



Career Services

Invites You
to

Muffin Monday

Date: Monday, November 6th
Time: 9:30 am (until the Muffins disappear)
Place: Tegler Student Centre

Meet our staff and discover how Career Services can help you.

CAFETERIA MENU: NOV. 6-10

| | |
|-----------|--|
| Monday | Generat Tso's Chicken with Vegetable Fried Rice |
| Tuesday | Grilled Pork Chops with Mashed Potatoes, Gravy, and a sautéed vegetable medley |
| Wednesday | Gnocchi and Marinara sauce with Italian Sausage |
| Thursday | Beef Vindaloo with Basmati rice, peas, and carrots |
| Friday | Fish & Chips - Battered Cod with Potato Wedges and Tartar Sauce |

MONDAY, NOVEMBER 13TH: CAMPUS CLOSED



NOV 11 - 17, 2017

Reading Week Hours

NOV 11-13: CLOSED (FOR REMEMBRANCE DAY)
NOV 14-17: 7:30 AM - 4:30 PM

November 11
is a day we
remember.



INSIDE THIS EDITION:

- Café Terrasse
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- Counselling Services Information
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- Flip The Script -Weekend Session
- Alberta-Smithsonian Internship Program
- ATM's Do's and Don'ts
- Teepee Teaching
- Photo Contest

CUE WELLNESS CLASSES

Monday, 12:00 - 12:45 Strength Training

Wednesday, 12:00 - 12:45 Yoga

Friday, 12:00 - 1:00 - Drop-in Basketball

GRAD PHOTO SESSION

November 16-17

To sign up for your grad photo session go to: Lifetouch.ca/northernalberta

1. Scroll down the web page to "Choose Your Location"
2. Choose Concordia
Click on "Schedule"
3. In the drop down box select the "Grad Portrait Session"

Next Sessions:

March 21, 22, 23

March 26, 27, 28, 29





Café Terrasse

November 6 | 12PM-1PM | Tegler Mezzanine

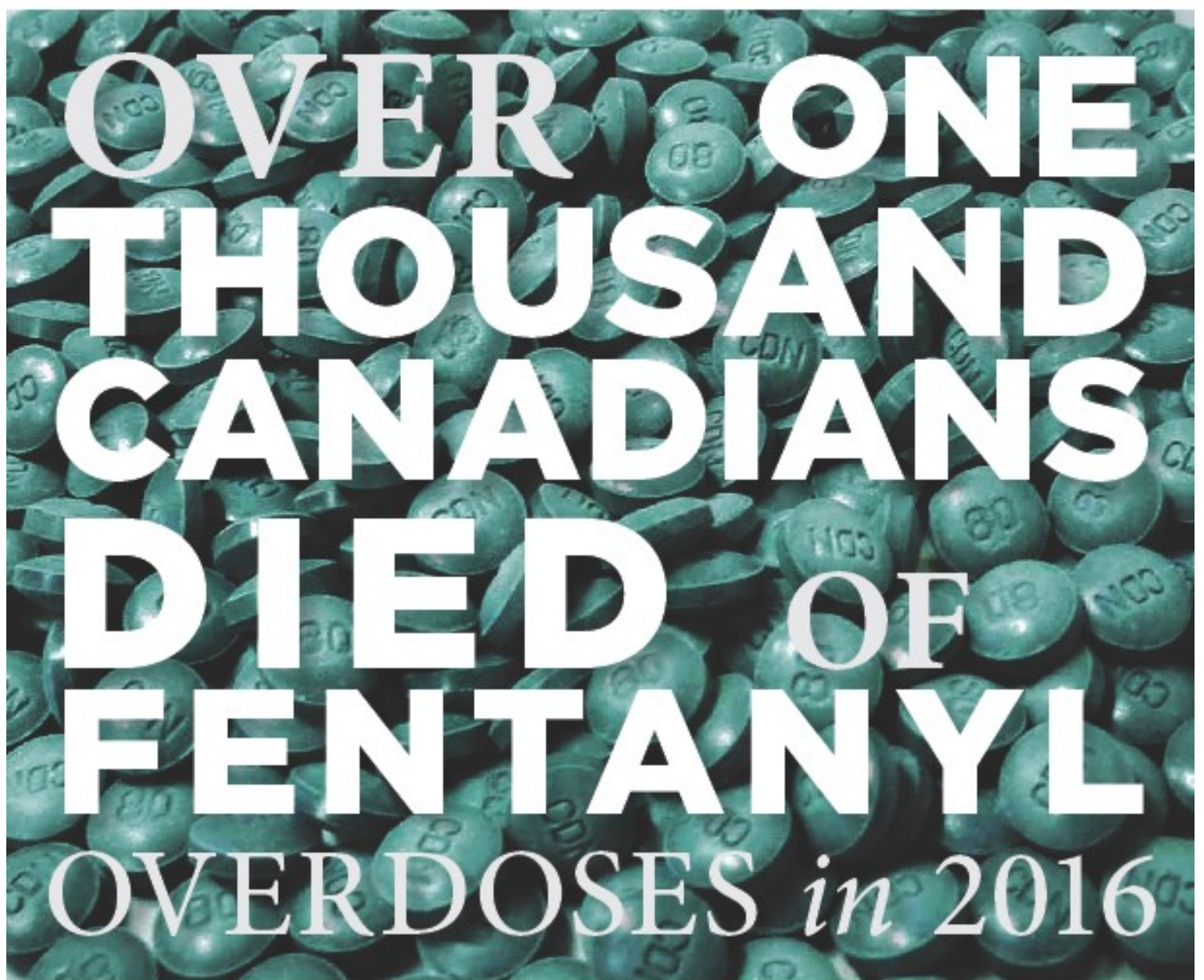
Want to practice French or learn more about French culture? We have what you want here at Concordia! The monthly Café Terrasse is a gathering hour for mingling in French, about French cultures in the world, fostering language and culture. With some food and drinks.



