THIS WEEK AT CONCORDIA Concordia's Weekly E - Newsletter

November 4th, 2013 Issue #10, Vol.4

health



GRAD PHOTO SESSION NOVEMBER 18-20 BOOK ONLINE

BRETT'S WEEKLY UPDATE

GRAD 2014

> GRAD 2014

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Cast your Ballot for CAST! Do you like Planning Parties? Basic intro to Improvisation Brazil Bound! Career Services Workshops Bus Passes For Sale Library News Past Climate Tests on Future Climate Projections

STATE OF THE UNION ADDRESS

On Wednesday, November 6, 12:00-12:10 pm in Tegler is the State of the Union Address to students. This is an opportunity to report back to students what information they told us in surveys and focus groups last year and how Concordia has responded to make things better. You spoke, we listened, and here's what is different.

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ead Ident

MORE Than 3 Meals a Day?

The Many Faces

5 Study Methods That Actually Work

of Depression

Cast your Ballot for CAST November 7th & 8th 12:00 to 1:00 pm

Do you know that Concordia has an Awareness & Support Team (CAST)?

CAST is starting the conversation about mental health for students on campus-the struggles and the strengths.

We need a slogan to show support for all those impacted by mental health issues, and will become the foundation for upcoming mental health awareness activities. The slogan can be as many or as few words as you like, and be created around the values of community, respect and resilience, integrity and support.

A \$100 gift card from Vivo Ristorante will be awarded to the winner. Ideas can be dropped off to Meghan on the 7th and 8th in Tegler, or in A212. They can also be emailed to <u>cast@student.concordia.ab.ca</u>. Come to Tegler on November 7th and 8th to get your very own stress relief package, participate in the contest, and learn a few things about mental wellness and illness.

DO YOU LIKE PLANNING PARTIES?

The Grad Committee is searching for volunteers to join the Grad Committee team. If you are not graduating this year, you are encouraged to attend the next grad meeting on Friday, November 29th 12pm -1pm Room: HA 314.

Graduation 2014



Join versatile jazz+ pianist Chris Andrew in a **Basic Intro to Improvisation**

Join us & bring your instrument (or just come & listen)

Monday, Nov. 4 4:00-4:50 p.m. A314 (choir room)

Chris is a key player in the Alberta music scene, across genres of jazz, funk, pop, latin, & musical theatre. Hear him play: www.chrisandrewmusic.com/index.htm Check out his bio: www.chrisandrewmusic.com/biography.htm

Brazil Bound

The Concert Choir is revving up for their spring tour to Brazil! They will be visiting with and singing at several of our partner institutions in the country, as Concordia reaches out with our growing international program.

Help us take flight!

Order a box of Purdy's chocolates by November 8 (hand-delivered to you early Dec.), and the choir -Who needs an excuse for chocolate! gets 25%. Contact your favorite chorister

or jennifer.maxfield@concordia_ab.ca

Stay tuned for more ways to help! Oh thank you!



ETS

BOOKSTORE NOW SELLING REGULAR ADULT BUS PASSES.

The following options available:

- \Rightarrow Post Secondary Bus Pass (must be a full time student): \$81.00
- \Rightarrow Regular Adult Bus Pass: \$89.00
- \Rightarrow Pack of 10 Bus Tickets: \$24.00

Concordia University College of Alberta

CAREER SERVICES WORKSHOPS

- \Rightarrow Every Wednesday in November
- \Rightarrow Where: Room 010
- ⇒ When: 11:30-1:00 pm

Date	Workshop Topic
Nov. 5	Networking strategies
Nov. 12	Resume Writing
Nov. 19	Creating a Portfolio
Nov. 26	Resume Writing

Networking Strategies:

Participants will practice and put into use networking skills such as: identifying their own network, approaching others, talking about their skills and interests, learning about what employers look for, exploring careers and job options, and exhibiting good business etiquette.

Resume Writing:

The resume is the most common work search tool. This workshop will teach you about the key components of an effective resume and how to showcase your strengths and accomplishments.

This résumé workshop provides detailed explanations, as well step-by-step processes, for creating an effective résumé.

Creating a Portfolio:

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 the best way to present yourself to potential employers.

Calling all Students, Faculty and Staff: our library needs some new art!

Last week we said goodbye to the "Urban Animals" art exhibit and now our space feels a little bit drab. Showcase your creativity by making the library a more vivid and brighter place to be!

If you have framed artwork suitable for hanging please drop it off at the circulation desk between 9-5 Monday through Friday. If you have any questions contact Jan Mutch (jan.mutch@concordia.ab.ca) or Meghan Staal (meghan.staal@concordia.ab.ca).

*Art to be displayed will be chosen by library staff. Not all art submitted will be chosen.

Past Climate Tests of Future Climate Projections: Testing climate model veracity

Dr. Richard Peltier, University of Toronto November 14, 2013 - 4:00 pm Room 150, TELUS Centre, University of Alberta FREE ADMISSION

Join Richard Peltier, from the University of Toronto, for an informative presentation on climate model veracity—that incorporates distinctly Canadian examples, including past events along the 'Alberta corridor.' A renowned physics professor, Richard has helped pioneer Earth system science—bringing atmospheric science, oceanography, geophysics, geochemistry, geology, hydrology and glaciology together to understand how the Earth works as an integrated system.

Visit www.research.ualberta.ca/killam2013