

# ***We've Got U!***

***Many students need support that they didn't expect to need and don't know where to find.***

***Here are a few of the resources that are available to help you succeed as a student and as a person.***

***Remember, your professors also can often help to steer you in the right direction for the resources that you need.***

## ***I need help with LEARNING***



***Do you need help with writing skills, time management skills, study or test-taking strategies? Do you need peer support with a particular course?***

Student Learning Services:

<https://www.mtroyal.ca/AcademicSupport/ResourcesServices/StudentLearningServices/index.htm>

Peer Learning Program:

<https://www.mtroyal.ca/AcademicSupport/ResourcesServices/StudentLearningServices/PeerTutoring/index.htm>

***Do you have challenges that may qualify you for accommodations in the classroom?***

Access and Inclusion Services:

<https://www.mtroyal.ca/AcademicSupport/ResourcesServices/AccessibilityServices/index.htm>

***Do you need help navigating the technology we use at MRU?***

Campus tech support: <https://library.mtroyal.ca/tech/campus-technology>

software support: <https://library.mtroyal.ca/tech/software>

D2L Brightspace support: <https://library.mtroyal.ca/tech/D2L>

free access to Microsoft Office: <https://libraryhelp.mtroyal.ca/tech/fag/204070>

## ***I need help with FINANCES***



*Do you need help financing your education? You may have some options!*

Scholarships and bursaries:

<https://www.mtroyal.ca/Admission/FinancingYourEducation/ScholarshipsBursaries/index.htm>

Financial aid:

<https://www.mtroyal.ca/Admission/FinancingYourEducation/FinancialAid/index.htm>

Emergency funding: <https://www.mtroyal.ca/Admission/FinancingYourEducation/additional-resources.htm>

Indigenous funding:

<https://www.mtroyal.ca/Admission/FinancingYourEducation/IndigenousFunding/index.htm>

*Are you struggling to afford good food?*

Food Support: <https://samru.ca/whatwedo/programs/food-support/>

## ***I need help with PHYSICAL HEALTH***



*Are you having medical or dental concerns?*

Medical services: <https://www.mtroyal.ca/CampusServices/WellnessServices/medical-services.htm>

Health and dental plans: <https://samru.ca/whatwedo/services/benefits/>

Optometrist: <https://oldst.ca/>

Pharmacy: <https://wyckhampharmacy.com/>

## ***I need help with STRESS and MENTAL HEALTH***



*Are you feeling a lot of stress, experiencing a crisis in your life, or having concerns about your mental health?*

Student Counselling Services:

<https://www.mtroyal.ca/CampusServices/WellnessServices/student-counselling-services.htm>

Wellness Services Workshops:

<https://www.mtroyal.ca/CampusServices/WellnessServices/workshops-webinars.htm>

Support groups, workshops, and events:

<https://www.mtroyal.ca/CampusServices/WellnessServices/support-groups-workshops-events.htm>

After Hours Peer Support Centre:

<https://www.mtroyal.ca/CampusServices/WellnessServices/AfterHoursPeerSupportCenter/index.htm>

Sexualized & Gender-Based Violence Support:

<https://www.mtroyal.ca/CampusServices/DDSV/index.htm>

*Do you need a safe place/person so you can disclose something that has happened on campus?*

Office of safe disclosure: <https://www.mtroyal.ca/OfficeOfSafeDisclosure/index.htm>

## ***I need something that doesn't fit an easy category***

*Do you need help figuring out your academic or career path?*

Academic Advising Services:

<https://www.mtroyal.ca/AcademicSupport/ResourcesServices/Advising/index.htm>

Career Services: <https://www.mtroyal.ca/EmploymentCareers/CareerServices/index.htm>

*Do you need help finding recreation resources to help you stay in good health and bust some stress?*

Recreation: <https://rec.mrucougars.com/index.aspx>

*Do you need help getting around campus safely at night?*

SAFEWALK: <https://www.mtroyal.ca/SafetyRiskDepartment/CampusSafety/index.htm>

*Do you need help figuring out how to get involved and meet people?*

Student Clubs: <https://samru.ca/getinvolved/clubs/directory/>

*Do you need help finding fellowship or support related to your culture, ethnicity, religion, or identity?*

Office of Community and Belonging:

<https://www.mtroyal.ca/AboutMountRoyal/OfficeCommunityBelonging/index.htm>

Multi-faith and Spirituality Supports:

<https://www.mtroyal.ca/AcademicSupport/ResourcesServices/OfficeofStudentSuccess/multifaith-spirituality-supports.htm>

Iniskim Centre:

<https://www.mtroyal.ca/ProgramsCourses/FacultiesSchoolsCentres/IniskimCentre/index.htm>

SAMRU Cultural Inclusion Centre: <https://samru.ca/wyckham/inclusion/>

SAMRU Pride Centre: <https://samru.ca/wyckham/pride/>

*Are you a PSYC major who needs advice or information from a more senior PSYC major?*

Psychology Peer Mentor Program: <https://instagram.com/mrupsysc>

## ***I'm not sure what I need! But I know I need help!***

*Do you know you need support, but you're really not sure what you need?*

Early Support Services:

<https://www.mtroyal.ca/AcademicSupport/ResourcesServices/OfficeofStudentSuccess/EarlySupport/index.htm>

SAMRU (Student Association Mount Royal University) can help connect you with many resources: <https://samru.ca/>

Peer Support Centre: <https://samru.ca/wyckham/peersupport/>