

## RESOURCES FOR UNDERGRADUATE STUDENTS

### Academic course planning

- If you are a 1<sup>st</sup> or 2<sup>nd</sup> year BBA student or a student in the Associate of Commerce and Business Administration, get in touch with [advising@tru.ca](mailto:advising@tru.ca)
- If you are a 3<sup>rd</sup> or 4<sup>th</sup> year BBA student, in a certificate or diploma program or any post-Bacc programs, reach out to [sobedadvisor@tru.ca](mailto:sobedadvisor@tru.ca)

### Academic Help

- Struggling with an ECON course? Check the Economics help Centre on Moodle. The self-enrolment key is ECON\_Help
- Struggling with MATH courses? Visit the Math Help Centre in the Science building Room S201 -
- Struggling with writing courses? Visit the Writing Centre in Old Main or virtually - [www.tru.ca/current/academic-supports/writingcentre.html](http://www.tru.ca/current/academic-supports/writingcentre.html)

### Supporting and Advising Services

- If you are struggling with your mental health or personal issues, we encourage you to connect with the counselling services at [studentservices@tru.ca](mailto:studentservices@tru.ca)
- If you are an international student needing assistance or advice not related to academic planning, you can reach out to your ISA at [ISA@tru.ca](mailto:ISA@tru.ca) or [www.tru.ca/meet](http://www.tru.ca/meet)
- If you have questions regarding your immigration status in Canada, you can connect with the Regulated International Student Immigration Advisors at [RISIA@tru.ca](mailto:RISIA@tru.ca)
- If you are an Indigenous student needing support, mentoring or wellness services, you can connect with Cplul'kw'ten by emailing [indigenous@tru.ca](mailto:indigenous@tru.ca)

### Other helpful Student Services

- If you need career counselling and career development or have questions about co-op courses, you can reach out to [careereducation@tru.ca](mailto:careereducation@tru.ca)
- If you need assistance integrating your study skills with your course content, consider attending a Supplemental Learning Session - [www.tru.ca/current/academic-supports/sl.html](http://www.tru.ca/current/academic-supports/sl.html)
- If you need peer-support or health and wellness advice, you can visit the Wellness Centre in Old Main 1479 or visit their website - [www.tru.ca/current/wellness/wellness.html](http://www.tru.ca/current/wellness/wellness.html) .