AFRICA DAY

November 8, 2017 • 12–1:00 pm
Robert Tegler Student Centre

Join us as we celebrate African Culture!
Everyone is welcome!



OVER ONE
THOUSAND
CANADIANS
DIED OF
FENTANYL
OVERDOSES *in 2016*

Fentanyl

a Presentation by EPS and EMS

November 8th | HA015 | 12-1PM





COUNSELLING SERVICES

Where healing begins...

★ **Did you know that Concordia provides psychological counselling to students? Yes, we are here for you!** ★

Sometimes life can get a little rough. At counselling services, it is our goal to help you recognize your strengths and resilience, so you can enjoy your life to the fullest. We know school can be stressful (course load, due dates, papers, finals! Ahhh...). Keeping your mental health in good shape can help you with retention of study materials, increase your energy and boost your motivation!

Students now have more options and earlier availability for counselling support!

NEW STUDENT COUNSELLOR, ALYSSA CURRIE IS HERE FOR YOU!

She is a French Bulldog lover, enjoys yoga (all kinds) and loves listening to people's stories.

WHAT WE DO



Free Counselling Sessions



We help you Develop Concrete, Achievable personal goals.



Confidential One-on-One Support.



We Collaborate with the Student Support Association (SSA) on Campus.



Creating Supportive and Well-judgmental Environment



We help you take concrete steps towards Making the Most of the Concordia Experience.

ONLINE BOOKING:

a) With Alyssa Currie

Visit goo.gl/DfXXbn

b) With Mirna Hanic

Visit goo.gl/C6Yp23

You will be prompted to login to your Concordia email account

Find an available time slot that works for you, read event description and click "Save"

* 24 hr. cancellation notice required

Alyssa's Appointment times (book online, call or email)

Tuesday & Thursday: 9am & 10am

Mon, Wed & Friday: 9am – 3pm availability

Alyssa's Drop in hours (no appointment necessary)

Tues-Thu: between noon and 3 pm

First come first serve basis

Office: L284 (Library main floor)

Mirna's Appointment times (book online, call or email)

Mon- Fri: 9 – 3 pm

Office: L266 (Library main floor),

(Moving to Student Success Centre cca Nov 10th)

QUESTIONS?

