

Massage on Campus



Mon., Feb. 22, 2016

10 am—2:00 pm

Lower Tegner

5 minute chair massages

By 2 Registered Massage Therapists
(Time 4 You Massage & Reflexology)

There will be a sign up sheet at the event...
first come first served.

Take a wellness break!
Reduce your stress!



INSIDE THIS EDITION

- CRISP Student Paper Competition
- Random Acts of Kindness Week
- Pink Shirt Day
- Chris Benedict Award
- Cardio Dance Fitness in the Gym
- Movie—*Schultze Gets the Blues* (subtitled)
- Concordia Talks—LGBTQ in the Workplace
- Focus On Women Research Cluster
- Philosophical Debate Follow-up
- Career Services Workshops
- Wellness Wednesdays - Fitness Classes
- Movie—*Instructions Not Included* (subtitled)
- Paint Night
- International Movie Friday— *3 Idiots*
- Free On-Campus Counseling
- CSA Election Information
- Not Too Late for Spring Spanish
- Let's Fly Away—Study Abroad Opportunity

A promotional banner for an event titled "Mess with Stress". The background shows a blurred outdoor scene with trees and a path. The text "Mess with Stress" is in large, bold, teal letters. Below it, the date and time "February 24th | HA206 | 12-1PM" are displayed. At the bottom, there are logos for "CONCORDIA University of Education" and "Concordia TALKS".

WET FLOOR SIGNS

Wet floor signs are in place to warn people of potentially slippery areas. If you need to move them for deliveries or the like, please return them to the original location. These signs along with regular mopping and snow removal help to keep our community safe.



CAFETERIA MENU: FEBRUARY 22-26

MONDAY: Fish & Chip, Tartar Sauce, Coleslaw \$9.99

TUESDAY: Butter Chicken, Basmati Rice, Peas & Carrot \$9.99 Halal, No gluten \$9.99

WEDNESDAY: Shepard's Pie \$7.99

THURSDAY: Baked Chicken Breast, Gravy, Lemon Pepper Rice, Vegetable Medley. No gluten \$9.99

FRIDAY: Szechwan Beef, Chow-Mein Noodle, Stir-fry Vegetables \$9.99





CAPITAL REGION INTERSECTION SAFETY PARTNERSHIP

Capital Region Intersection Safety Partnership (CRISP) Student Paper Competition

ABOUT CRISP

The Capital Region Intersection Safety Partnership (CRISP) is comprised of traffic safety and injury prevention stakeholders within the Edmonton Capital Region. CRISP shares resources and expertise to implement on-going, collaborative, and integrated intersection safety initiatives to reduce the frequency and severity of intersection collisions in the capital region. Initiatives involve integration of education, engineering, and enforcement strategies, and targets four priorities: red light or stop sign violations, pedestrian safety, speed and high crash locations. For more information visit www.drivetolive.ca.

CRISP STUDENT PAPER COMPETITION

CRISP is pleased to launch a Student Paper Competition for the 2015-2016 academic year. The purpose is to recognize outstanding contributions from individual students at Edmonton-based post secondary schools with a focus on improving traffic safety. Student papers can include current research, literature reviews, theoretical arguments, or case studies. Areas of focus and study can include, but are not limited to:

Intersection Design
Injury Prevention
Policy Development

Community Mobilization
Enforcement
Driver Behaviour

ELIGIBILITY

Author(s) must be enrolled as a student for at least one term in the 2015-2016 academic year at an Edmonton based post secondary school.

DEADLINE FOR SUBMISSION: FEBRUARY 26TH, 2016

AWARD ANNOUNCEMENT DATE

Winners will be announced and awarded during Edmonton’s 8th Annual International Conference on Urban Traffic Safety scheduled for April 2016.

AWARD

The first place winner receives a **\$2,500** award, second runner up receives **\$1,250**, and third place winner receives **\$750**. In addition, all three winners will receive a full registration to the 2016 Urban Traffic Safety Conference.

For full competition criteria details, visit:

http://drivetolive.ca/wp-content/uploads/2015/10/CRISP_Student-Paper-Competition_201516.pdf



CELEBRATE KINDNESS



#PLEDGE2BEKIND

Random Acts of Kindness Week
February 14-20, 2016

Concordia

Random Acts of Kindness Week

Feb 22-26, 2016

== NO ACT ==
of kindness

NO MATTER HOW SMALL

IS EVER
wasted

What will
you do?

