



**Career Exploration Workbook**  
Gain self awareness regarding interests,  
values, skills & abilities  
Click [here](#) to access the workbook

**Still not sure?**  
**AFTER** you complete the  
workbook, you can  
make a **one-time**  
appointment with a  
counsellor.  
Call 204-632-3966 or  
complete the intake  
form found [here](#).

**RRC Program**  
Have some ideas about  
what program you're  
interested in, but still  
have questions?

**Program at another  
Institution**

**Contact institution  
directly**

**Counselling and  
Accessibility Services**  
Counsellors assist  
individuals with  
diagnosed disabilities  
regarding program  
suitability and academic  
accommodations.  
  
Call 204-632-3966 or  
[go here](#)  
for more information.

**Recruitment Officers**  
Recruitment officers  
provide general college  
information, campus  
tours, and tours of  
classrooms and  
workspaces.  
  
Call 204-632-2115 or  
204-632-2402, or see  
[www.rrc.ca/student](http://www.rrc.ca/student)

**Indigenous Liaison/  
Advisor  
(Weeshengaawin)**  
An Indigenous  
prospective student can  
receive details about  
programs, application  
processes, and funding.  
  
See [www.rrc.ca/  
indigenous/supports/  
advisors/](http://www.rrc.ca/indigenous/supports/advisors/) for more  
information

**Academic Advisor**  
Advisors provide info on  
specific programs,  
program selection, and  
entrance requirements.  
  
Call 204-632-2327 or  
email [advisor@rrc.ca](mailto:advisor@rrc.ca)  
for more information