

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

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



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 a Student Case Manager to learn about your rights and responsibilities, including academic and non-academic conduct.

Student Case Managers

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



STUDENT LIFE

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 1486
orientation@tru.ca
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



CAREER & EXPERIENTIAL LEARNING

PLAN YOUR CAREER

Career & Experiential Learning

OM 1712
250-371-5627
careereducation@tru.ca
tru.ca/cel

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.

EXPERIENTIAL LEARNING

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

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 Aid

Old Main 1631
250-828-5024
finaid@tru.ca
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 1486
lead@tru.ca
tru.ca/mentorship
tru.ca/leadership

FSD21004



TRUStudentLife



@TRUStudentLife

tru.ca/services

A SAFETY NET FOR STUDENTS IN DIFFICULTY

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



GET SET FOR SUCCESS

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

Student Success Courses
 Old Main 1631
 250-828-5023
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. Watch for special exam review sessions.

Supplemental Learning
 Old Main 2699
 250-828-5277
 etempleman@tru.ca
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



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

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
tru.ca/mathcentre

We can be reached on Facebook



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



FIND RELIGIOUS AND SPIRITUAL CARE

Find religious and spiritual resources. Ask questions and engage in thoughtful reflection and dialogue.

Multi-Faith Chaplaincy
 Old Main 1421
 250-371-5940
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
 Old Main 1631
 250-828-5023
tru.ca/sexualviolence

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.

Wellness Centre
 Old Main 1479
 250-828-5010
tru.ca/wellness



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 & 308
 250-828-5271
 campusrec@tru.ca
tru.ca/recreation

