



**BURMAN
UNIVERSITY**
SAKALA SUCCESS
CENTRE



THE SAKALA SUCCESS CENTRE

exists to provide academic, emotional, and physical support for the students, faculty, and staff of Burman University. Your success is our priority. We offer a wide range of programs and services to help you succeed.

ACADEMIC ASSISTANCE

We offer academic mentoring for those hoping to improve their academic performance. The following services are offered at no cost to students.

College Student Inventory (CSI): First year students are invited to complete the CSI which helps to identify strengths and potential challenges in their academic pursuits.

Tutoring: We coordinate a tutoring schedule at the beginning of every semester to help students achieve academic success in their classes.

Academic Coaching: Students who are interested in academic coaching can be paired up with a 4th year practicum students who will assist them in developing their study skills.

Students with Disabilities: We ensure you have the tools and support you need for academic success.

Writing Lab: You will find a team of writing experts downstairs at the Library who will help you with research papers, major essays, and any other kind of academic writing to ensure you get the best grade.

PERSONAL COUNSELLING

The Student Success Centre offers free counselling sessions to Burman University students who are in need of guidance, assistance, or simply someone to talk to. Our counsellor is qualified to deal with most situations, including:

- trauma
- stress management
- eating disorders
- depression
- addictions
- relationships
- anger management

This service is free of charge to Burman University students. We can also refer you to off-campus agencies that we trust will take care of your needs.

STANDARDIZED TESTING

If you are required to take a standardized test as part of your school admissions process, we can help! We administer the following exams:

- ACT
- GED
- GRE

We also offer referrals and assistance in the application process. We want to ensure you're prepared for the next step of your educational journey.

CAREER PLANNING

To help you find the right career for you, we offer the following services:

Career Counselling: Our Career Counsellor can help you match your skills and interests to a specific job area.

Career Testing: We can help you in your career planning with tests such as; 16pf, MBTI, Strong, Strengths Quest, True Colours, and COPS. These tests will help you assess your personality type, generating customized reports to assist you in effectively choosing a career.

Resume Writing: Landing a job means having a strong resume and portfolio. Our team can help you create the resume and portfolio you need for your job search.

MENTAL HEALTH AND WELLNESS TRAINING

The Centre provides a number of training opportunities for students, faculty and staff to educate individuals on recognizing and supporting mental health and wellness in themselves as well as their friends, colleagues and peers. Training includes:

- Mental Health First Aid - Adults who interact with youth (14 hours)
- The Inquiring Mind (3 1/2 hours)
- First Responders to Disclosures of Sexual Violence/Abuse (14 hours)
- Question, Persuade and Refer (suicide prevention gatekeeper training) 1 1/2 hours

If you are interested in any of these workshops, please contact the Sakala Success Centre for information on upcoming dates.



WHAT DO WE OFFER?

- Academic Assistance
- Standardized Testing
- Career Planning
- Personal Counselling
- Accessibilities/Accomodations
- Mental Health Training

IT'S OKAY TO NOT BE OKAY

Let's face it, we are human, even students! It is not uncommon for students to experience mental health issues that negatively impact their academic performance. It's okay. We are here to help.

When to get help:

- if you experience feelings of sadness or loss of appetite, have trouble sleeping, or are sleeping too much
- if you often feel nervous, irritable, or experience anxiety so severe that you feel physically ill
- if you feel so overwhelmed that you think you can't continue with university
- if you ever have thoughts of harming yourself or others

ACCESSIBILITIES

The Centre promotes equitable access to education for all students, including:

- students with disabilities
- students at risk academically

For more information, please contact Crystal Johnson.

BURMAN UNIVERSITY SAKALA SUCCESS CENTRE

Student Receptionist
Ext. 4154
success@burmanu.ca

ELISE KRUTHOF | Director of Sakala Success Centre and Mental Health
Ext. 4208
elisekruthof@burmanu.ca

TAMARA VAN RENSBURG | School Counselor
Ext. 4149
tamaravanrensburg@burmanu.ca

CRYSTAL JOHNSON | Administrative Assistant
Ext. 4141
cjohnson@burmanu.ca