



## **Business Advising**

Hill and Levene Academic Advisors are available to help you with program planning and will assist you in navigating your way through academic regulations. You can connect with an Academic Advisor who can help answer your questions. Appointments can be [booked online](#).

Direct additional **Hill student** inquires to:  
Phone: 306-585-4724  
Email: [hill.undergrad@uregina.ca](mailto:hill.undergrad@uregina.ca)

Direct additional **Levene student** inquires to:  
Phone: 306-585-6294  
Email: [levene.gradschool@uregina.ca](mailto:levene.gradschool@uregina.ca)

Or visit us in person in the Hill and Levene,  
Faculty of Business Administration General Office:  
Education Building, 517

## **Mental Wellness**

The University of Regina is deeply committed to the health and mental wellness of all students, faculty and staff while fostering our academic mission, student success, and support to our communities. You can find many resources on the [Mental Wellness Hub](#).

### **For Urgent Support:**

If you, or someone you know, requires support for an urgent situation, please contact the following 24/7 resources:

- Mobile Crisis: 306-757-0127
- Regina Crisis Line: 306-525-5333
- Canada Crisis Line: 1-800-668-6868 or text "UofR" to 686868
- Sexual Assault Line: 306-352-0434
- Indian Residential School Crisis Line: 1-866-925-4419

Location: 119 Paskwāw Tower  
Email: [counselling.services@uregina.ca](mailto:counselling.services@uregina.ca)  
Phone: 306-337-2200

## **Student Success Centre**

The [Student Success Centre](#) offers a variety of resources for students to thrive in their programs. In person and zoom appointments are available to assist you with:

- Learning Skills
- Writing Tutoring
- Math and Stats Tutoring

Or register for one of their many Student Success Workshops:

### **Conquering yoUR First Semester**

Learn the steps to having a successful first semester, including understanding academic expectations, using available resources, developing a support network, and managing your time.

### **Note Taking and Reading**

Gain a better understanding of your course material by learning to read your textbooks and course materials more efficiently, take effective notes in class, and think more critically about the information in your textbooks and lectures.

### **Exam Preparation**

Improve your performance on mid-term and final exams by developing effective study habits and time management skills, improving your recall, and reducing exam anxiety.

### **Navigating Math and Science Courses**

Strategies for being a successful math and science student, including note taking tips, study strategies, and how to approach labs.

### **Academic Writing**

Learn about the principles behind writing successful university papers, including creating a "problem" to explore and develop research questions. Find out how to use transitions to link ideas, connect argument and evidence, and approach writing tasks with confidence.

### **Time Management**

Take control of your time, reduce anxiety, reach your academic goals by learning strategies to prioritize and get started; understanding and fighting procrastination; and managing distractions and setting limits.

## Registrar's Office

Resources offered by the Registrar's Office include:

- Academic Calendars, Schedules, and Course Catalogue
- Photo ID and U-Pass
- Printable Forms
- UR Self-Service
  - UR Self-Service Guide
- Confirmation of Enrolment
- Search Classes and Build Schedule
  - Visual Schedule Builder (VSB)
  - How to use VSB
- Student Apps, Software, and Systems Support
  - Official App for Students
  - Software for Students
  - Webmail
  - Information Services Student Support

Location: Administrative-Humanities (AdHum)  
Building, Room 210  
Email: registrar@uregina.ca  
Phone: 306-585-4127

## University of Regina Students' Union

The University of Regina Students' Union (URSU) acts as a conduit for student representation at the University of Regina and within the community. They provide students opportunities to lead and be heard. Their services and programs contribute to a safe, healthy and fulfilling university experience.

Some resources offered through URSU include:

- Lockers
- U-Pass
- Health and Dental
- MyWellness
- URSU Cares

Location: Riddell Centre, Room 221  
Email: member.services@ursu.ca  
Phone: 306-586-8811

## Campus Security

Campus Security is on campus 24 hours a day, 365 days a year. They provide proactive patrols and call response to both the main campus and College Avenue campus as well as other off campus facilities. They can be reached at 306-585-4999.

Walking alone on campus may make you feel uncomfortable or unsafe, especially after hours or when it is dark. Being aware of what is going on around you is one step to ensuring personal safety.

### Did you know?

You can call Campus Security at 306-585-4999 for a *Walk Along* to your car or the bus stop? This service is available 24 hours a day, 7 days a week!

