

THOMPSON RIVERS UNIVERSITY

Faculty of Student Development



Faculty of Student Development

Personal, Academic and Social Supports

“

No door is the wrong door.



Faculty of Student Development

Hubs of Practice

Student Life

Health & Wellness

Career &
Experiential
Learning

Academic
Supports

Diversity & Equity

Student Life

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



tru.ca/orientation

Phone: (250) 371-5942

Email: orientation@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

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

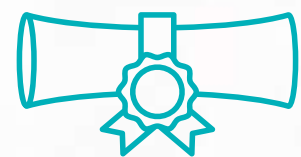


Certificates

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



Leadership in Environmental Sustainability Certificate

Check out tru.ca/les for how you can receive this credential formally noted on your TRU transcript.

tru.ca/les



Communications, Storytelling & Events



Provides bi-weekly newsletters with just-in-time information



Promotes services, events and opportunities on social media



Supports on-campus events for Faculty of Student Development

Phone: (250) 371-5698

Email: fsdcomms@tru.ca

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

Phone: (250) 828-5075

Email: advising@tru.ca

Academic Supports

- Assessment Centre
- Accessibility Services
- Supplemental Learning
- Peer Academic Coaches
- 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

Phone: (250) 828-5470

Email: 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

Phone: (250) 828-5023

Email: as@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



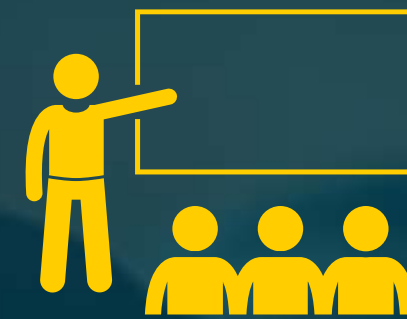
Exam review sessions available



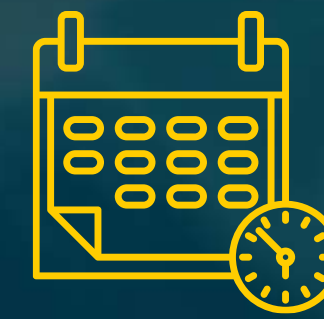
Peer Academic Coaches

Struggling with assignments? Nervous about public speaking? Need tips on note-taking?

Stressing exam season?



Presentations



Time management



Note-taking



Study skills



Stress management



And more!



Book your in-person or virtual
45-minute PAC session in the Writing
Centre (OM 1411) or at tru.ca/pac



PACE

the Pack ACademic Edge

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

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)

Two three-credit elective courses that provide a strong foundation for university achievement



