

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-to-TRU Students
- Academic Advising
- Mentorship & Leadership
- FSD Comms
- Student Affairs



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 students around **campus**



Provide **resources** to keep students connected



Assist students with any **questions** throughout their first year



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

Mentorship and Leadership

Evolve as a mentor and leader



Access **valuable training**



Partake in **professional development**



Give back to peers and campus community

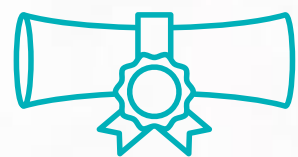


Certificates

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

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

Academic Supports

- Assessment Centre
- Accessibility Services
- Supplemental Learning
- Peer Academic Coaches
- PACE
- STSS Courses
- Writing Centre

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**

Accessibility Services



**Access to technical
aids and adaptive
equipment**



**Mobility and physical
access assistance**

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**

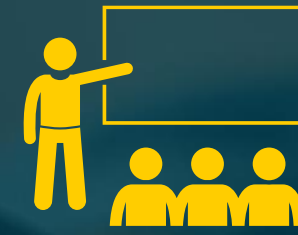


Exam review sessions available

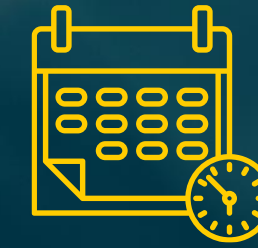


Peer Academic Coaches

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



Presentations



Time management



Note-taking



Study skills



Stress management



Book an 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



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

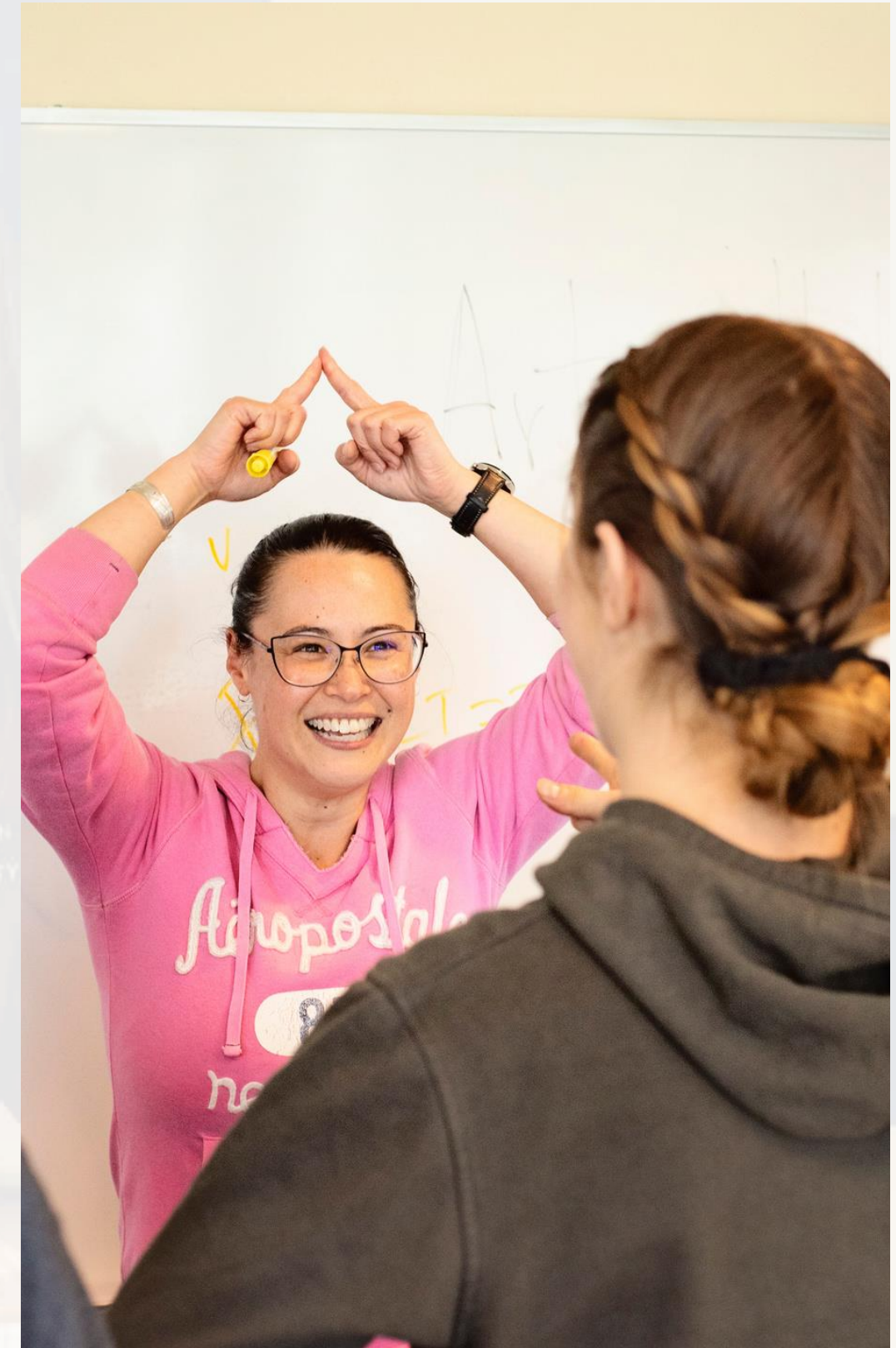
STSS 1010



Local to Global: Intercultural Interactions

STSS 1020

tru.ca/stss



The Writing Centre

Become a better writer

tru.ca/writingcentre

Phone: (250) 852-7673

Email: writing_ctr@tru.ca



Assignment **interpretation**



Sentence structure, **grammar** and
punctuation



Research and **citation**



Revision and editing

Health & Wellness

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

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: studentservices@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



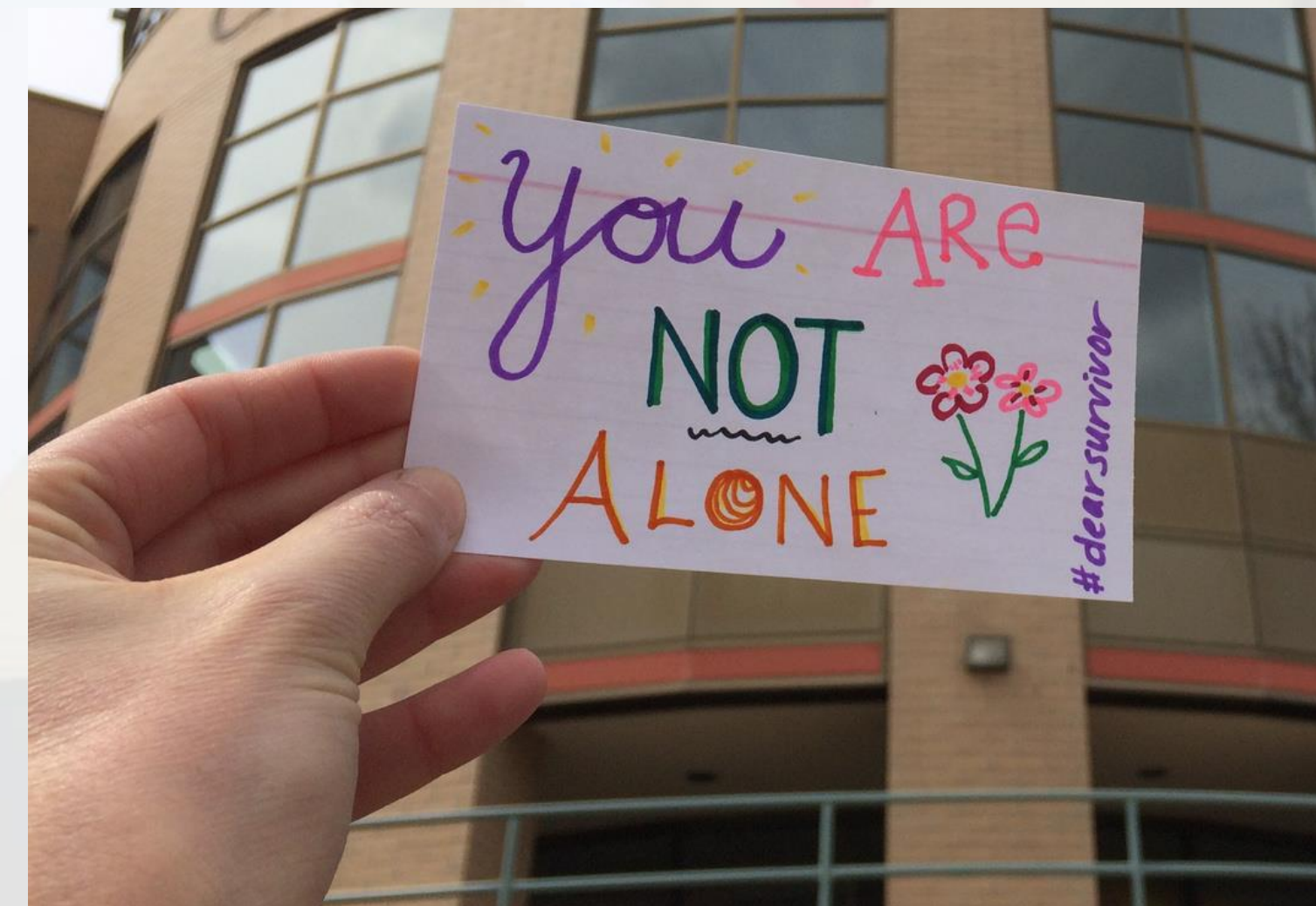
Academic **accommodations** and emergency **housing**



