

THE POWER OF “PUPPER” AND “KITTEH”: CUTE ANIMAL PHOTOS AND CONCENTRATION

by Ye Jin Chung

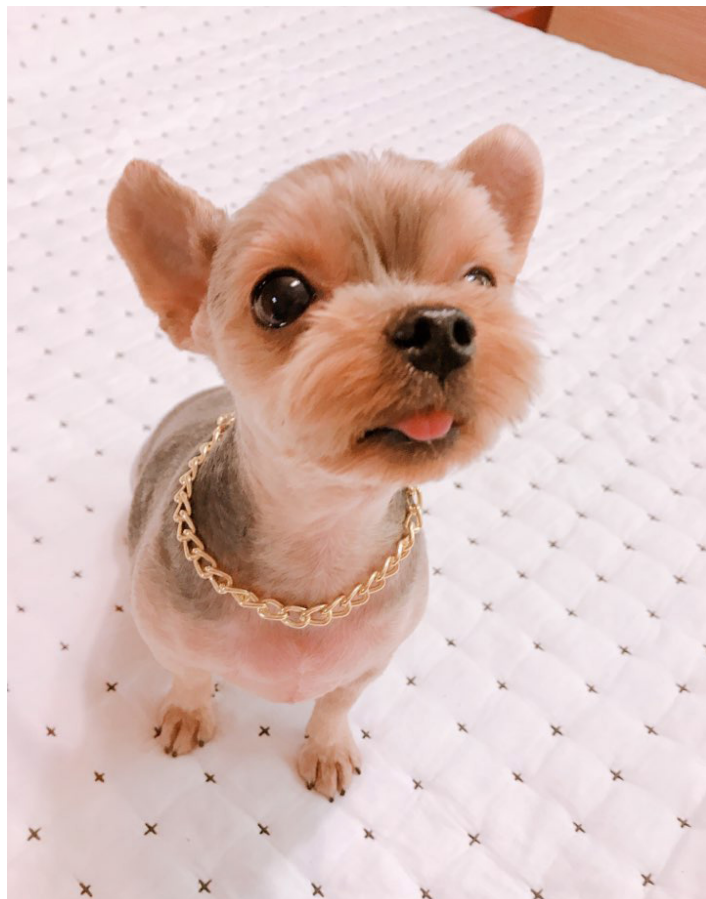
Picture this: you’re studying or working in a stressful situation and you stop to take a quick break. You open Instagram. While scrolling, you come across a photo of your friend took of his lovely puppy, Daisy. Seeing this photo unconsciously puts a smile on your face and you instantly feel fuzzy inside. However, did you know that looking at pictures of these adorable puppies and kittens also help to increase your concentration levels?

In 2012, Hiroshima University presented in their paper “The Power of Kawaii” that viewing photos of cute animals helps to raise one’s concentration levels and improve work performance, especially in tasks that require great attentiveness. Kawaii is translated as “cute” in Japanese. They arrived at this conclusion by conducting three experiments on 132 students in which they were divided into separate groups. In the first experiment, students played a game similar to Hasbro’s Operation, where they were required to pick up small objects from a hole without touching the sides. Then, they were shown cute photos of puppies and kittens. After that, they played the game again. Surprisingly, their scores were much higher than prior to viewing the photos. Overall, performance scores improved by 44%; as well, the time taken to complete the task rose by 12%.

Next, in the second experiment, within a certain time limit, students were asked to find a given number from a random sequence of numbers. Like the first experiment, the exercise was conducted twice--once without seeing the pictures of animals, and the other with the pictures. In the third experiment, the remaining group conducted the same experiment as the second one, the only difference being that they

were shown food pictures instead of animals. In the end, the group which was shown animal photos had their performance scores improved by 16%. They also completed the task much faster. Students got through more random number sequences than the first trial by 13%. On the other hand, the participants of the third experiment had no change in their results.

With this in mind, next time you’re studying for mid-terms and finals, try looking at images of our lovable companions. Who knows if it might change your letter grade in psychology from a B to an A-?



