

# Student Resources at Ryerson

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# Resources Available to You

## Wellness Resources

- Centre for Student Development and Counselling
- Ryerson Medical Centre

## Academic Support

- Student Learning Support
- Academic Accommodation Support
- Tri-mentoring Program

## And Many More...



# Wellness Resources

# Centre for Student Development and Counselling

The CSDC offers **free, confidential counselling services for students** in a professional and friendly environment. Services are provided by our team of psychologists, counsellors, and masters and doctoral interns.

Services, programs and resources are intended to assist students not only to solve immediate problems, but also to **define their personal, educational and career goals, and to acquire the self-confidence and transferable skills necessary for professional success and individual growth**. Services are provided on a **one-to-one** basis or in a **group** format.

[ryerson.ca/counselling](http://ryerson.ca/counselling)

416-979-5195

Location: JOR 07C

# Centre for Student Development and Counselling

## Services offered:

- ❑ Counselling for personal concerns
- ❑ Individual counselling
- ❑ Group counselling
- ❑ Therapy dogs
- ❑ Career and educational concerns
- ❑ Career-related groups and workshops

# Ryerson Medical Centre

Ryerson's family doctors can help you take care of your **physical** and **mental health**.

The Medical Centre is a medical clinic which provides currently registered Ryerson students, staff and faculty, with a **wide range of medical services** that you would normally expect to receive from your family physician. This includes the treatment of **illnesses**, such as colds or the flu, to **routine examinations** like annual physicals and internal examinations.

[ryerson.ca/medicalcentre](https://ryerson.ca/medicalcentre)

416-979-5070

Location: KHW 181



# Academic Support

## Struggling in a class?

- **Ask your friends for help and study in groups.**
- **Attend office hours!** This is a valuable way to get one-on-one time with your instructor and ask specific questions.
- **Seek advice.** If you find yourself struggling academically, talk to Paula or Angella.
- If you are struggling in more than a few classes and feel overwhelmed, consider the option of reducing your course load and taking a **fifth year**.
- For general academic support, Ryerson's **Student Learning Support** department offers a number of useful services...



# Student Learning Support

SLS is a group of services and programs aimed at **helping students engage more effectively in their academic studies**. We teach **essential academic skills and study techniques** that help students to more effectively express their intelligence, apply their knowledge and communicate their ideas.

## Support Areas:

- Academic Accommodation Support
- English Language Support
- Study Skills & Transition Support
- Writing Support
- Test Centre

# Student Learning Support

Visit the **SLS website to access online resources for help with:**

- Grammar and Usage
- Academic Writing Support (grammar, basics of referencing/citation, effective revision and editing)
- Study & Learning Skills
- Using References Effectively
- Avoiding Plagiarism
- Time Management

[ryerson.ca/studentlearningsupport](https://ryerson.ca/studentlearningsupport)

416-598-5978

Location: 4th Floor SLC

# Academic Accommodation Support

Academic Accommodation Support helps students with **single or multiple disabilities** (such as learning disabilities, sensory impairments, acquired brain injuries, ADHD, and mental health, medical, and mobility issues). The Centre helps students **secure academic accommodations** so that they can fully participate in their academic experience at Ryerson.

<http://www.ryerson.ca/studentlearningsupport/academic-accommodation-support/>

416-979-5290

Location: 4th Floor SLC

# Tri-mentoring Program

The Tri-Mentoring Program is a centralized model that offers **mentorship opportunities to students of all identities across all faculties.**

The program matches 1<sup>st</sup> year students with upper year students in the same program or with similar interests in order to help incoming students successfully transition into their 1<sup>st</sup> year at Ryerson.

Mentors then have the **opportunity to be matched with an industry professional** & will gain guidance and encourage students to progress towards their goals. They also **facilitate student learning, leadership and employment through mentoring**; getting students involved and having them **meet other people.**

[ryerson.ca/trimentoring](https://ryerson.ca/trimentoring)

416-979-5195

Location: JOR 07C

- ❑ Student Mentoring Partnerships
- ❑ Monthly development and social events/activities
- ❑ Links to financial support and academic success/support
- ❑ Culturally and linguistically diverse support



More Resources

# More Resources

## **Ryerson Athletics and Recreation:**

- Group Fitness & Mind/Body/Spirit Classes, including yoga and meditation

rec.ryersonrams.ca  
416-979-5096

## **SHARP: Student Health Assistance and Resilience Program**

- Designed to help students develop lifelong skills for managing their health and well-being
- Mind, Body, Turns, RU

ryerson.ca/healthandwellness/  
healthpromotion/sharp/  
JOR 03/04

# Even More Resources

- Ryerson Health Promotion
- International Student Support
- Aboriginal Student Services
- Centre for Women and Trans People
- Ryerson Safe House
- Security and Emergency Services
- Human Rights Services
- Ombudsperson Office
- Ryerson Students' Union Legal Advice and Referral Services
- Office of Sexual Violence Support and Education
- Ryerson Students' Union Equity Service Centres
- Peer Groups

*Not sure where to go? Just ask!*



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