



THOMPSON RIVERS UNIVERSITY

Student Services



Student Services

PERSONAL, ACADEMIC AND SOCIAL SUPPORTS

*No door is
the wrong door.*



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

Student Lifecycle



Student Life

- New-to-TRU Students
- Mentorship & Leadership
- Student Services Comms
- Student Affairs



✉ orientation@tru.ca

🌐 tru.ca/orientation

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 **student mentor** to make your first year a success

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



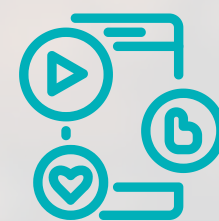
tru.ca/mentorship | tru.ca/leadership



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

 (250) 371-5698

 sscomms@tru.ca

Office of Student Affairs

Create conditions for **success**

 (250) 828-5023

 studentaffairs@tru.ca

 tru.ca/osa



Academic
Integrity



Academic
Appeals



Food
Security



Student
Emergencies

Academic Supports

- Central Academic Advising
- Accessibility Services
- Pack ACademic Edge (PACE)

Central Academic Advising

We advise, you decide




Create a **customized** academic plan that aligns with their educational and career goals



Connect students with various **resources** on campus



Work towards resolving academic challenges to develop academic **resilience**

 (250) 828-5075

 advising@tru.ca

 tru.ca/advising



Alternative &
accessible formats
for text material



Accommodated tests and
exams



Access to technical
aids and **adaptive**
equipment



Mobility and physical
access **assistance**

Accessibility Services

Equitable access to education
for TRU students

 (250) 828-5023

 as@tru.ca

 tru.ca/as

PACE

the **Pack ACademic Edge**

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



Get **coaching** on learning strategies



Improve your **study habits** and learn about on-campus resources



Connect with student-athletes in a supportive setting



Health & Wellness

- Counselling
- Multi-Faith Chaplaincy
- Sexualized Violence Prevention & Response
- Medical Clinic

Counselling



(250) 828-5023



studentservices@tru.ca



tru.ca/counselling

Academic

- Procrastination
- Exam stress
- Time management

Career

- Career path
- Self-exploration
- Assessment tests

Personal

- Stress/anxiety
- Grief
- Personal issues



(250) 371-5940



tru.ca/chaplaincy

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

Sexualized Violence Prevention & Response

Support for anyone who has experienced sexualized or intimate partner violence



Emotional support and **safety** planning




Academic **accommodations** and emergency **housing**



Information about **reporting** options

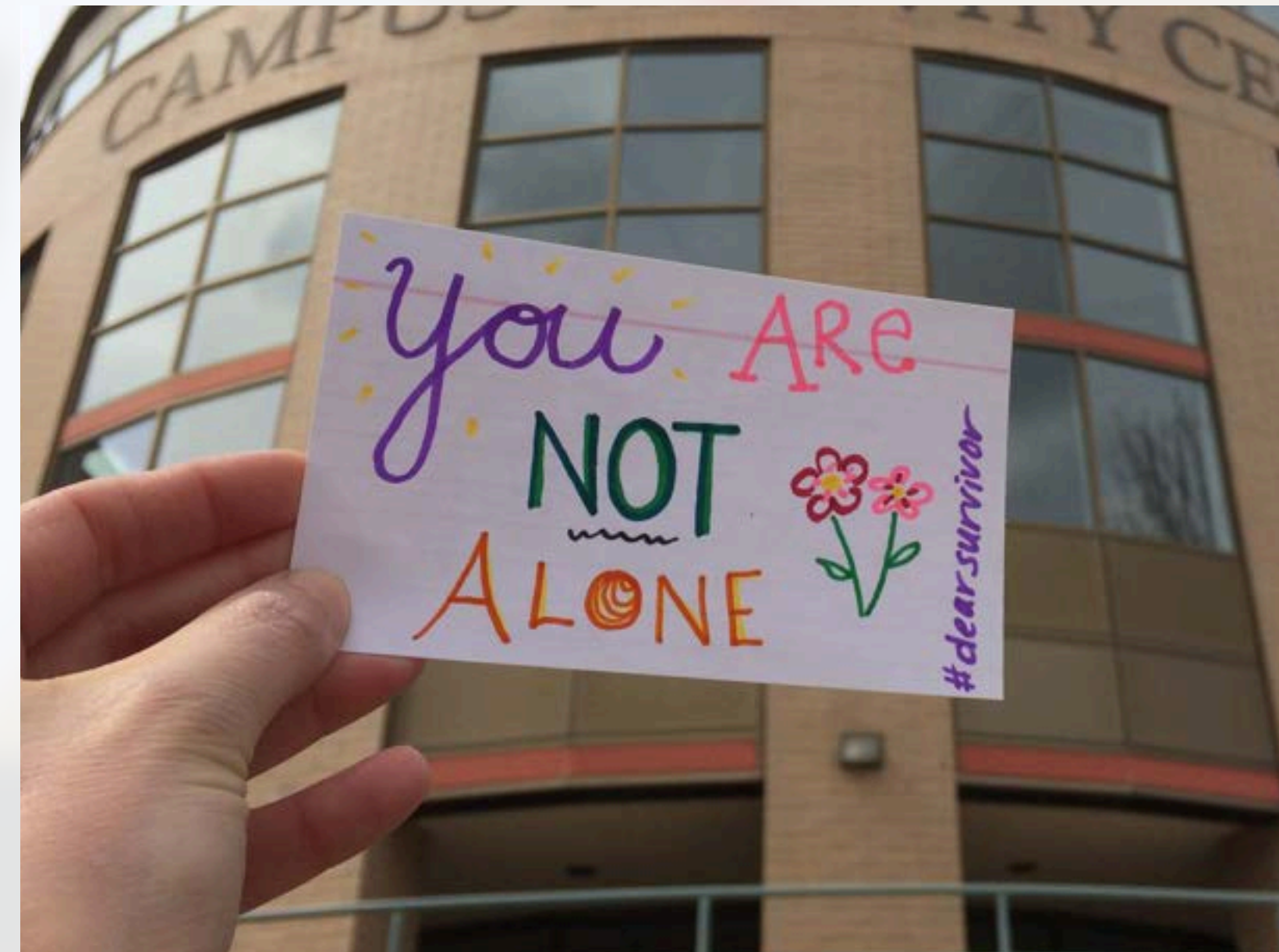


Support through reporting processes if desired

 (250) 828-5023

 svpr@tru.ca

 tru.ca/svpr



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**



(250) 828-5126



trumedicalclinic@tru.ca



tru.ca/clinic

Diversity & Equity

- Indigenous Student Development
- Gender & Sexual Diversity

Indigenous Student Development

Your home away from home



Weekly **Soup Circle**



Connect with **Indigenous Elders and Mentors**



Take a break at **Cplul'kw'ten**



✉ indigenous@tru.ca

🌐 tru.ca/indigenous

Gender & Sexual Diversity

Working towards advocacy and anti-discrimination efforts for the 2SLGBTQPIA+ community on campus and beyond



Resources and workshops



Programming



Support, advocacy and allyship



✉ gsd@tru.ca

🌐 tru.ca/gender

Don't miss out!

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

  @trustudentlife

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

