising@tru.ca)



# Orientation

**Building connections** on the first day for new-to-TRU students



Hosts educational **experiences** and social functions



Promotes academic, personal, and social **supports**



Provides timely email **communications**

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

**Phone:** (250) 371-5942

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



# Transition to University Life

Pair up with an upper-year **new student mentor** to make your first year a success

New student mentors can:



Show you around  
**campus**



Provide **resources** to  
keep you connected



Assist you with any  
**questions** throughout  
your first year



# Mentorship and Leadership

## Evolve as a mentor and leader



Access **valuable training**



Partake in **professional development**



**Give back** to peers and campus community





# Certificates

**Earn formal recognition** for your knowledge, skills, awareness, and attitudes



**Earned in tandem** with any credential



**Formally noted** on your transcript



**Acknowledged** at Convocation



**Global Competency Certificate**

For more information on how you can gain this certificate check out:

[tru.ca/global](https://tru.ca/global)



**Leadership in Environmental Sustainability Certificate**

Check out [tru.ca/les](https://tru.ca/les) for how you can receive this credential formally noted on your TRU transcript.

[tru.ca/les](https://tru.ca/les)

# Academic Supports

- Assessment Centre
- Accessibility Services
- Early Alert
- Supplemental Learning
- PACE
- STSS Courses
- Writing Centre
- Math Help Centre
- Library



# Assessment Centre

Providing a centre of excellence for  
assessment expertise and knowledge  
in support of student success

[tru.ca/assessment](https://tru.ca/assessment)

**Phone:** (250) 828-5470

**Email:** [assess@tru.ca](mailto:assess@tru.ca)



Facilitates appropriate **placement**  
in courses and programs



Coordinates or invigilate **exams** for  
other educational institutions and  
outside agencies



Administers **entry assessments**  
for admission to TRU programs





**Sign language**  
interpreting



**Accommodated tests**  
and exams



Access to technical  
aids and **adaptive**  
**equipment**



**Mobility** and physical  
access **assistance**

# Accessibility Services

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

**Phone:** (250) 828-5023

**Email:** [as@tru.ca](mailto:as@tru.ca)

# Early Alert

A **safety net** for students in difficulty



Allows students to improve their **academic standing** in a timely manner



Not intended for **emergency** situations



Does not become part of a student's **academic record**



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

**Phone:** (250) 828-5213

**Email:** [earlyalert@tru.ca](mailto:earlyalert@tru.ca)



# Supplemental Learning (SL)

Specific challenging courses are led by students who have mastered the course



**Regular** weekly sessions



Integrate **study skills** with **course content**



**Exam review** sessions available







# PACE

the **Pack ACademic Edge**

PACE provides academic support in an informal study session led by upper-year WolfPack athletes

[tru.ca/pace](https://tru.ca/pace)



Get **coaching** on learning strategies



Improve your **study habits** and learn about on-campus resources



**Connect** with student-athletes in a supportive setting



# Student Success (STSS)

Five **one-credit elective courses** that provide a strong foundation for university achievement

- ✓ **Student Success and Study Skills**  
STSS 1030
- ✓ **Student Success and Wellbeing**  
STSS 1040
- ✓ **Student Success and Communication**  
STSS 1050
- ✓ **Intercultural Perspectives**  
STSS 1060
- ✓ **Performing to Academic Standards**  
STSS 1070



# The Writing Centre

Become a better writer

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

**Phone:** (250) 852-7673

**Email:** [writing\\_ctr@tru.ca](mailto:writing_ctr@tru.ca)



Assignment **interpretation**



Sentence structure,  
**grammar** and punctuation



Research and **citation**



**Revision** and editing



# Health & Wellness

- Counselling
- Multi-Faith Chaplaincy
- Wellness Centre
- Sexualized Violence Prevention & Response
- Breastfeeding Room
- Recreation
- Medical Clinic
- Recreation
- Safety & Security

