

GRAD PHOTO SESSION ON CAMPUS

Date: November 13 - 15

Time: 9am - 4pm.

Location: CRSI Building Design Thinking Space.

Questions: csaed@student.concordia.ab.ca .



INSIDE THIS EDITION:

- Online Counselling
- Library Lost & Found
- Movies for Mental Health
- Prime Minister's Youth Council Information
- Have a Plan To Pay Off Your Debt
- Curling Club Fundraiser
- Peer Support at Concordia
- Data Month Speaker Series
- Study in Spain Info Session
- Health Insurance Information

CAFETERIA MENU: NOVEMBER 12-16

Monday – Campus Closed

Tuesday– Pork souvlaki with honey roasted parsnips & carrots and roasted potatoes (GF)

Wednesday– Baked Tandoori chicken with vegetable fried rice (Halal, GF)

Thursday- Traditional beef chili with garlic toast (7.99)

Friday- Herb roasted chicken with corn, mashed potatoes, and gravy (GF)



RECOVERY WEEK IN THE LIBRARY-FREE SNACKS

- 19th - Christmas Ornament and Card Making
- 20th - Adult Colouring
- 21st - Therapy Dogs
- 22nd - Free Painting
- 23rd- Therapy Dogs



All Faculty, Staff and Students are encouraged to show their Concordia Spirit by wearing Concordia gear on Friday's.

COME JOIN US FOR OUR FIRST INDIGENOUS STUDENT COUNCIL ASSEMBLY



DATE: NOVEMBER 21, 2018.

WHERE: INDIGENOUS KNOWLEDGE CENTRE (NEW BUILDING)

TIME: 4:00-6:00 PM

SPECIAL POINTS OF INTEREST:

- ◆ Marketing Position
- ◆ Updates on Past Events
- ◆ Upcoming Events
- ◆ ISC Logo Contest
- ◆ Discuss the Purchase of Swag

We will have pizza for Attendees—come join us for a bite.



Do you want to make a difference?

Do you have an idea you want to share?

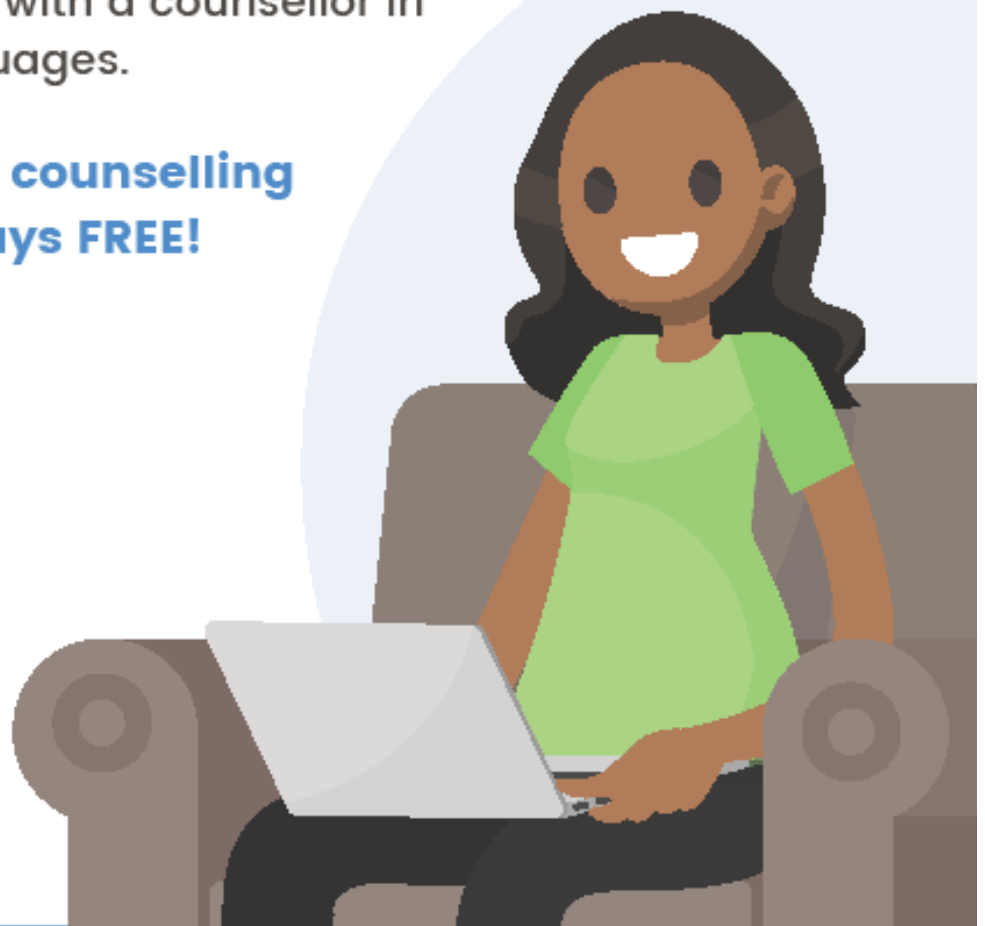
Your voice counts, have your say!