THE BOLT NEWS

CSA, I CHOOSE YOU



ELECTION WEEK



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PUPPY POWER

You probably enjoy #DogsOfInstagram, right? Ye Jin Chung has information on how those cute animals might help you bump your grades.

COMING TO CANADA: DOS AND DON'TS

by Asfandyar Memon

Canada is the second largest country in the world with a diverse population, many cultures, and great opportunities. However, one should never assume that they can just come to Canada and instantly find housing and jobs. If, as an immigrant, that is the extent of your planning, then you may not even make it to the border. Below, I have compiled a list of some major DO's and DON'Ts when coming to Canada.

DO: Know the country, province and the place you plan to live in well before arriving. You must be prepared for licensing for employment or education, know the language barriers, be keen to understand the new policies, expect culture shock, and adjust to the new way of living.

DON'T: Do not assume that the immigration process is quick. It is a time-consuming procedure and one has to be very patient. The time taken for processing an individual application versus an entire family's application could vary from a month to a year.

DO: Establish a strong support network. This is imperative. You are not just moving into a different house or neighborhood, but to a different country, so your whole life is about to change. Not having a network of family and friends in place before the move can be stressful. Being connected to someone already in Canada can benefit you in many ways.

DON'T: Never fail to provide proper, original documentation and/or paperwork. As an immigrant, you must first be legally eligible to work in Canada. The government requires that certain documents be provided and appropriate permits are issued before you start work.

DO: Canada has two official languages, English and French. Being fluent in one or both of these languages

will give you a tremendous head start when you arrive; the inability to converse with your peers will make the transition to life in your adopted country much more difficult.

DON'T: Never arrive in Canada with insufficient resources or funds. To get established, you must have strong or sufficient financial stability that will sustain until you find a job or suitable housing in the first few weeks or months of your arrival.

DO: You have to meet certain criteria and, sometimes, have educational documents credentialed to qualify for specific jobs or programs. Failure to educate yourself about these criteria beforehand can result in you being ineligible to work in Canada.



LUNCH & LEARN INTELLECTUAL PROPERTY BASICS

SPEAKER: MARNIE FYTEN

MARCH 1ST 2019 | ROOM AWC125 | 12-1 PM

Thinking of an idea or an invention? Or maybe a business name, product design, or original artistic work? Come and join us in learning the basics of intellectual property (IP) and ways to protect, and use your IP. Lunch will be provided.

REGISTER AT TINYURL.COM/CUE-LLMAR

While external measures such as exercise and diet play key roles in stress management, our internal processes also matter. Journaling and visualization can be worthwhile in helping us examine our own headspace and make beneficial changes if needed. After all, understanding why we feel stressed is the first part of responding to stress effectively. Reframing stressors is a key part of learning to manage them because, as we noted last issue, it's our perception that matters for stress. While reframing a test as a challenge to be overcome rather than an impossible task may seem difficult, it is definitely helpful. While it may seem cheesy (and reminiscent of the lyrics of a thousand songs), the simple mantra of "just breathe" also helps. Taking deep breaths or practicing relaxation techniques, such as meditation, have been shown to be related to stress relief. Changing our internal headspace isn't limited to cerebral activities either as music can also play a key role in relaxation; research has shown music at around 60 bpm syncs with our brain activity and helps us relax. This is especially true for folk-style music, particularly Aboriginal and Celtic, as studies indicate that these genres provides a soothing effect. Given the amazing breadth of music out there, you can easily find a genre of relaxing music that suits you.

Active decisions and activities can also help with stress relief and management. Sometimes the key may be simply distracting ourselves from the pressures we feel, if just for a moment. It's easy to feel guilty and tell yourself that it would actually be more effective to spend time working your way down your to-do list. However, rewards are huge for working through stress, so don't forget to take some time for a break or to reward your efforts. One stressor may have passed, but new ones will appear sooner or later, and developing resilience is key to keeping your head up and feet moving.

