

## HOW TO PREPARE FOR EXAMS WORKSHOP

U OF L AND CONCORDIA STUDENTS, LEARN EASY-TO-APPLY  
TIPS THAT CAN HELP YOU TO STUDY, WRITE AND DO WELL  
ON EXAMS.

TUES, FEB 9TH @ 5:00PM - 6:00PM IN HA021  
WED, FEB 10TH @ 12:00PM - 1:00PM IN HA021  
WED, FEB 10TH @ 5:00PM - 6:00PM IN HA021  
THUR, FEB 11TH @ 12:00PM - 1:00PM IN HA206

DROP-INS WELCOME!



## INSIDE THIS EDITION:

- Chris Benedict Award
- Library Reading Week Hours
- Mess with Stress
- Let's Fly Away
- LGBTQ in the Workplace
- Building Brighter Futures
- Wellness Wednesday Fitness Classes
- Career Services Workshops
- Leadership Awards
- Focus on Women Research Cluster
- Spanish– Spring Sessions
- Counseling Information
- Winter Fees Past Due

Feb 15-Campus Closed. Reading Week, Feb 16-19: No Classes.

## ABS AND ARMS

WED. Feb. 10,  
12:05 – 12:35 pm.  
Athletic Centre Gym

For more information on this,  
and other scheduled Wellness  
Wednesday classes, go to  
[Page 6](#).



## More YOGA!



Ralph King Gym  
Fridays from noon - 12:50

February 5

March 4, 11 and 18

April 1 and 8

Mats available to borrow



Presented by the CSA Mental Health Street Team



## CAFETERIA MENU: FEBRUARY 8

MONDAY: Cheese Tortellini Marinara \$7.99

TUESDAY: Salisbury Steak Mushroom Sauce Glazed Carrot Mashed Potato. No gluten \$9.99

WEDNESDAY: Cajun Pork Loin Corn Niblets, Roast Potatoes. No gluten \$9.99

THURSDAY: Chicken Breast Cacciatore, Herbed Rice Pilaf Sautéed Zucchini No gluten \$9.99

FRIDAY: Swedish Style Beef Meat Balls Mashed Potatoes Sautéed Green Bean \$9.99



The CUE Weekly Newsletter will not be issued Feb. 15th(Reading Week). The next CUE newsletter will be issued February 22nd. Sorry for any inconvenience this may cause.

# **Library Hours**

## **Family Day Weekend & Reading Week**

### **February 13-19, 2016**

**Sat - Mon: 13-15**

**Closed**

**Tues - Fri: 16-19 7:30am - 4:30pm**

**Regular hours resume Saturday, Feb 20**



## **THE CHRIS BENEDICT AWARD - Nominate someone today!**

This award was established by the Concordia Students' Association (CSA) in recognition of Christopher Benedict who in his final year of study at Concordia was diagnosed with Hodgkin Lymphoma, a type of cancer. Christopher was active in student life and serving as Vice President of Finance for the CSA in his final year.

This annual \$500 award is available to a student who:

- has demonstrated perseverance in the face of adversity
- inspires others to succeed when facing adverse conditions
- has a positive outlook toward school and life
- is registered as a part-time or full time student
- presents a minimum GPA of 2.0

Applications are available on the Financial Aid & Awards Brochure rack and our financial aid webpage under "Latest News". Please submit both application pages (Part A & Part B) to the Enrolment Services Office (HA120) by MARCH 1, 2016.

Questions? [finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca)



# Mess with Stress

February 24<sup>th</sup> | HA206 | 12–1PM



## LET'S FLY AWAY

Apply for Fall Study Abroad by  
March 15

\$1000 travel bursaries available

[international.concordia.ab.ca](http://international.concordia.ab.ca)



CAREER SERVICES  
BRINGS YOU

# LGBTQ IN THE WORK- PLACE

Concordia **TALKS**



CONCORDIA  
UNIVERSITY OF EDMONTON

[concordia.ab.ca](http://concordia.ab.ca)

STUDENTS, STAFF  
AND FACULTY  
WELCOME

**WEDNESDAY,  
FEB 24  
2-4PM  
HA206**

FACILITATED BY  
MICKIE WILSON  
FROM THE PRIDE  
CENTRE EDMONTON.

SPACE IS LIMITED AND  
REGISTRATION IS REQUIRED.

TO REGISTER, CONTACT  
CAREER SERVICES AT 780-378-8461,  
[CAREERSERVICES@CONCORDIA.AB.CA](mailto:CAREERSERVICES@CONCORDIA.AB.CA)  
OR STOP BY L358.

**PRE-REGISTRATION IS REQUIRED TO ATTEND THIS EVENT.**



# Indspire

Indigenous education,  
Canada's future.

L'éducation des autochtones,  
l'avenir du Canada.

Support for  
Indigenous  
students

# building brighter futures

Bursaries, Scholarships, and Awards

Indspire helps thousands of Indigenous students complete their education through financial support. We can help you, too!

Apply today!

## Application Deadlines:

June 1, November 2, and February 15

[indspire.ca/myfuture](https://indspire.ca/myfuture)

1.855.INDSPIRE (463.7747) x253 | [education@indspire.ca](mailto:education@indspire.ca)

## Information Session:

Date:

Time:

Location:

Thank you to our supporters:

## WELLNESS WEDNESDAY'S - CAMPUS FITNESS CLASSES

Concordia University of Edmonton is thrilled to be offering free drop in fitness classes for students, staff and faculty.

Starting February 10<sup>th</sup>, join us in the **Ralph King Athletic Centre Gym** every Wednesday for 30 minutes of exercise, and experience all of the amazing benefits of increased physical activity!

Classes are designed for all levels of fitness.