Wednesday, February 24 2016 is Pink Shirt Day

Kindness is universal — a trait we encourage everyone to openly express every day. The phrase “one size fits all” works for one simple reason: it stands for inclusivity, both in clothing and in our everyday lives. We’re all gloriously different, but we all have the capacity to put kindness out into the world. “Kindness is one size fits all” is more than just a slogan. It’s the underlying philosophy behind the anti-bullying movement that we hope will live on beyond Pink Shirt Day. After all, kindness never goes out of style.





PINK SHIRT — DAY

FEB 24TH
#pinkshirtday

WEAR PINK &
STAND UP
TO BULLYING

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

Dance Fitness

Ralph King Gym
Monday's 12:05-12:45
Feb. 22, 29 & March 7

FREE

**Cardio-dance classes that are
fun, effective and simple!**

**The perfect combination of
cardio and strength training.**



Deutsches Kino präsentiert:

SCHULTZE

gets the blues



OFFICIAL SELECTION
BERLINALE



OFFICIAL SELECTION
EUROPEAN FILM AWARDS

Tuesday, Feb. 23

5:00 pm

Welcome Centre

In German with English subtitles

UNITED INTERNATIONAL PICTURES AND PHARMING CLASSICS PRESENTS
HARRY KROON Harald Wasthmann Karl-Friedr. Müller
Produktionsleitung: Michael Schwarz, Editor: Axel Schoppa, Musik: Theo Hillmann, Filmmontage: Erik Skovsen, Dreh: Thomas Witzschel
Darsteller: Christian Lohse, Sonja Kitz, Natascha K. Tognoli, Annette K. Kuhn, Sabine Kuhn, Susanne Timmerman, Magdalena Mader, Lars
Bekmann, Produktion: Jens Klauer, Thomas Witzschel, Oliver Nissen, Vertrieb: Claudia Trösel - Das kleine Fernsehspiel der
Ellenbrockhaus GmbH & Co., 80 München, Deutschland, 2008 - Das kleine Fernsehspiel produziert von Mitteldeutscher
Medienbetriebsgesellschaft, Berlin-Brandenburg, Sachsen-Anhalt, Sachsen, Jäger, deutscher Film, Kultur, Filmförderung, Sachverständigenrat
www.ugp.de www.schulzegetsblues.de

CAREER SERVICES
BRINGS YOU

LGBTQ
IN THE
WORK-PLACE

Concordia **TALKS**



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
OR STOP BY L358.

PRE-REGISTRATION IS REQUIRED TO ATTEND THIS EVENT.

FOCUS ON WOMEN RESEARCH CLUSTER
Mothers of Children with Disabilities

with Uzma Williams

WED, FEB 24th @ NOON

All presentations will take place in **HA310**



The CUE Focus on Women's Research Facebook page is up and running! Please click on the following link to **Like** our page, and get connected to speakers, mentors, research opportunities and more!

<https://www.facebook.com/CUE-Womens-Research-Cluster-945783298848488/>

Rationality of Belief in God

A Debate Follow-up Discussion

The **Concordia Philosophy Club** is pleased to sponsor a follow-up discussion of the rationality of belief in God —

— **Friday, Feb 26 at noon — room HA009 —**

Prof. Strand will be there to discuss his arguments for the rationality of belief in God. We are arranging to have Prof. Beach at a future date.

Come join the discussion!

Concordia Career Services

Winter Workshops

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.

Job Search



Date: **Wed. March 2**

This workshop will provide you with the tools you need to conduct an effective job search. Learn how to prepare, target, contact and follow-up with employers. Learn about the hidden job market strategies for expanding your personal network and staying organized.

Resume and Cover Letter Writing



Date: **Wed. March 16**

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.

Personality Assessment



Date: **Wed. March 23**

Discover tools available to you to help you learn about your personality type and how identifying your personality traits reflect on your choice of career and performance in the workplace.

Awareness of your personality type, and that of others you work with, can greatly improve your performance on the job.