Academic Success Skills
STSS 1010



Local to Global: Intercultural Interactions
STSS 1020

tru.ca/stss



The Writing Centre



Assignment interpretation

Become a better writer



Sentence structure, grammar and punctuation



Research and citation



Revision and editing

tru.ca/writingcentre

Phone: (250) 852-7673

Email: writing_ctr@tru.ca

Health & Wellness

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

Counselling Services

Academic

- Procrastination
- Exam stress
- Time management

Career

- Career path
- Self-exploration
- Assessment tests

Personal

- Stress/anxiety
- Grief
- Personal issues

tru.ca/counselling

Phone: (250) 828-5023

Email: fsd@tru.ca

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

Phone: (250) 371-5940

Wellness Centre

Give yourself a break

tru.ca/wellness

Phone: (250) 828-5010

Email: ccorsi@tru.ca

 fb.com/TRUWellnessCentre

 @TRUWellnessCentre



Peer-to-peer support



Wellness sessions, workshops
and resources



A quiet place to relax, nap or
ask questions

Sexualized Violence Prevention & Response

Support for anyone who has experienced sexualized or intimate partner violence

tru.ca/svpr

Phone: (250) 828-5023

Email: svpr@tru.ca



Emotional support and safety planning



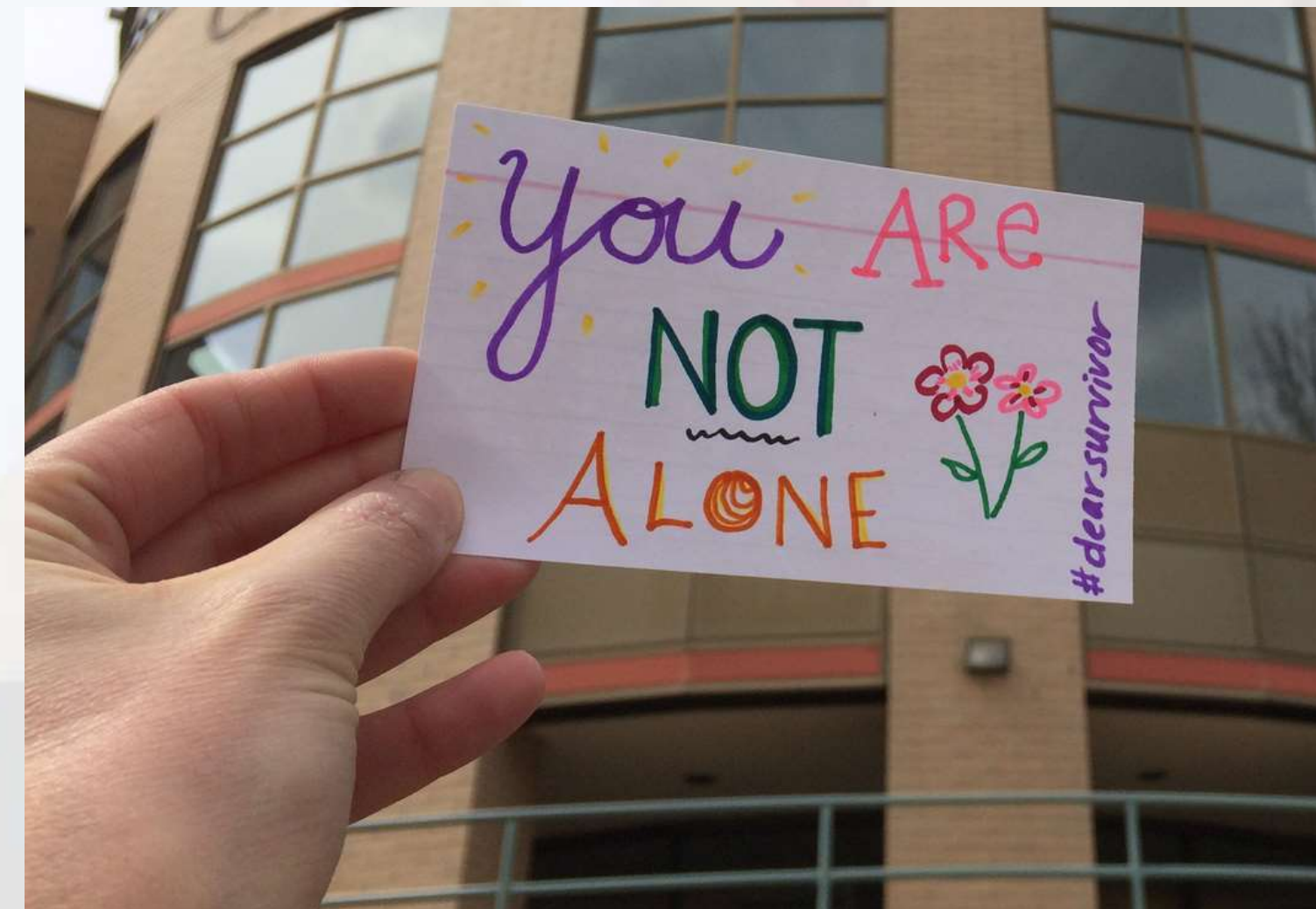
Academic accommodations and emergency housing



Information about reporting options



Support through reporting processes if desired



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

Phone: (250) 828-5126

Email: 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

Email: indigenous@tru.ca



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

Email: intercultural@tru.ca

Office of Student Affairs

Create conditions for success

tru.ca/osa

Phone: (250) 828-5023

Email: studentaffairs@tru.ca



Academic
Integrity



Academic
Appeals



Food
Security



Student
Emergencies

Career & Experiential Learning

- Career Services
- Co-operative Education
- Experiential Learning
- WorkStudy
- TRU Generator