# Counselling Services

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

**Phone:** (250) 828-5023

**Email:** [studentservices@tru.ca](mailto:studentservices@tru.ca)

## Academic

- Procrastination
- Exam stress
- Time management

## Career

- Career path
- Self-exploration
- Assessment tests

## Personal

- Stress/anxiety
- Grief
- Personal issues

# Multi-Faith Chaplaincy

Provides religious and spiritual  
supports to students, faculty and staff



Offers **guidance** and  
resources in times of personal  
concern, conflict or crisis



Creates **opportunities** for  
companionship, prayer, study,  
service and engagement on  
campus

[tru.ca/chaplaincy](https://tru.ca/chaplaincy)

Phone: (250) 371-5940



# Wellness Centre

Give yourself a break

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

**Phone:** (250) 828-5010

**Email:** [ccorsi@tru.ca](mailto:ccorsi@tru.ca)



Peer-to-peer  
**support**



Wellness **sessions**,  
workshops and  
resources



A **quiet place** to relax,  
nap or ask questions



[fb.com/TRUWellnessCentre](https://fb.com/TRUWellnessCentre)



[@TRUWellnessCentre](https://@TRUWellnessCentre)

# Sexualized Violence Prevention & Response

**Support** for anyone who has experienced sexualized or intimate partner violence



**Emotional support** and **safety** planning



Academic **accommodations** and emergency **housing**



Information about **reporting** options



**Support** through reporting processes if desired

[tru.ca/svpr](https://tru.ca/svpr)

**Phone:** (250) 828-5023

**Email:** [svpr@tru.ca](mailto:svpr@tru.ca)





# Medical Clinic

Supporting registered students who require **medical support** during their studies



Immunizations and allergy **injections**



Prescriptions and **medication** management



**Birth control** education and prescribing



Sexually transmitted infection (**STI**) screening and **treatment**



[tru.ca/clinic](https://tru.ca/clinic)

**Phone:** (250) 828-5126

**Email:** [trumedicalclinic@tru.ca](mailto:trumedicalclinic@tru.ca)

# Diversity & Equity

- Indigenous Student Development
- Intercultural Learning
- Office of Student Affairs
- Cannabis Policy FAQ
- International Student Advisors



