CONCORDIA WEEKLY NEWSLETTER

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 OO 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.



CAFETERIA MENU: FEBRUARY 8

MONDAY: Cheese Tortellini Marinara \$7.99

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

美小主心类素证——3030

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







CAREER SERVICES BRINGS YOU

L CINTHE WORK-PLACE



STUDENTS, STAFF AND FACULTY WELCOME

WEDNESDAY, FEB 24 2-4PM HA206

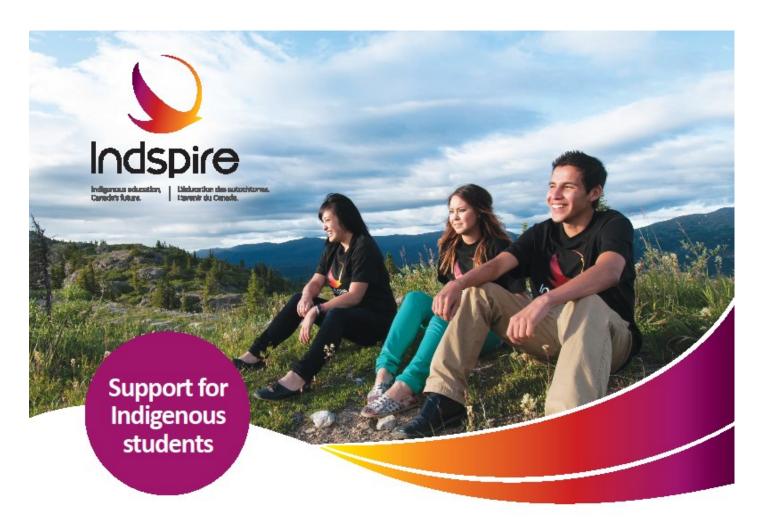
FACILITATED BY
MICKIE WILSON
FROM THE PRIDE
CENTRE EDMONTON.

SPACE IS LIMITED AND REGISTRATION IS REQUIRED.

TO REGISTER, CONTACT
CAREER SERVICES AT 780-378-8461,
CAREERSERVICES@CONCORDIA.AB.CA
OR STOP BY L358.

PRE-REGISTRATION IS REQUIRED TO ATTEND THIS EVENT.

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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

1.855.INDSPIRE (463.7747) x253 | education@indspire.ca

Information Session:

Date:

Time:

Location:

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 10th, 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 with out 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, or by phone: (780) 378 - 8461



concordia.ab.ca

Are you

A FULL-TIME DOMESTIC + AN ALBERTA RESIDENT?

Apply at Financial aid & Awards Brochure Rack (Ha120)

RETURN ALL COMPLETED APPLICATIONS TO ENROLMENT SERVICES

Then Apply
Laurence decore
Award for student
Leadership
by February 16th

Then Apply
DR. GARY MCPHERSON
LEADERSHIP
SCHOLARSHIP

by FEBRUARY 16TH

Are you
A FULL-TIME DOMESTIC GRADUATE
OR UNDERGRADUATE STUDENT

Apply αt
Financial aid & Awards Brochure Rack (Ha 120)
+

RETURN ALL COMPLETED APPLICATIONS TO ENROLMENT SERVICES



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



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! Ahhhh...). Keeping your mental health in good shape can help you with retention of study materials, increase your energy and boost your motivation!

WHAT WE DO



Free Counselling Sessions



We Help You Develop Concrete, Achievable plans and goals.



Confidential One-on-One Support



We Connect you to Different (and superb!)
Resources - On and Off Campus-



Caring, Supportive, and Nonjudgmental Environment



We Help You Work Towards Making the Changes that Matter Most to You

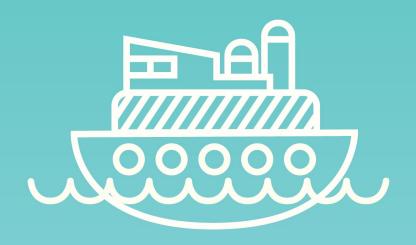
MAKE AN APPOINTMENT WITH A COUNSELOR TODAY THROUGH THE STUDENT LIFE & LEARNING





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

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

3. Set up Concordia University of Edmonton (<u>not</u> 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 <u>student id number as your account number</u>.

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 or phone 780-479-9207