Career Services

Connect your education to your career



Resume & cover letter
review



Interview practice and
feedback



Job search process
assistance



Support for changing
careers

tru.ca/cel

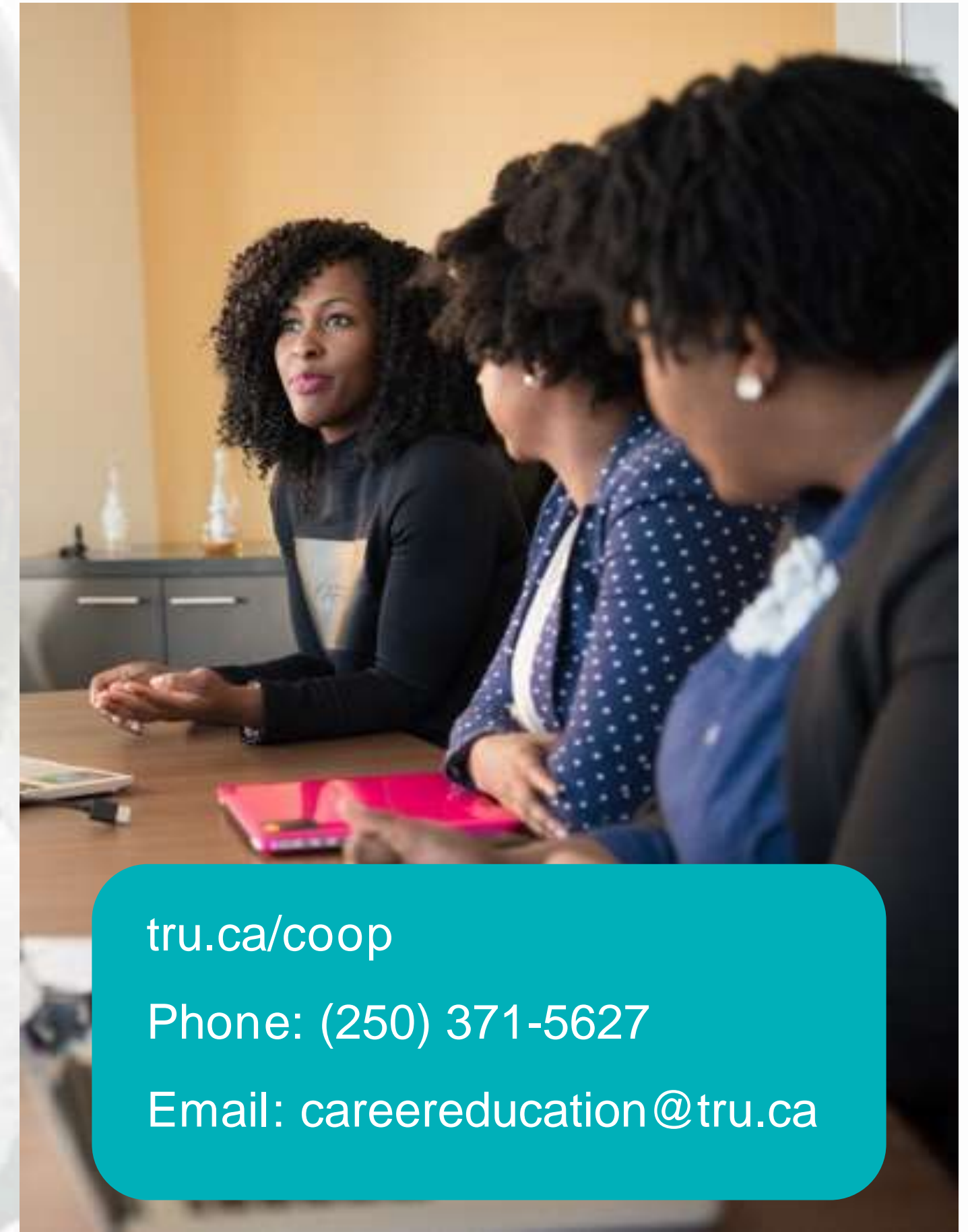
Phone: (250) 371-5627

Email: careereducation@tru.ca

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

Phone: (250) 371-5627

Email: careereducation@tru.ca

Experiential Learning

Enhance your education with
career-related work experience



Gain practical experience
related to your field of study



Test-drive occupations and
tasks



Build a professional network



Develop or improve career-
related skills

tru.ca/cel

Phone: (250) 371-5627

Email: careereducation@tru.ca

Don't miss out!

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

 fb.com/TRUStudentLife

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

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

