

DIVERSITY & EQUITY

EXPRESS YOURSELF

Gender and Sexual Diversity cultivates a sense of belonging for 2SLGBTQPIA+ students through inclusive, intersectional, and social initiatives. Find your community at Queer Connections, discover campus and community resources, access support services and attend educational workshops.

Gender & Sexual Diversity

gsd@tru.ca
tru.ca/gender



FIND COMMUNITY

Cplul'kw'ten is a home away from home for Indigenous students. Speak with an Elder, mentor or other members of the Cplul'kw'ten team. Partake in a workshop, access community resources, find assistance with papers or funding, 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.

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

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 1468
orientation@tru.ca
tru.ca/orientation

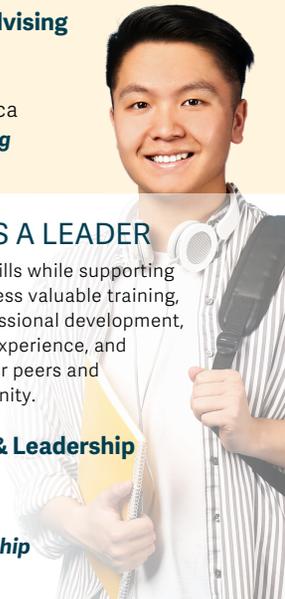


START ON THE RIGHT FOOT

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

Career & Experiential Learning

OM 1712
250-371-5627
careereducation@tru.ca
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 and 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



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 1468
lead@tru.ca
tru.ca/leadership

CREATE CONDITIONS FOR SUCCESS

Student Affairs Case Managers can help you learn your rights and responsibilities, navigate processes and policies, or assist if you are in crisis. One-on-one support is also available to those students in academic difficulty.

Student Case Managers

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



ACADEMIC SUPPORTS

GET SET FOR SUCCESS

Student Success Courses

250-828-5023
tru.ca/stss

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!

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



STUDY SMART

Supplemental Learning

HL 210
250-828-5277
etempleman@tru.ca

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.



ACADEMIC INTEGRITY MATTERS

Connect with a Learning Strategist to access resources, gain support and learn about the Student Academic Integrity Policy, which sets the honesty standard at TRU.

Academic Integrity

aic@tru.ca
tru.ca/aic



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 Science Help Centre, where students can work alone or together in an informal environment, with help readily available from upper-year and faculty tutors.

Science Help Centre

S201
tru.ca/sciencehelp

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
fnd@tru.ca
tru.ca/counselling



Multi-Faith Chaplaincy

Old Main 1421
250-371-5940
tru.ca/chaplaincy

GET ACTIVE Recreation

TRU Gym 303
250-828-5271
prusso@tru.ca
tru.ca/recreation

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!



MEDICAL SUPPORT

The Medical Clinic serves registered on-campus students who require medical support during their time studying in Kamloops. Appointments are required.

Medical Clinic

Old Main 1461
250-828-5126
trumedicalclinic@tru.ca
tru.ca/clinic



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. Drop-in to chat with a Student Wellness Ambassador.

Wellness Centre

Old Main 1479
250-828-5010
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.

TRU also provides a drop-in Multi-Faith Space where members of our TRU community can reflect, pray and meditate in Old Main 2494-2496.

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 1486
250-828-5023
svpr@tru.ca
tru.ca/sexualviolence

