

THOMPSON RIVERS UNIVERSITY

ON CAMPUS RESOURCES

FOR STUDENTS

OM = Old Main

IB = International Building

S = Science Building

HOL = House of Learning

AE = Arts and Education Building

OL = Open Learning

TRUSU = Thompson Rivers University Student's Union

ACADEMIC

ON CAMPUS RESOURCES FOR STUDENTS

Academic Advising

OM 1100

250-828-5075

Get answers about your program, learn about registration, course planning, and more!

Accessibility Services

OM 1631

250-828-5023

If you are living with a health condition, you can gain equal access to learning through accommodations.

Financial Aid & Student Awards

OM 1629

250-828-5024

Talk to a Student Finance Advisor to discuss student loans, awards, and work study positions.

TRU Library

250-828-5306

tru.ca/library

Get research help, attend workshops, and access study space at one of three TRU Libraries.

Orientation and Transition

OM 1486

250-371-5942

Participate in monthly Study Skills Café workshops and meet with peer mentors for support.

Pack Academic Edge (PACE)

250-852-6255

tru.ca/pace

Pack Academic Edge provides TRU Athletes with weekly study hall and additional support in achieving academic goals.

Graduate Study Space

250-828-5586

A 24 hour study space reserved for graduate students only. Contact Graduate Studies for access.

International Student Advisors

IB 3rd Floor

250-828-5191

Contact your ISA for information or assistance with student life in Canada.

Early Alert

OM 1242

250-828-5213

earlyalert@tru.ca

tru.ca/earlyalert

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.

ACADEMIC

ON CAMPUS RESOURCES FOR STUDENTS

Student Case Managers

studentaffairs@tru.ca

tru.ca/studentaffairs

Help you learn about your rights and responsibilities including academic and non-academic conduct.

Learning Strategist – Academic Integrity

OM 1802

250-828-5138

Contact the Academic Integrity Learning Strategist if you have questions or concerns regarding academic integrity, or to inquire about the status of your case.

Math Help Centre

HOL 304

tru.ca/mathcentre

Access free math/stats help from peer tutors and faculty by dropping into the Math Help Centre.

UPREP Support Centre

OM 2674

250-828-5689

Get feedback on your writing skills and advice about your assignments. Book an appointment today!

Computer Science Club Support Lab

trucsclub.ca/support

The CompSci support lab helps students needing some extra guidance in lower level COMP classes.

View their schedule online.

Writing Centre

OM 2674

250-828-5689

Get feedback on your writing skills and advice about your assignments. Book an appointment today!

SOBE Help Centre

IB 2004

tru.ca/business/students

Access Accounting and Economics support from Faculty in a relaxed and informal environment.

View their schedule online.

Supplemental Learning

OM 2699

250-828-5277

Master challenging intro courses with the help of free peer tutors trained in strategic learning.

M.Ed/GCES Support Centre

AE 305

gsesupport@tru.ca

Book an appointment with a TA for additional help with your M.Ed/GCES coursework.

ACADEMIC

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Language Learning Centre

OM 2517

250-371-5728

Get help from instructors, Teaching Assistants, and Volunteer Tutors with any area of English language study such as: writing, vocabulary, reading, listening, speaking and pronunciation.

Student Success Courses

OM 1468

250-828-5006

futurestudents@tru.ca

Five, one-credit elective student success courses that provide a strong foundation for university achievement. Offered in full or half-term formats.

Psychology Lab

AE 107

250-828-5172

sknorr@tru.ca

Enjoy a quiet area to study, work on psychology assignments or read through course materials.

Chemistry Biochemistry Club (CBC) – Chemistry Help Centre

S375

cbc@mytru.ca

The CBC is a very active undergraduate student club which is involved in many volunteer, social and educational activities.

WELLBEING

ON CAMPUS SERVICES FOR STUDENTS

Medical Clinic

OM 1461

250-828-5126

The clinic provides a full range of medical services to students, faculty and staff. Appointments required.

Counselling

OM 1631

250-828-5023

The team of skilled counsellors can provide a range of assistance regarding academic, personal or career concerns. Drop by or call to make an appointment.

Wellness Centre

OM 1479

250-828-5010 (Chelsea)

250-828-5126 (Sam)

Chelsea and Sam are the Wellness Coordinators. Make an appointment with either of them for a wellness consultation, or drop by at any time to chat with someone, enjoy free tea and snacks or just hang out.

Cplul'kw'ten (The Gathering Place)

House 5 on Campus

250-371-5508

This inviting Indigenous centre is a safe place for Indigenous students to connect with peer mentors and Elders, access the computer lab, and participate in social and ceremonial events. A wide variety of services are offered. Soup is provided on Wednesdays at 11:30. Drop in or call.