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

- Intercultural Learning
- Indigenous Student Development
- Gender & Sexual Diversity

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

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**



Gender & Sexual Diversity

TRU is working towards **advocacy** and **anti-discrimination** efforts for the 2SLGBTQPIA+ community on campus and beyond



Resources and workshops



Programming



Support, Advocacy and Allyship



tru.ca/gender

Email: gsd@tru.ca

Career & Experiential Learning

- Career Services
- Co-operative Education
- Experiential Learning

Career Services

Connect your education
to your **career**

tru.ca/cel

Phone: (250) 371-5627

Email: careereducation@tru.ca



Resume & cover letter
review



Interview practice and
feedback



Job search process
assistance

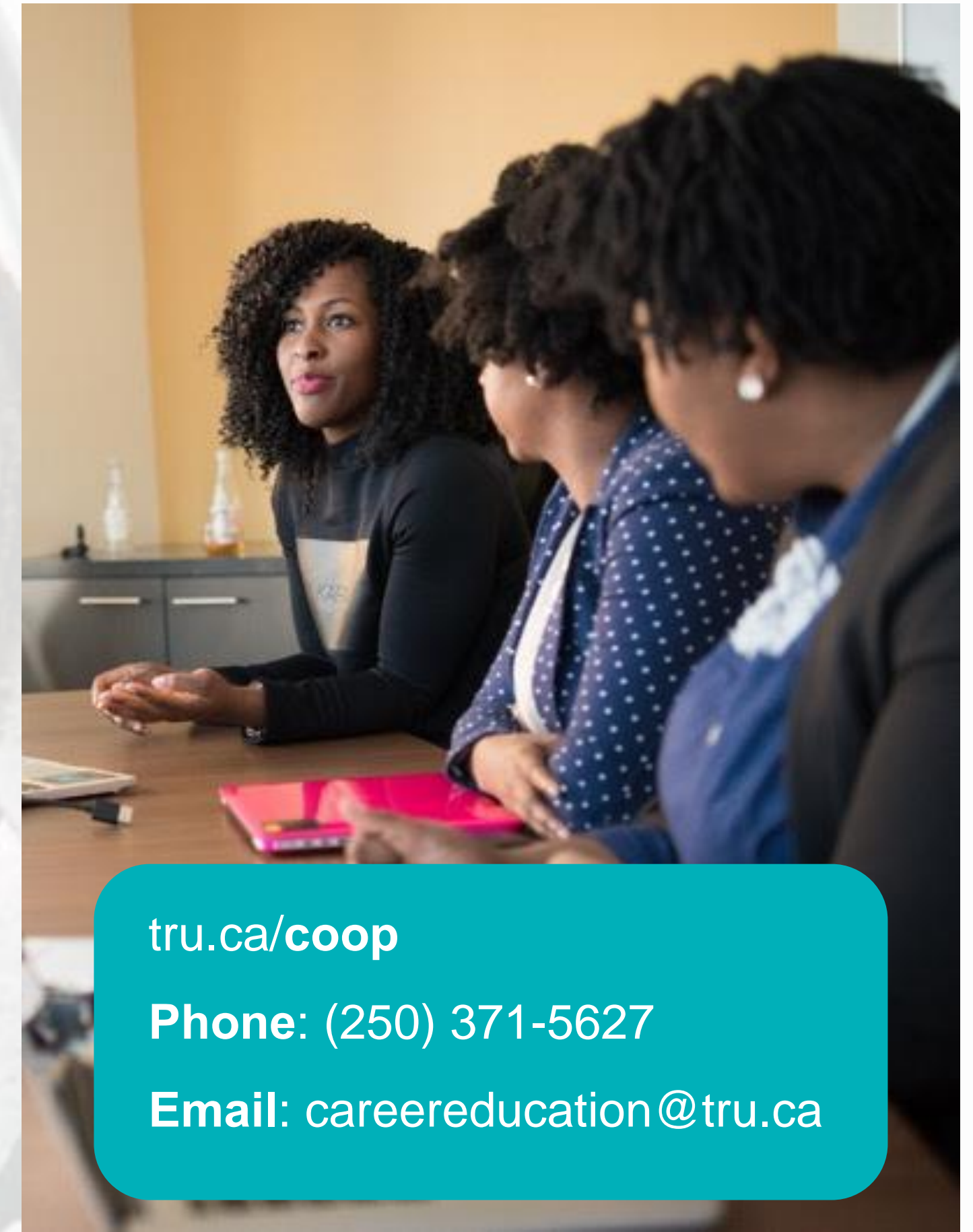


Support for **changing**
careers

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

