

## DIVERSITY & EQUITY

### 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](http://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 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

House 5  
indigenous@tru.ca  
[tru.ca/indigenous](http://tru.ca/indigenous)



## 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

### CREATE CONDITIONS FOR SUCCESS

Contact Student Affairs to learn about your rights and responsibilities, or if you are in crisis. Student Case Managers can help you navigate and get connected.

#### Student Case Managers

Old Main 1631  
250-828-5023  
studentaffairs@tru.ca  
[tru.ca/osa](http://tru.ca/osa)



### ACADEMIC INTEGRITY MATTERS

Gain support to understand your rights and responsibilities as a student. Connect with a Learning Strategist to learn about resources and for assistance navigating the process.

#### Academic Integrity

Old Main 1231  
250-828-5173  
aic@tru.ca  
[tru.ca/aic](http://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 1241  
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

Old Main 1100  
250-828-5075  
advising@tru.ca  
[tru.ca/advising](http://tru.ca/advising)



## CAREER & EXPERIENTIAL LEARNING

### PLAN YOUR CAREER

#### Career & Experiential Learning

OM 1712  
250-371-5627  
careereducation@tru.ca  
[tru.ca/cel](http://tru.ca/cel)

### EXPERIENTIAL LEARNING

Discover learning through your experiences whether on-campus or in the community (co-curricular and extra-curricular).

### 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.

### 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 & 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](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

Old Main 1241  
lead@tru.ca  
[tru.ca/mentorship-and-leadership](http://tru.ca/mentorship-and-leadership)



TRUStudentLife



@TRUStudentLife

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

## SUPPORTING STUDENTS TO OVERCOME ACADEMIC CHALLENGES

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**  
Old Main 1242  
250-828-5213  
earlyalert@tru.ca  
[tru.ca/earlyalert](http://tru.ca/earlyalert)



## 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**  
Old Main 1631  
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. Ask about special exam review sessions and Peer Academic Coaching!

**Supplemental Learning**  
Old Main 2699  
250-828-5277  
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 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](http://tru.ca/as)



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

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

**Math and Stats Help Centre**  
S201  
srahmati@tru.ca  
[tru.ca/mathcentre](http://tru.ca/mathcentre)



## 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  
studentservices@tru.ca  
[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, nap or ask questions about your health and wellness.

Connect with a Student Wellness Ambassador via our live chat online.

**Wellness Centre**  
Old Main 1479  
250-828-5010  
[tru.ca/wellness](http://tru.ca/wellness)



## 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](http://tru.ca/chaplaincy)

## 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**  
250-828-5023  
svpr@tru.ca  
[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 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](http://tru.ca/recreation)