Sometimes, what it may take is a complete retreat and rebuilding effort. General adaptive theory holds that, if stress persists for too long, we all may eventually reach a phase of exhaustion, where we are physically and physiologically incapable of continuing. It is in

this moment that it becomes important to reach out for support and reevaluate why we're on our current path and what motivates us. We all have life goals and plans for where we're headed, and sometimes these plans have to change. This might mean saying "no" to opportunities, as difficult as that may feel. It can be easy to fall into a rat-race mentality where every moment not spent studying, working, or volunteering is a wasted moment--after all, good jobs are competitive, and someone out there wants the same thing you do, so why rest? But this attitude leads to constant pressure and stress, and we would be better served by remembering the importance of rest. Just because you could theoretically spend Thursday night volunteering doesn't mean that you'll be in the mental shape by Thursday to actively participate. Know your physical and mental limits, both short-term and long-term.

Finally, it's important to emphasize that everyone is different, and while these strategies have been shown to work, they are not the be all and end all of stress management. There are some universal constants--alcohol and unprescribed drug use represent sub-optimal coping mechanisms and should be avoided, but on the whole, it's up to you to experiment and find what works for you. Also, it's important to understand that when the techniques are not working, it is time to seek outside help. We may put on a facade of normality, but it's not a sign of weakness to go visit a counselor or talk to someone about your stressors. Stress management requires experimentation because no one has all the answers. Having sat through my share of motivational conferences, I've heard a lot of "ship in a storm" and "iron in the fire" analogies, but in the end, there is some truth to these comparisons. Stress is inevitable, but suffering from stress does not need to be.



THE SCIENCE OF STRESS: PART 2

by Donovan Makus

In the last issue, we looked at what causes stress, the various theories behind stress response, and the biopsychosocial aspects of stress; however, we neglected one key element of stress--how to deal with it. This may not seem too urgent right now with reading week fast approaching, but for those of us who have midterms and work due right after the upcoming break, the stress is on. Stress is inevitable, but suffering from its negative effects is not. Through the application of our own personal experiences and academic research, we can learn to manage and work through our stressful life experiences.

As we saw the last issue, stress is subjective, varying in interpretation from person to person. To an extent, so do our management techniques. We all have different backgrounds, experiences, and biological makeup, and this means that while one stress management method may not work all that well for you, others may be a better fit, experimentation being necessary in order to find what works best for you. Thankfully for this process (though unfortunately for us in general), life tends to provide numerous stressors which we can use to test some of the following stress management techniques.

“No man is an island.” This statement, famously uttered by Englishman John Donne, is something to bear in mind when dealing with stress. We may experience stress on a personal level, but social supports are key to managing and working through stress. It’s difficult to say exactly why this is the case; however, there are two supporting ideas that may explain why. The first consists of the constant positives of social networks (in forms of mental and material support), and the second is the buffering perspective, which emphasizes the importance of social networks in easing stress. While the exact mechanism may be unclear, the importance of maintaining social networks is clear. It’s important to make time for friends and family even while under in-

tense stress; I can personally say that the times of highest stress I’ve experienced occurred when my family went on vacation during an exam preparation period, with a new job limiting my opportunities to socialize with friends. If we’re far from our own family and in a new setting away from existing friendships, it can be difficult to build social networks. Thankfully, this does not have to be the case. Through programs such as the CSA’s Peer Support team and campus-wide social events, we can all take advantage of opportunities to build our social networks and, with time, our social support.

It seems like the first thing to suffer when obligations pile up is a healthy diet and exercise. On some level it makes sense--why wake up early for a morning run and spend time meal planning when you could use that time to work on what’s causing your stress? Yet the research is clear: reducing exercise and allowing unhealthy diet changes is not a good idea and does not help with stress. Regular exercise, in particular, has been shown to reduce stress levels and is associated with better overall physical and mental health, helping to buffer stressors. This may work through the release of exercise-related endorphins or through a form of sublimation; it’s a lot better to pound out frustration at the weight rack or on the treadmill than to let it simmer. Also falling under the rubric of health is ensuring your sleep levels are adequate. This is, of course, good advice to hear, but the application is a bit difficult, and I’ll confess I don’t always live what I write; my fitness tracker’s “sleep” graph regularly falls short of 100%, and when it’s 1:00 pm on a Friday and I’m on my 3rd cup of coffee and finishing off a Diet Coke, the caffeine buzz that’s held me up thus far starts to fade. Time management, another key part of stress management, can seem difficult to insurmountable depending on our level of busyness, but careful scheduling and planning can help us effectively manage our stress (and time) by providing us with a course of action.