Interview Skills



Date: **Wed. March 30**

The main goal of this workshop is to understand how to prepare for a job interview, learn the differences between different types of interviews and interview questions. Practice how to successfully answer questions in a job interview situation

Register in person: L358,
by email: careerservices@concordia.ab.ca or by phone: (780)378-8461

WELLNESS WEDNESDAYS CAMPUS FITNESS CLASSES

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



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.

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.

Friday, February 26

HA 309

12 pm

Instructions
not INCLUDED

Subtitles in English



cine español

Concordia Paint Night

Thursday, March 3, 2016
from 6—8 pm in Tegler

NO EXPERIENCE NECESSARY

Concordia Students, Staff and Faculty — \$10 plus GST

Guests—\$20 plus GST

Purchase your tickets in the Book Store beginning Feb. 22, 2016

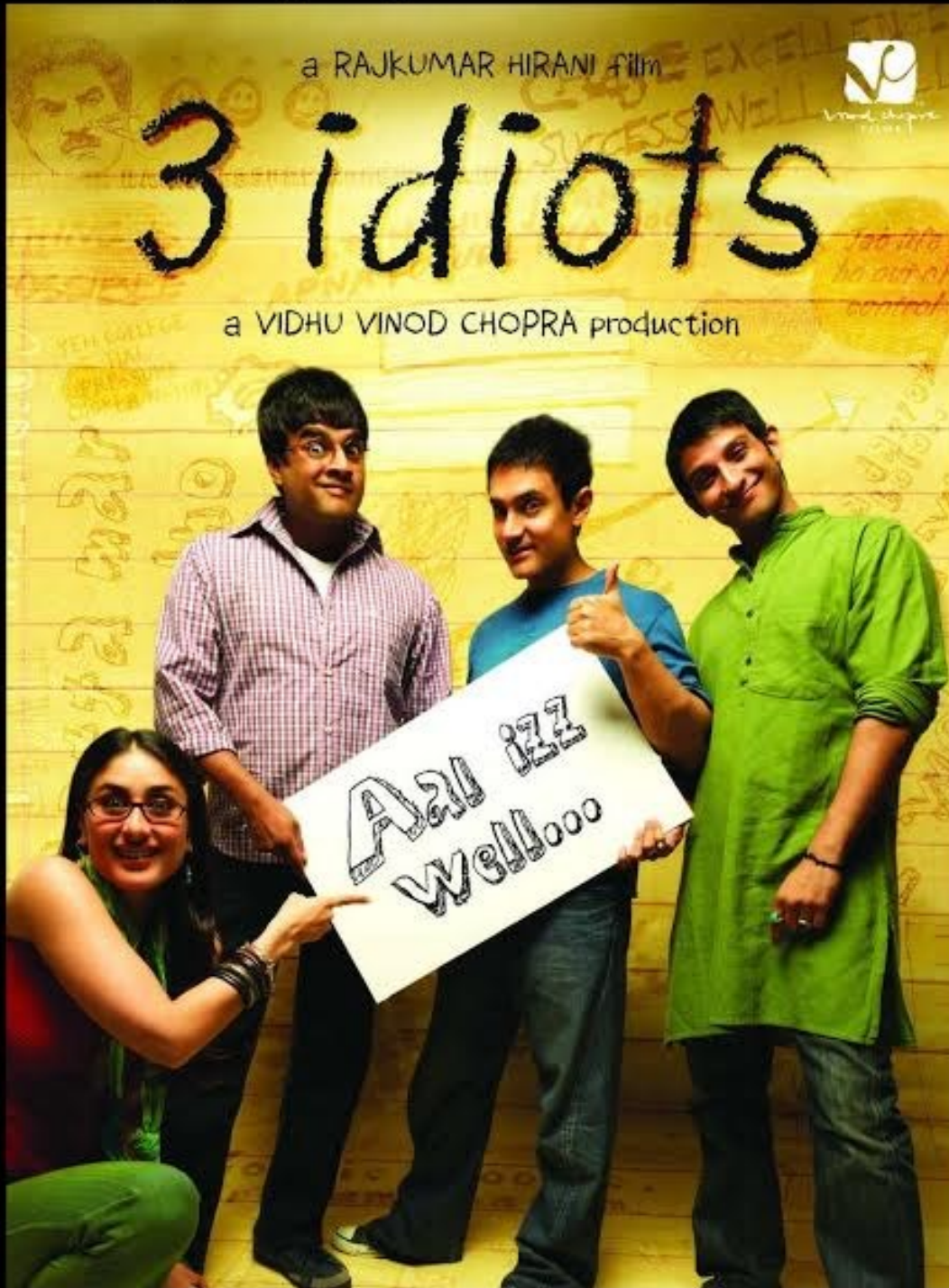
Choose one of two paintings (or create your own). Receive basic guidance from 2 artists. Includes aprons, easels, canvas (16" x 20"), and a colorful palette of acrylic paints to set the mood.