Sexualized Violence Prevention and Response Manager

OM 1631

250-828-5023

Meaghan Hagerty can provide safety planning, emotional support, information about available resources among other services to individuals with any concerns regarding sexualized violence.

Multi-Faith Chaplaincy

OM 1421

250-371-5940

Connect with a chaplain or community member for spiritual or religious guidance or assistance. Drop in or call. Multi-faith prayer rooms are also offered at OM 2496 (North room) and OM2494 (South room). Book a multi-faith prayer room by calling 250-828-5014 or stop by Student Services at OM 1631.

WELLBEING

ON CAMPUS SERVICES FOR STUDENTS

Breastfeeding and Parenting Room

OM Adjacent to Student Street Washroom

This room provides a clean and safe environment for breastfeeding and parenting and is equipped with a comfortable chair, changing table and sink. Stop by OM 1631 to register and gain access to the room.

TRU Recreation and Wolfpack Games

TRU Gym Offices 303 & 308

250-828-5271

Fitness classes, intramural sports, drop-in sports and special events are offered. Fitness classes are free and on a first-come first-served basis. Drop-in sports are free, but a student card must be produced on request. Intramural sports require registration and a small fee. Special events are free or at a discounted price for TRU students. TRU Wolfpack home games on campus are always free for TRU students. Call the number provided for more information or check out the TRU website.

Stress Free Zone (Exam Period Only)

Main Library & House of Learning 3rd floor Library

250-828-7834

Take a break from studying and join in on some games or puzzles during exam break in the Main Library, or the 3rd floor House of Learning Library from 10:00am to 4:00pm.

This only runs during exam period. Call for more details on

TRU Tobacco Education Clinic

tobaccoeducation@tru.ca

2nd year respiratory therapy students can support you in quitting tobacco by offering information, assistance and physical assessments on campus free to students. Please contact the above listed e-mail to inquire.

Healthy Eating Initiative Nights

TRU Residences

250-852-6333

TRU Residence on Wednesdays at 7:00pm. TRU McGill Housing on Thursdays at 7:30pm. TRU Upper College Heights on Saturdays at 8:00pm. Meals are prepared and served to students by resident advisors. Free. Drop in. Everyone welcome.

Thompson Rivers University Produce

Various locations on campus

A variety of produce can be found across campus. In the Horticulture gardens apricots, wild strawberries and rhubarb can be found in season. Apple trees are behind the trades building. There is a garden outside the South door of Old Main in which squash, peppers, fruit, herbs and garlic (just to name a few) can be found in season. This is meant to be available to students and staff for finding a quick snack - please do not harvest all of the produce.

CAREER

ON CAMPUS RESOURCES FOR STUDENTS

Career and Experiential Learning

Old Main 1712

250-371-5627

careereducation@tru.ca

Gain valuable experience and connections for career transition through Coop Programs, Volunteering & Internship, Career Mentoring & Planning, and Work Study Programs.

Mentorship and Leadership

OM 1486

250-371-5996

tru.ca/mentorship

tru.ca/leadership

Become a mentor or leader to your peers on campus and gain valuable training and skills for your career.

TRU Generator

HOL Basement

generator@tru.ca

Develop your skills and learn how to take an entrepreneurial approach to building your business or career.

SERVICES

ON CAMPUS RESOURCES FOR STUDENTS

Thompson Rivers University Students'

Union (TRUSU)

250-828-5289

t.gilbert@trusu.ca

Advocates for students, provides services, organizes events and administers grants.

Leisure Exploration Activity Program (LEAP)

IB 1004 (beside the elevator)

TRULeap@gmail.com

Participate in or help plan year round events such as snowboarding, skiing, seasonal parties, hockey games, shopping trips, wine tours, whitewater rafting, and more.

TRU Adventure U Outdoor Club

truadventureu@gmail.com

Enjoy variety of novice, beginner, intermediate, or expert adventurer outdoor adventure activities on single and multi-day weekend trips (some weekdays).

TRU Community Legal Clinic (CLC)

Located downtown at: 623 Victoria St.

778-471-8490

Access free legal assistance at this student-staffed off campus legal clinic. Call to book an appointment.

Cariboo Child Care Society

250-828-5160

daycare@tru.ca

On campus childcare service to meet the needs of students, faculty/staff and off campus families.

Taxation Club – Free Tax Clinic

TRUSU Boardroom

trusutac@gmail.com

Get free tax filing services from accounting students, in partnership with KPMG and CIBC, whose staff assist club volunteers.

On Campus Parking Assistance - Parker Pete

1-877-771-PETE (7383)

Get free vehicle assistance for certain fixes through the Parker Pete – Motorist Assistance Program, offered to Impark customers (need fuel, locked your keys in the vehicle, dead battery, flat tire etc.). Please note if a tow is required, student is responsible for the cost.