SUPER BOWL 2019: THE HALF-TIME SHOW

by Denis Latifi

At this year’s Super Bowl, the LA Rams and the New England Patriots started out the first half of the game with a bang. That’s right--a whopping three points from a field goal by the Patriots got them up, and they finished off the first half of the game with a 3-0 lead.

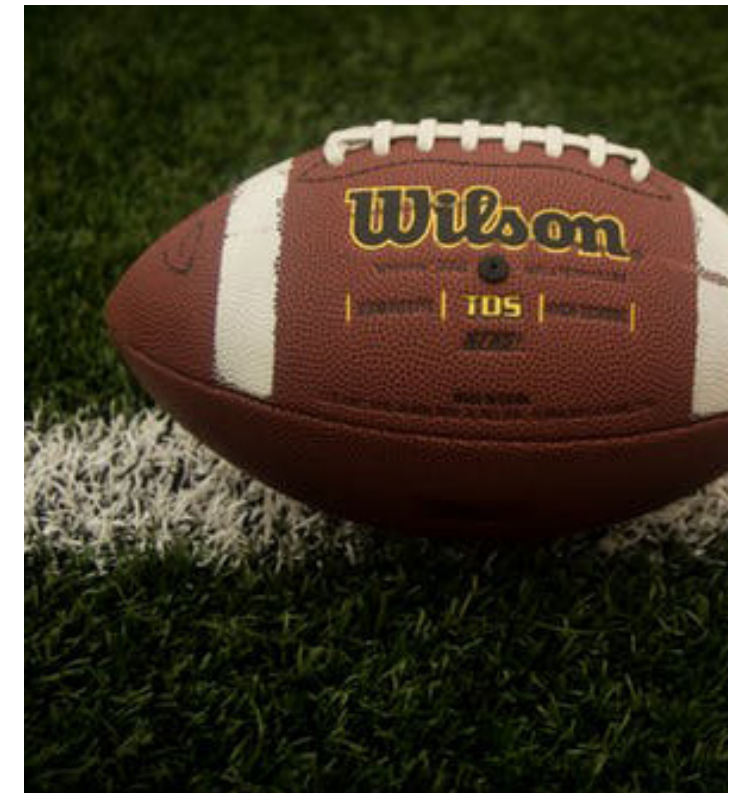
In all seriousness, it was a bit underwhelming. Like me, most viewers were expecting a great halftime show from Maroon 5, who were the headliners for the performance with special guests including Travis Scott--who many thought would propose to girlfriend and baby mama Kylie Jenner--and Big Boi, who was part of the hip-hop duo Outkast. I was hyped for the show because of so many things that could’ve been done throughout the performance to show support for the NFL-exiled QB, Colin Kaepernick, but throughout the entirety of the performance, it did not live up to said hype.

Now, granted, Maroon 5 played all the hit songs--including “Harder to Breathe,” “This Love,” “She Will be Loved,” “Sugar,” and “Moves Like Jagger”--and were sung well by lead vocalist Adam Levine, but many people, myself included, thought the performance was “bland” and “uninspired.” When I thought that the world was ending and that the performance couldn’t get any worse, Spongebob’s “Sweet Victory” didn’t even play all the way through--the intro to the song acted as a mere segway into Travis Scott’s “Sicko Mode.” Big Boi was possibly the best performer on stage, even though he was only rapped for “The Way You Move”. I think that the moment that made me want to switch it off was when Adam Levine stripped himself of his shirt during “Moves Like Jagger,” which left many fans bewildered as Janet Jackson had previously been banned from performing at a Super Bowl due to a wardrobe mishap, being fined a whopping \$550,000.