International Movie Friday

February 26 @ 1PM in Tegler

brought to you by Concordia International



BYOS (Bring your own snacks!)



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 Non-judgmental 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



780.479.9241



studentlife@concordia.ab.ca.

CSA ELECTIONS

Executive Council Responsibilities: Executive Council is team consisting of 5 elected officials (President, Vice-President Finance, Vice-President Internal Affairs, Vice-President Marketing and Vice-President Student Life). Together they lead a non-profit organization with a budget of over \$700,000. Executives work part-time while going to school and are responsible for advocating for student needs and the betterment of the post-secondary experience for all Concordia students. Elected Executive Councilor's take office from May 1st to April 31st each year.

General Council Responsibilities: CSA elects 6 General Councilors (1 Science Representative, 2 Arts Representatives, 1 Management Representative, 1 Environmental Health After Degree Representative and 1 Education After Degree Representative). General Councilors represent their respective faculties and oversee the creation of the CSA budget, sit on CSA & institutional committees as required and is in charge of overseeing the CSA operations as a whole. Elected General Councilors take office from May 1st to April 31st.

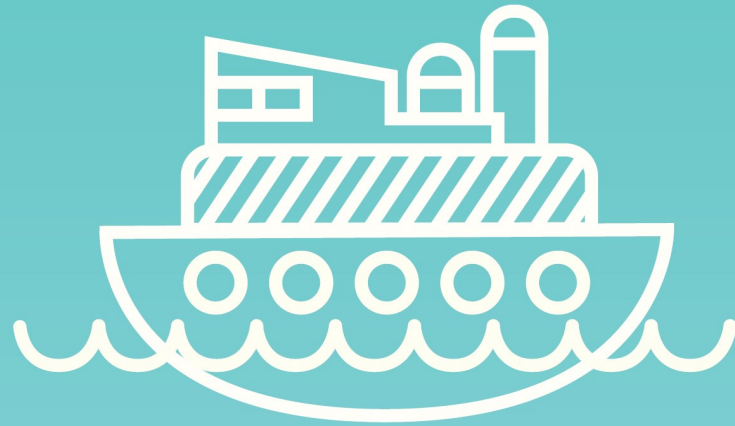
If students are interested in running for either a General Council or Executive Council position they are encouraged to stop by the CSA office to pick up a nomination package. Nominations are open from February 22 to 29 at 4:00 PM. All candidates will be required to attend an "all candidates meeting" on February 29, 2016 at 4:30 PM.

Campaigning begins March 1st, 2016. During the campaign period there will be a meet the candidates pub night, elections speeches and debates in Tegler.

The Election voting period takes place March 10th & 11th, Election results will be announced on March 11th at 4:30 PM.

Referendum: The CSA is running a referendum alongside our election this year! We are asking students to approve the new CSA by-laws. These by-laws dictate how the CSA is governed & are therefore an important document for all students to be familiar with. The By-laws will be distributed to all students via email prior to the election nomination period. By-law information sessions will be held during the election nomination period for students who have questions or concerns. Stay tuned for more information!

The CSA strongly encourages any interested student to stop by our office or email the CSA Executive Director, Meagan Strachan at csaed@student.concordia.ab.ca to learn more about the available positions and details about the election & referendum!



Missed the Boat? Don't Fret.

Spanish 101
May 3 - 20

Spanish 102
May 24 - June 10

LET'S FLY AWAY

Apply for Fall Study Abroad by
March 15

\$1000 travel bursaries available

international.concordia.ab.ca