Meeting is open to all Concordia Students.

Did you know that you have access to **online video counselling?**

Online video counselling is affordable and appointments are available outside of traditional office hours. You can book an appointment with a counsellor in 18 different languages.

...and your first counselling session is always FREE!



Inkblot



www.inkblottherapy.com/concordia

**Can't find your Lost item in the
Lost and Found Bin? It might
be on the shelves behind the
Curriculum Collection on the
main floor. Just follow the
signs!**

**Lost &
Found**



Submit your short film to

MOVIES

for

MENTAL HEALTH

Have your work shown at an on-campus event and the chance to win

\$500.00

towards film/video equipment

Guidelines

Create a short film, 5 minutes long or less, that is either interpretive of mental health or addresses mental health directly.

Deadline

Submit a Google Drive share link (edit-enabled) of your film, along with your name and student number, by email to either barbara.vaningen@concordia.ab.ca or tom.corcoran@concordia.ab.ca by November 18th, 2018.

Films will be shown, and winner announced, at:
Movies for Mental Health
November 21st, 2018 at Noon in Tegler



Concordia **TALKS**

PRIME MINISTER'S

— YOUTH COUNCIL —

APPLY NOW!

OR LEARN MORE AT

CANADA.CA/YOUTH

BE THE **VOICE** FOR YOUR
COMMUNITY

@LEADERS TODAY



#PMYOUTH COUNCIL

DEADLINE TO APPLY IS NOVEMBER 30

Canada

Invest in your financial well-being



HAVE A PLAN TO PAY OFF YOUR DEBT

It isn't always easy to live within your means, and debt can accumulate quickly. Having a plan to pay off debt will go a long way to reducing your financial stress. Spending more than you earn makes you less resilient to economic surprises. A heavy debt load makes you more vulnerable if your financial situation changes or if you need to pay for unexpected expenses.

Follow #FLM2018 for tips and tools on how to invest in your financial well-being and visit Canada.ca/Financial-Literacy-Month.

Your credit report reflects your financial health. Are you overdue for a checkup? <https://www.youtube.com/watch?v=0CZqjKozCoM>.

Use the extra hour on Sunday wisely: Order your credit report! It's free when you order by mail. <https://goo.gl/dxgWoM>

Having a budget, and following it, helps keep your spending under control <https://goo.gl/RmtMhQ>

Living paycheque-to-paycheque? These tips will help you start living within your means. <https://goo.gl/f8t7YX>

Debts piling up? Regain control of your finances with these tips: <https://goo.gl/VmmYDR>

Make sure you have a safety net in case your financial situation changes. Build your emergency fund. <https://goo.gl/7t9KqT>

Compare credit cards and find the one that best suits your needs: <https://goo.gl/fX9z5z>

Thinking of getting a home equity line of credit? There are important things you should know. <https://goo.gl/eVxAzi>

Avoid credit card bill shock! Find out how interest is charged on cash advances. <https://goo.gl/E8npHk>

Living within your means is not always easy, but it is the best way to avoid excessive debt. You need to know what you're spending, look for expenses that you could reduce or eliminate, create a realistic plan and stick to it! <https://goo.gl/VmmYDR>