# Indigenous Student Development

Your home away from home

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

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



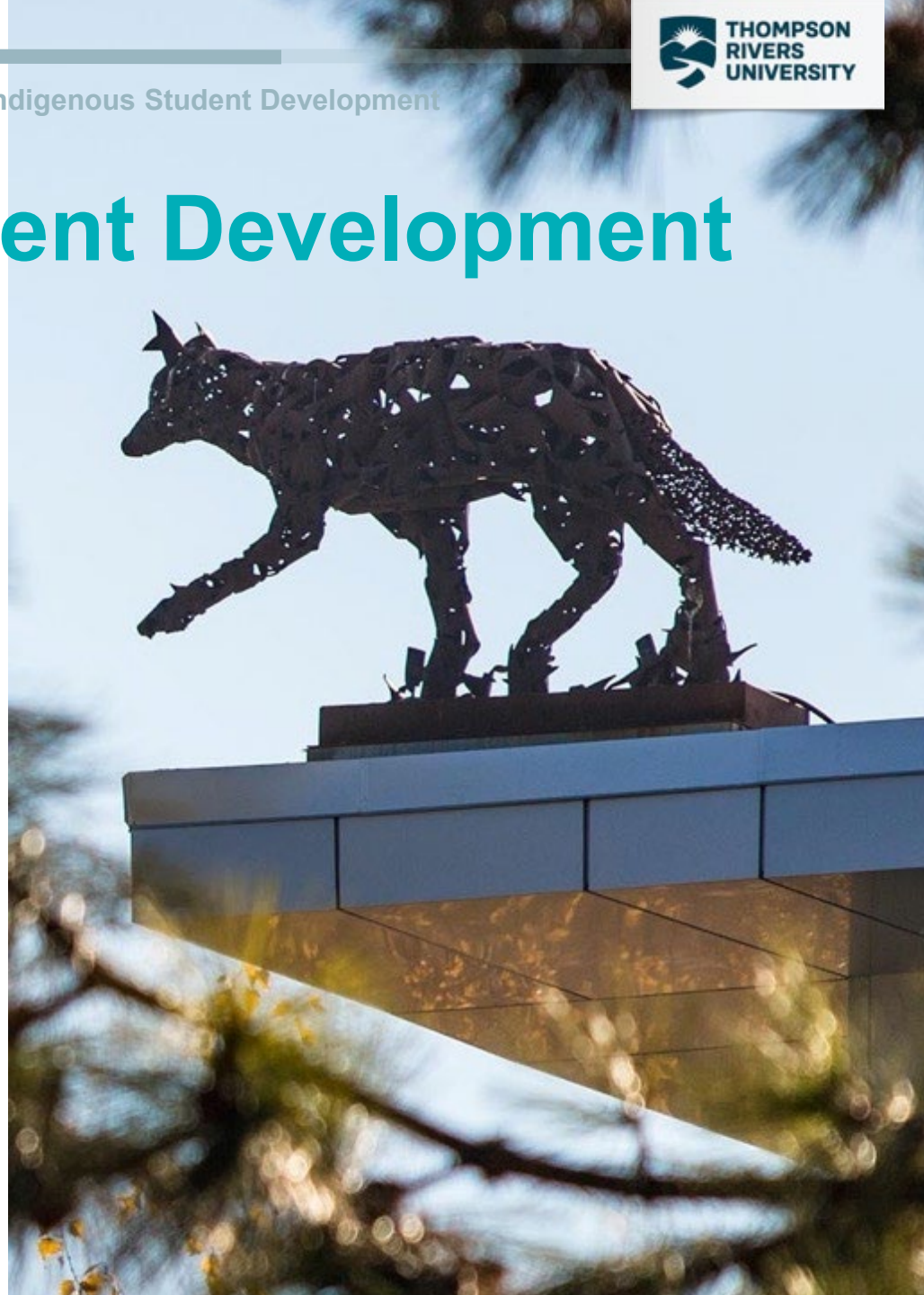
Weekly  
**Soup Circle**



Connect with **Indigenous  
Elders and Mentors**



Take a break at  
**Cplul'kw'ten**





# Intercultural Learning

TRU is a **culturally diverse** community representing Indigenous, regional, national and global communities



**Resources** and **workshop**  
for educators



Intercultural Ambassadors  
engage peers in **cultural  
understanding**



Gain the **skills**, attitudes, and  
knowledge to help bridge  
differences



Learn how to meaningfully  
**engage** with people from  
diverse backgrounds



[tru.ca/intercultural](https://tru.ca/intercultural)

**Email:** [intercultural@tru.ca](mailto:intercultural@tru.ca)

# Office of Student Affairs

Create conditions for success

[tru.ca/osa](https://tru.ca/osa)

**Phone:** (250) 828-5023

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



Academic integrity



Academic appeals



Early Alert



Student  
emergencies

# Career & Experiential Learning

- Co-operative Education
- Interviews and Resumes
- Student Employment
- Career Mentoring
- WorkStudy
- TRU Generator



# Career Services

Connect your education to your career

[tru.ca/cel](https://tru.ca/cel)

**Phone:** (250) 371-5627

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



**Resume & cover  
letter review**



**Interview practice  
and feedback**



**Job search process  
assistance**



**Support for  
changing careers**

# Co-operative Education

Alternate study terms with **paid, monitored work-terms** in professional industry

- Apply
- Enrol in COOP 1000
- Search for jobs
- Secure a position
- Complete the term
- Return to TRU



[tru.ca/coop](https://tru.ca/coop)

**Phone:** (250) 371-5627

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

# Experiential Learning

Enhance your education with **career-related** work experience

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

**Phone:** (250) 371-5627

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



Gain practical **experience** related to your field of study



**Test-drive** occupations and tasks



Build a professional **network**




Develop or improve career-related **skills**



# Don't miss out!

Follow us on social media to stay up to date on student services, campus events, and more!

 [fb.com/TRUStudentLife](https://fb.com/TRUStudentLife)

 [TRUStudentLife](https://www.instagram.com/TRUStudentLife)

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