Contact Student Life & Learning
780 479-9241

studentlife@concordia.ab.ca

PEER

SUPPORT

PROGRAM

**ONE-ON-ONE PEER SUPPORT
STARTING NOVEMBER 1ST!**

1 hr conversation with a trained listener about the challenges you're facing.
Confidential and non-judgemental. Referrals provided too.

ROOM A212 | DROP-IN, FIRST COME FIRST SERVE BASIS

MONDAY: 11:00 AM - 1:00 PM

TUESDAY: 10:00 AM - 12:00 PM

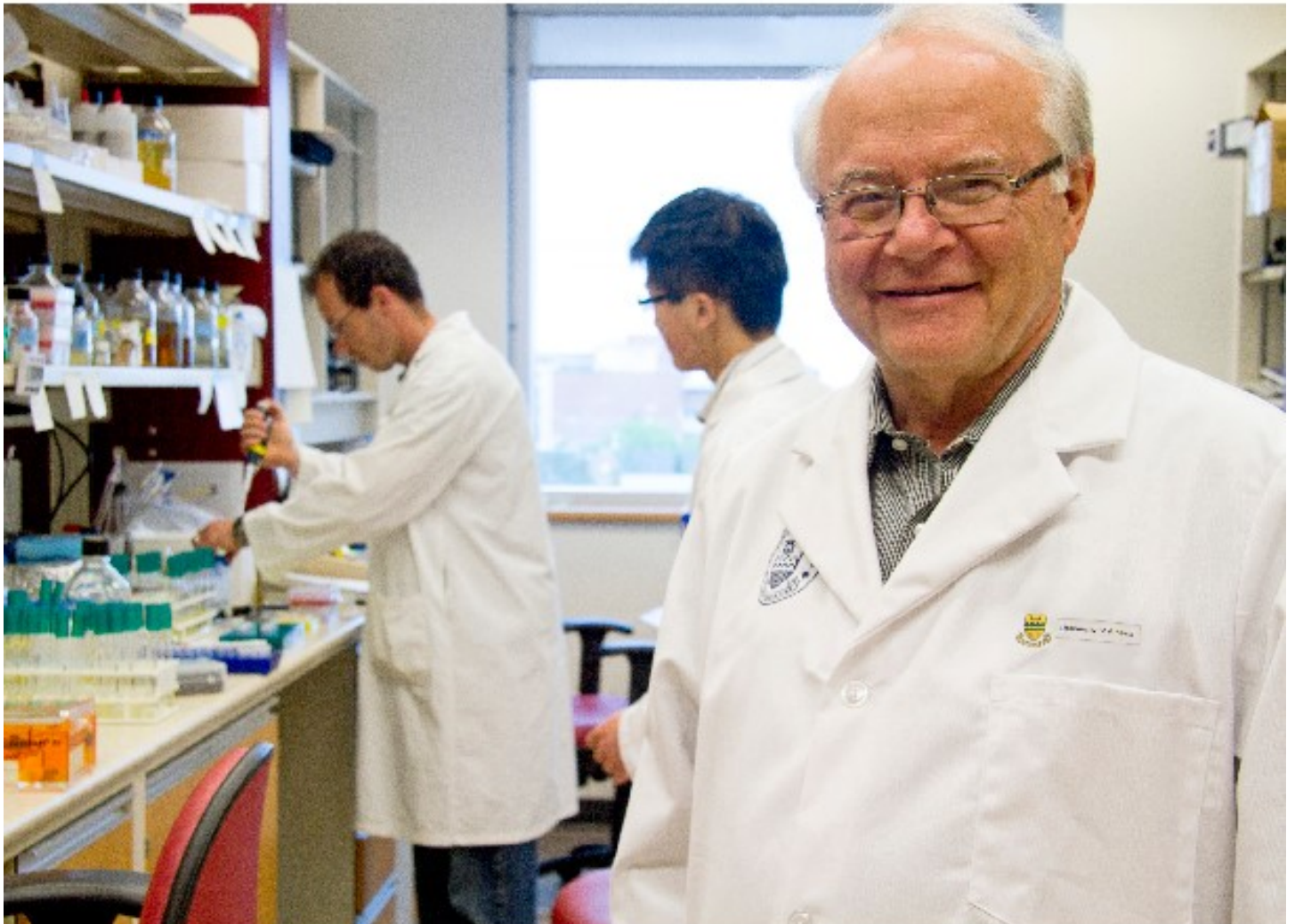
WEDNESDAY: 10:00 AM - 12:00 PM

THURSDAY: 11:00 AM - 1:00 PM

FRIDAY: 12:30 PM - 2:30 PM

* check A212 notice board for updates on hours

**FOR MORE INFO EMAIL PEERSUPPORT@CONCORDIA.AB.CA
OR DROP BY A212 DURING OPEN HOURS**



INAUGURAL
DISTINGUISHED SCIENTIST LECTURESHIP

DR. LORNE TYRRELL: TRANSFORMING VIRAL HEPATITIS

WEDNESDAY, NOVEMBER 8TH, 2017
12-1:00 PM • ROOM HA017

MORE INFO AT TINYURL.COM/CUE-TYRRELL

FLIP

the

SCRIPT

SEXUAL ASSAULT RESISTANCE TRAINING
FOR UNIVERSITY WOMEN

WEEKEND SESSION
NOVEMBER 25-26

12 hour sexual assault resistance training, open to all self-identified women currently enrolled at Concordia University of Edmonton.

Find more info and register at
tinyurl.com/concordiatalks

Space is limited to 20 students.



Alberta Smithsonian Internship Program



Interested in learning more about the **Alberta-Smithsonian Internship Program**?
Visit albertasmithsonian.com for more information and sign up for an information
webinar on **November 29th from 12 - 1 pm.**

Mark your calendar and contact Career Services to sign up.

Career Services Phone: 780-378-8461. Email: careerservices@concordia.ab.ca

ATM do's and don'ts

- DO** protect your PIN when you're entering it
- DO** change your PIN from time to time
- DO** monitor your account regularly



- DON'T** let others use your card
 - DON'T** tell others your PIN
- finaid@concordia.ab.ca



NOVEMBER 8

TEEPEE