Credit is not extra income. If you're having trouble controlling your credit card spending, consider asking the financial institution that issued your card to lower your credit limit. Find other tips to use your credit card wisely: <https://goo.gl/KmGvbZ>

finaid@concordia.ab.ca



Fun-filled Fundraising

\$2.25 – KETCHUP, DILL PICKLE, CHEESY DILL, SAY CHEESE CHEESE, SALT AND VINEGAR, WHITE CHEDDAR and JALAPENO JACK

\$2.50 – CREAMY CARAMEL, BUTTERSALT, LOW FAT CARAMEL, KETTLE CORN

HELP SUPPORT CONCORDIA CURLING

Orders must be submitted by Nov 19, 2018

**CONTACT JESSICA @ 780-935-2281
TO ORDER**



**PEER
SUPPORT
PROGRAM**

**WE ARE HERE TO
LISTEN.**

Room A212 (across from the CSA office)

Peer support will not be available November 12-16 (Reading Week).
The program resumes Monday, November 19th, 2018.

Have questions?
Need more information?

 @CUE_Management
@CUE_Library



DATA MONTH SPEAKER SERIES

CELEBRATING 100 YEARS OF STATISTICS CANADA

PRESENTED BY FACULTY OF MANAGEMENT, DEPARTMENT OF PUBLIC HEALTH, & CUE LIBRARY.

NOVEMBER 2018



Monday, Nov 5, 12 - 1 pm
Sarah Ahmed, Statistics Canada
Data User Services & Research Data Centres
Room: HAC 310

Wednesday, November 7, 12 - 1 pm
Jason Lau, Policywise
Expanding the Reach of Your Data Through Secondary Use
Room: HAC 310

Monday, Nov 19, 12 - 1 pm
Kirk Mcleod, Government of Alberta, Open Data Portal
Room: HAC 310

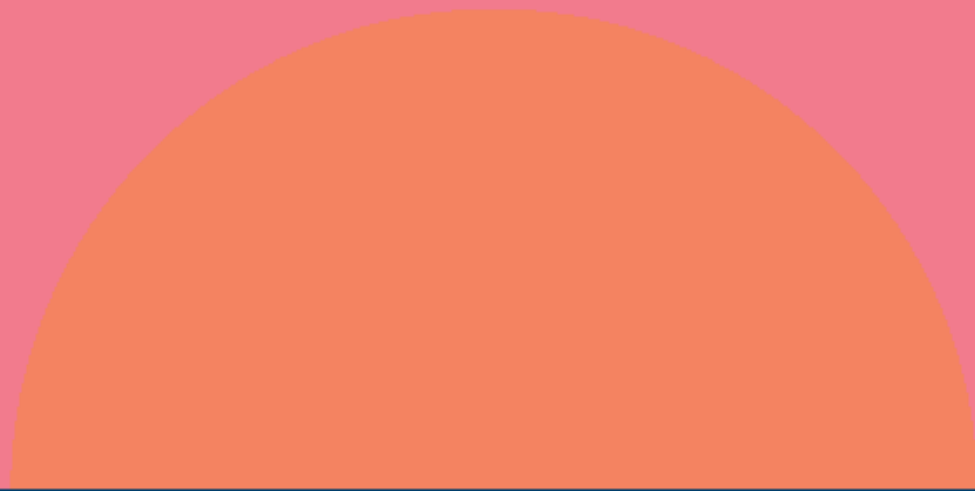
Wednesday, Nov 21, 12 - 1 pm
Sarah Ahmed, Statistics Canada
Celebrate 100 years of Statistics Canada!
Room: HAC 310

Monday, Nov 26, 12 - 1 pm
Karen Parker & Norman Mendoza, City of Edmonton, Open Data Initiative
Room: HAC 310

Wednesday, Nov 28, 12 - 1 pm
Ryan Mazan, Government of Alberta, Chief Statistician & Director of the Office of Statistics and Information, Treasury Board and Finance.
Room: HAC 310



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Study
ABROAD: BRAZIL

MAY 9- JUNE 1, 2019 WITH PARTNER UNIVERSITIES

Information Session

November 26, 12-1 pm in HA208



STUDY IN SPAIN (SPA 102)

AT

UNIVERSITY of SALAMANCA

SHORT TERM FACULTY LED STUDY ABROAD JUNE 2019

Information session: November 28, 12-1 pm HA 208



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