

FREE PSYCH ASSESSMENT

Dr. Jamie Dyce is seeking volunteers to be involved in a psychological assessment. This assessment is part of a graduate student practicum (PSY 637).



As this is a practicum course, there is no charge for the psychological assessment. Concordia staff, students and family members are eligible to participate in the assessment. The assessment will involve approximately 4 hours of your time. If interested, contact Dr. Jamie Dyce at jamie.dyce@concordia.ab.ca. Your participation is appreciated.



Counselling Services will be unavailable
June 13th to July 3rd.

If you require immediate help, please consult one of the resources listed below.

24/7 Distress Line
Phone: 780-482-4357.

My Wellness
<http://www.mystudentplan.ca/csa/en/mywellness>

Questions or Concerns
Please contact Student Services.
Email: studentlife@concordia.ab.ca
Phone: 780 479-9241

INSIDE THIS EDITION:

- SCARS- Seeking Donations
- We All Have Mental Health
- CUE Involved
- Atco Indigenous Education Awards Program

IMPORTANT DATES

Friday, June 29

- MISSM/MISAM programs: Last day to withdraw from Spring Semester courses.
- MISSM/MISAM programs: Spring Semester ends.

Saturday, June 30

- Environmental Health program: Last day to receive 25% reduction on Spring Semester Education Fees for total withdrawal from Concordia University of Edmonton.

Sunday, July 1

- Canada Day holiday: Campus closed.

Monday, 2 July

- Canada Day holiday: Campus closed.

Tuesday, 3 July

- MISSM/MISAM programs: Semester examinations.



Grad Photos
are **ONLINE!**



Student Life staff are collecting donations on behalf of Second Chance Animal Rescue Society (SCARS) **until Friday, June 22nd**. If you wish to make a donation, there is a drop box located in the Student Success Centre. Below is a partial list of items you could consider donating. For a complete list please refer to <https://scarscare.ca/wishlist/>

Pet Food

- Dog and Puppy Food (high quality)
- Dog Treats and Chews (but no rawhide)
- Dog biscuits, large Nylabones and Bully Stix.
- Cat and kitten food (high quality wet and dry varieties)

Supplies

- Blankets (Disposable puppy pads)
- Leashes, Collars, Stainless Steel Bowls, Supplements (Omega 3's)
- Office Supplies
- Dog and cat plastic or wire kennels / Dog Gates and Exercise Pens (X-pens at least 30" high)
- Dog Toys + Cat Toys
- Clumping Cat Litter
- SCARS also needs blankets, fleece throws, bedspreads and quilts to take up to the pounds so that dogs waiting for our arrival have something nicer to sleep on than a cement floor.
- Gift cards for Canadian Tire (or Canadian Tire Money), Walmart or Costco

Cleaning Supplies

- Bleach and Virkon
- Carpet Cleaner
- Garbage Bags
- Laundry Detergent
- Mops and Swiffers
- Paper Towels



WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

HEALTHY

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

RESPONDING/ REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

INJURED

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/
gambling is hard to control

ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

We ALL have Mental Health
Learn more about Mental Health on the BWW



NEW APP AVAILABLE: **CUE Involved**

Use the new CUE Involved app to track and add to your Co-Curricular Record.

Your CCR is a formal, university sanctioned record of your non-academic contributions on campus. The CCR can be printed along with your academic transcript for both job and grad school applications. Questions? Email sonja.schwake@concordia.ab.ca

NOW AVAILABLE ON THE APP STORE AND GOOGLE PLAY



ATCO Indigenous Education **AWARDS PROGRAM**

\$500

Merit awards for students completing
Grades 10-12 (including upgrading)

\$1,000

Bursaries for students in diploma
or certificate programs

\$1,500

Scholarships for students in degree
or graduate programs

Supporting Tomorrow's Leaders

ATCO provides financial awards to Canadian First Nation, Inuit and Métis students who demonstrate leadership and commitment in their quest for higher education. ATCO is committed to supporting the development of Indigenous leaders in communities across Canada.

Eligibility:

- Be a Canadian Indigenous person
- Be enrolled in high school or accredited post-secondary institution or training program
- Preference will be given to students from Indigenous communities where ATCO has business interests

How to Apply:

- Complete online application form [available at ATCO.com/IndigenousAwards]
- Submit the required documentation:
 - One reference letter from a teacher, community leader or employer
 - Short essay [500-1,000 words] describing why you are a suitable candidate
 - Proof of enrollment for the upcoming school semester
 - Transcript from the most recent school attended

For more information: Visit your school or band office, ATCO.com/IndigenousAwards, or contact us 780 420 3497

APPLICATION DEADLINE: JULY 15, 2018