### ABS AND ARMS

**WED. Feb. 10,  
12:05 – 12:35 pm.**

This fast and effective upper body circuit is designed to tone and strengthen your arms and abs without using any equipment.

### TOTAL BODY STRENGTH

**Wed. Feb. 24 12:05 – 12:35 pm**

For 30 minutes, using only your body weight, you will work to strengthen every muscle you have! Leave the class feeling strong and empowered.

### HIIT – HIGH INTENSITY INTERVAL TRAINING

**Wed. Mar. 2 12:05-12:35 pm**

This class will improve your overall fitness levels as you work through circuits that are designed to make the most out of your 30 minutes! You are sure to leave this efficient and effective class feeling motivated and inspired!

### LOWER BODY BLAST

**Wed. Mar. 9 12:05-12:35 pm**

Spend 30 minutes strengthening the biggest muscles in your body. As a result, you will spend the afternoon burning more calories and feeling positive vibes.

# CONCORDIA CAREER SERVICES – WINTER WORKSHOPS

## RESUME AND COVER LETTER WRITING

DATE: **Wednesday, February 10**



The resume is the most common work search tool. This workshop will reveal the key components of an effective resume and cover letter and how to showcase your strengths and accomplishments. This workshop provides detailed explanations, as well step-by-step processes for creating an effective résumé and cover letter.

## LINKEDIN

Date: **Wed. February 17**

Learn about LinkedIn and how it can help you achieve your career and employment goals. You will have the opportunity either develop or enhance your LinkedIn profile during this session, while learning tips on how to make the most of your time on this site.



## PROFESSIONAL PORTFOLIOS

Date: **Wed. February 24**

Portfolios aren't just for artists and writers. Learn the difference between a personal and professional portfolio. Is an electronic portfolio right for you? Get valuable tips on how a portfolio can help you present yourself to potential employers.

**All workshops are free and from: 12 – 12:50 pm.**

The room number will be announced at the time of registration. Register in person L358, by email: [careerservices@concordia.ab.ca](mailto:careerservices@concordia.ab.ca), or by phone: (780) 378 - 8461



*want*  
**\$1000?**

*Are you*  
A FULL-TIME DOMESTIC  
UNDERGRADUATE STUDENT + AN ALBERTA RESIDENT?

*Apply at*  
FINANCIAL AID & AWARDS BROCHURE RACK (HA120)  
+  
RETURN ALL COMPLETED APPLICATIONS TO  
ENROLMENT SERVICES



CONCORDIA  
UNIVERSITY OF EDMONTON

[concordia.ab.ca](http://concordia.ab.ca)

*Then Apply*

LAURENCE DECORE  
AWARD FOR STUDENT  
LEADERSHIP

*by* **FEBRUARY 16<sup>TH</sup>**

*or how about*  
**\$2000?**

*Are you*  
A FULL-TIME DOMESTIC GRADUATE  
OR UNDERGRADUATE STUDENT

*Apply at*  
FINANCIAL AID & AWARDS BROCHURE RACK (HA120)  
+  
RETURN ALL COMPLETED APPLICATIONS TO  
ENROLMENT SERVICES

*Then Apply*

DR. GARY MCPHERSON  
LEADERSHIP  
SCHOLARSHIP

*by* **FEBRUARY 16<sup>TH</sup>**



## **FOCUS ON WOMEN RESEARCH CLUSTER**

### **AGENDA FOR WINTER TERM 2016**

**Presentations in HA 310 on Wednesdays at noon**

Wed. Noon Jan. 27: ***Aliza Dadani***--**Women in Politics**

Wed. Noon Feb. 10: ***Karen McDonald***--**A Woman's Journey  
in the Field of Chemical Physics**

#### **READING WEEK**

Wed. Noon Feb. 24: ***Uzma Williams***--**Mothers of Children  
with Disabilities**

Wed. Noon March 9: ***Nora Wallden***--**Mary, Martha, and Lydia  
as positive female roles in Luke-Acts**

Wed. Noon March 23: ***Lisa Micheelsen***--**Misreading  
Cleopatra: Gender, Kingship and Roman Misapprehension**

**FOR MORE INFORMATION CONTACT: WENDY PULLIN OR LINDA VAN NETTEN  
BLIMKE**

studentlife@concordia.ab.ca.



# Missed the Boat? Don't Fret.

Spanish 101  
*May 3 - 20*

Spanish 102  
*May 24 - June 10*



# Winter TERM TUITION IS PAST DUE!

Students Who Have A Past Due Balance Have Been Charged Interest And Are Encumbered.

Please check your account information online through Concordia's website.

## Concordia accepts the following methods of payment:

1. In person at the Student Accounts Office by cash, cheque, debit and bank draft.
2. **Online Credit Card Payments** for tuition and fees through Plastiq. Concordia does not accept direct credit card payments for tuition, however students may choose to use Plastiq, a third party credit card processor, to pay by credit card (processing fees apply). When paying online through Plastiq, reference your **student ID number as your account number** and choose **Concordia University of Edmonton** as the payee.

Credit card payments can be made through **Plastiq** by accessing online student services through

Concordia's website: <https://onlineservices.concordia.ab.ca/> or [www.plastiq.com](http://www.plastiq.com)

**Please allow 5– 6 days for your credit card payment to be receipted to your account.**

3. Set up Concordia University of Edmonton (not Concordia University, Montreal) as a biller just as you do a utility or credit card biller and pay your account using online banking, telephone banking, ATM or at a teller. Please use your student id number as your account number.

**PLEASE ALLOW 2 – 3 BUSINESS DAYS FOR PAYMENTS MADE THROUGH YOUR BANK**

If you have circumstances preventing you from paying your account please contact Student Accounts: [studentaccounts@concordia.ab.ca](mailto:studentaccounts@concordia.ab.ca) or phone 780-479-9207

