



Because you learn for **life**

**SASS**

STUDENT ACADEMIC  
SUCCESS SERVICE (SASS)

613-562-5101 | [sass@uOttawa.ca](mailto:sass@uOttawa.ca)

[sass.uOttawa.ca](http://sass.uOttawa.ca)



uOttawa



## Counselling and Coaching Service

**4**  100 Marie Curie, 4th floor

613-562-5200 | [couns@uOttawa.ca](mailto:couns@uOttawa.ca) | [sass.uOttawa.ca/personal](http://sass.uOttawa.ca/personal)

Our counsellors and coaches guide you when you are facing personal challenges and help you bring your personal and professional objectives into focus to keep you at your best throughout your studies.

- Individual sessions with a professional counsellor
- Individual sessions with a certified coach
- Psycho-educational workshops

## Career Services

**5**  UCU 312

613-562-5806  
[scs@uOttawa.ca](mailto:scs@uOttawa.ca)  
[sass.uOttawa.ca/careers](http://sass.uOttawa.ca/careers)

At Career Services, you'll find a range of resources and services designed to ease your transition into the labour market.

- Online resources to plan your career in Canada or abroad
- Career counselling
- Workshops and individual consultations with professional counsellors
- Resumé and cover-letter critiques, mock interviews
- Networking activities: career fairs, information sessions and employer receptions

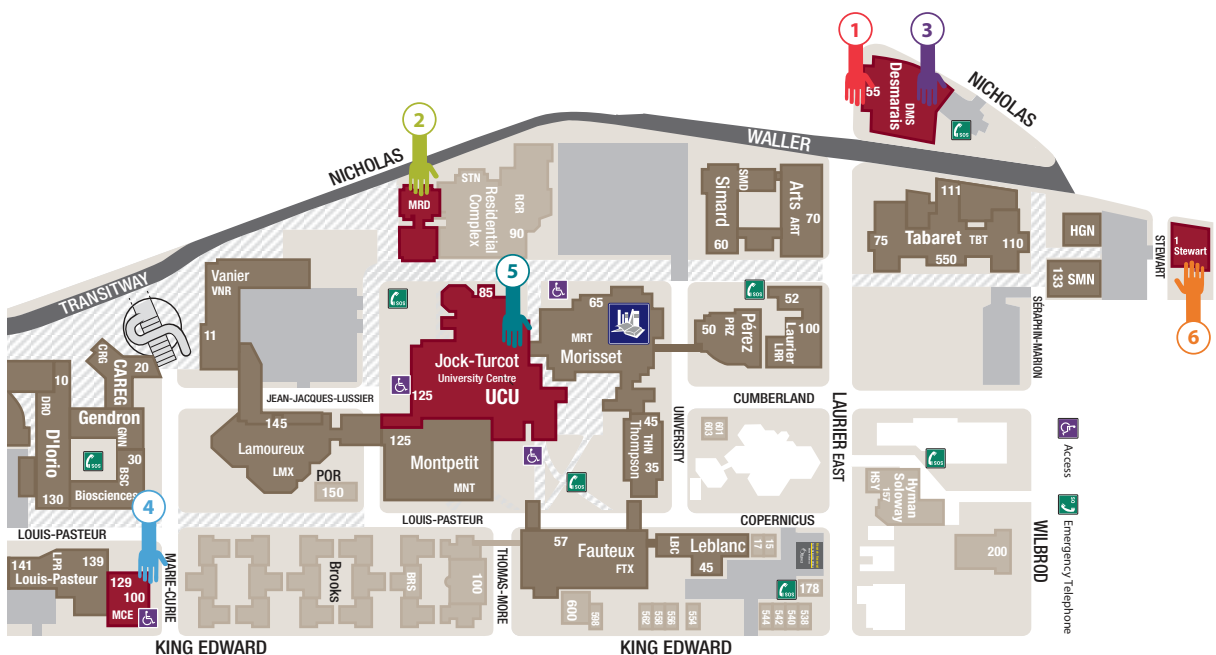
## Aboriginal Resource Centre

**6**  UCU 215D

613-562-5800 extension 4529 or 4566  
[arc-cra@uOttawa.ca](mailto:arc-cra@uOttawa.ca)  
[sass.uOttawa.ca/aboriginal](http://sass.uOttawa.ca/aboriginal)

The Aboriginal Resource Centre provides First Nations, Inuit and Métis students with a comfortable, culturally sensitive and welcoming environment.

- Help with the transition into university life
- Information on resources and services at the University of Ottawa
- Information on employment programs
- Social and cultural activities, and meetings with Elders



# Student Academic Success Service (SASS)

## Because...

The quality of your university experience means everything to you

You're eager to meet students and experts who will be able to guide you

You need to put all the odds of success in your favour

## You learn...

To integrate smoothly into the University community

To clarify your objectives and broaden your knowledge

To have confidence in the choices you make when it comes to your studies and your career

## For life

The Student Academic Success Service (SASS) gives you the tools and information you need to succeed academically, professionally and personally, from your very first day on campus until you walk across the stage at Convocation.



Student Mentoring



Academic Writing Help Centre (AWHC)



Access Service



Counselling and Coaching Service



Career Services



Aboriginal Resource Centre

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[sass.uOttawa.ca](http://sass.uOttawa.ca)