TEACHING

The ISC welcomes CUE Alumni Dallas Cardinal to share with some Indigenous Teaching about the Teepee. Please Join Us!

Email us at: isc@student.concordia.ab.ca

**CUE's Indigenous
Student Council
Invites You!**

November 8, 2017

12 – 1 PM

HA021

**Refreshments
Provided**

All are Welcome

**Facilitated by
Dallas Cardinal**





PHOTO CONTEST

Urban Sustainability Theme-Prize for Winner!

The International Office is hosting a Photo Contest as part of our Intercultural Days Event, which is taking place in January. The theme of the contest is urban sustainability. Can you submit a photo that captures Urban Sustainability in Edmonton? There will be a prize giveaway and photos will be displayed on campus!



CAN YOU TAKE A
PHOTO THAT
SHOWCASES URBAN
SUSTAINABILITY

THERE ARE NO
RESTRICTIONS ON
THE TYPE OF PHOTO
OR CAMERA USED.
FEEL FREE TO USE
YOUR PHONE!

COMPETITION
DEADLINE JANUARY
1ST

THERE WILL BE A
PRIZE GIVEAWAY
AND PHOTOS WILL
BE DISPLAYED ON
CAMPUS!

Submissions should be made
to the International Office
via Facebook Messenger:
[https://www.facebook.com/
ConcordiaInternational](https://www.facebook.com/ConcordiaInternational)

Or email to
[Amanda.thorson@concordia
ab.ca](mailto:Amanda.thorson@concordia.ab.ca)

Have Questions? Visit the
International Office



CAREER MONTH

2 0 1 7

“WHAT’S NEXT?”

What’s next for you, for the economy, for how technology will change the world of work and for Canada

*Look for Career Month activities around
Campus this month*

Join the celebration of meaningful work!



Where would you like
to be in your career
five years from now?

Create your
business card
design

Future work trends

Who is Richard
Watson?

Career Services is
here to help you
with your Career
Planning

CAREER SERVICES

Careerservices@concordia.ab.ca

Careerservices@concordia.ab.ca

(780)378 - 8461