### Walking Alone Safety Tips:

- Pay attention to your surroundings and trust your instincts;
- Walk with someone you know or call Campus Security at 306-585-4999 for a Walk Along;
- Walk with confidence; keep your head up and do not be afraid to make eye contact with those you pass;
- Walk in well-lit routes where there is plenty of traffic and light and avoid taking short cuts;
- Have your mobile device handy while walking alone in case of an emergency;
- Avoid distractions such as looking at your cellphone, texting or wearing headphones;
- Have your keys readily available when walking to your car in the parking lot; and,
- Make sure you are aware of bus schedules, building/campus closing times, etc.

If you see anything suspicious or unusual, notify Campus Security immediately!

## **Faculty of Graduate Studies & Research**

The Faculty of Graduate Studies & Research (FGSR) offers a number of opportunities to Levene students to develop your professional and academic skills including:

- Year Round Workshops
- Graduate Writing
- Graduate Student Conference
- Three Minute Thesis
- Kickstart Entrepreneurship
- Networking and Mentorship

Location: CKHS, Room 227

Email: grad.studies@uregina.ca

Phone: 306-585-416

## **Centre for Experiential and Service Learning**

The Centre for Experiential and Service Learning (CESL) provides the following services:

- Career Preparation
- Career Exploration and Counselling
- Volunteer Connections
- Student Employment Services
- Cooperative Education Program
- Indigenous Career Education

Location: Riddell Centre, Room 163

Email: experiential.learning@uregina.ca

## **Library**

The Dr. John Archer Library and Archives:

- Provides quality resources and services to inspire and support learning, research, and scholarship for the University community.
- Offers collaborative teaching and learning environments for students, faculty and staff at the University of Regina.
- Strengthens our local, national and international partnerships to foster community cooperation.

Location: LY 107

Email: archer.admin@uregina.ca

Phone: 306-585-4134

## **UR Accommodate**

The Accommodations Test Centre (ATC) is open and able to accept exam bookings for students with approved exam accommodations. Students must be able to write their exams in Regina to be able to use the ATC. If you are interested in utilizing the Centre, you can book your exams in the ATC via Accommodate. Exams must be booked at least 7 days in advance.

## **UR International**

UR International (URI) provides tailored assistance for international students from beginning to end, and domestic students looking for an adventure abroad.

Services provided by UR International include:

- Student Services
- Life Skills Advising
- Health Coverage
- Canadian Banking System
- Study Permit
- Work While You Study

Location: College West, Room 109

Email: international.studentservices@uregina.ca

Phone: 306-585-5082

## **Global Learning Centre**

Services provided by the Global Learning Centre include:

- English Coaching
- Tutoring / Study Assistance
- International Peer Advising Hours (NEW!)
- UR Support 1-on-1

Location: College West, Room 115

Email: global.learning.centre@uregina.ca

Phone: 306-585-5082

## Respectful University Services

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Respectful University Services provides the following services for faculty, staff and students:

- Education to raise awareness of the need for a respectful workplace and learning environment
- Confidential consultations
- A variety of resolution options ranging from informal approaches, mediation and formal investigations
- Customized workshops and presentations that promote a respectful workplace and learning environment
- Promotion of due process and fair treatment

Location: Riddell Centre, Room 251.14

Email: [respect.matters@uregina.ca](mailto:respect.matters@uregina.ca)

Phone: 306-585-5400

## ta-tawâw Student Centre

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The ta-tawâw Student Centre strives to Encourage, Empower, and Educate by assisting Indigenous students to strengthen and realize their potential.

Location: Research and Innovation Centre (RIC), Room 108

Email: [ASCentre@uregina.ca](mailto:ASCentre@uregina.ca)

Phone: 306-337-3153

## UR Pride

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UR Pride's mission is to set the foundation for a safer, healthier, and more vibrant community for sexually and gender diverse people in the City and University of Regina.

Email: [contactus@urpride.ca](mailto:contactus@urpride.ca)

Phone: 306-519-4733

## Women's Centre

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The mission of the University of Regina Women's Centre is to empower female students by providing a supportive racial and gender inclusive environment dedicated to the education of all students regarding women's issues.

Location: Riddell Centre, Room 226

Email: [wc@ursu.ca](mailto:wc@ursu.ca)

Phone: 306-584-1255

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306-585-6294