As an avid football fan, I really wanted to write about

how great the show was and how I enjoyed watching some of my favourite artists perform; however, I feel disappointed in the sense that none of the singers really cared to express their support for Kaepernick. It was a shame that Adam Levine & Co. delivered such bland performances of some timeless songs that his fans love. It was disappointing that Travis Scott only sang/rapped a little bit of “Sicko Mode” and Big Boi only had one track. It was disappointing to see the obvious sexism that is currently being displayed by the NFL and the entertainment industry by demonstrating a complete double standard in how Adam Levine was able to strip off his shirt and Janet Jackson was blacklisted due to a malfunction.

Overall, the halftime show was a complete bust (the game wasn’t any better), but I did give “Sweet Victory” a listen after the game ended, and that made me feel a little better.





is described as an adult summer camp and sounds like a load of fun. For more details or to apply, visit www.myexplore.ca. If you're already proficient in French, you could also take a year to participate in the company's other program, Odyssey, in which you would be paid \$20/hour to help francophone students in Quebec learn English, and the best part is that the only experience you need is one year of university. If this is more your speed, the place to go learn more or apply is www.myodyssey.ca.

Did the travel part of the Explore program appeal to you but then seem wrong because French isn't your thing? If that's the case, how do international internships and volunteering sound? AIESEC is full of opportunities for anyone between 18 and 30 years old, including internships for people interested in IT, business administration, and marketing as well as jobs for people interested in those same things as well as education. You could also volunteer to help reach the UN's sustainable development goals. Volunteering abroad is something that I personally have always wanted to do but have never been able to, so if you have the chance, why not get started? You can sign up at <https://aiesec.org/>.

Are you more of a tech person? If so, there are two companies who recommend working for them: Jobber, and Startup Edmonton. Both are software companies looking for people who are enthusiastic about technology to join their teams. Jobber is currently looking for software developers as well as marketing people if that's more your lane, and Startup Edmonton is offering a summer student program for people who are eager to try their hand at tech jobs, and it also includes a free membership for students that involves access to events and workshops to help further your skills. If any of that seems interesting, you can learn more at <https://getjobber.com/careers/> and <https://studentstartuplife.com/>.

Psychology, sociology and education students, this next opportunity is geared almost exclusively to you. Inspire Lead Achieve is the High Prairie school division and they are looking for people to teach or even just support our leaders of tomorrow--the children. The school division includes 13 schools in north-central Alberta that collectively

have 3,200 students. The only downside to all of this is that these jobs are all full-time and are very hard to balance with school, but if you're close to graduating, this might be the perfect job for you. To learn more, you can visit <https://hpsd.ca/> and to apply, email hr@hpsd.ca.

Do you want to work with kids outside of a school setting? How about Pedalheads? For the months of July and August, Pedalheads looks for people to work at their summer camps, and both you and the kids get to have a good time. You get to lead games and make crafts with subtle lessons, making for a good old educational time. You can learn more at <https://www.pedalheads.com/>.

The City of Edmonton also has quite a few great summer jobs and internship opportunities; unfortunately, it is a lot harder for me to give you specifics as they change the job postings on their websites weekly. According to the representative that I spoke with, they post jobs and take them down exactly one week later to ensure that they do not have an excessive amount of applicants, but they also have job openings that work for people interested in sciences, arts, business, and everything in between, so the best thing to do would be to periodically check back on the openings to find something for you. You can find said job postings at https://www.edmonton.ca/city_government/jobs.aspx.

These were all the companies that were looking for new employees at the career fair, but did you know that you can also find job postings through Concordia Online Services? Simply log in and find select "Job Postings" from the drop-down resources menu, and if you're not ready to apply for any jobs yet because you're feeling skeptical about your resume, Career Services can help. The lovely people who work in Career Services are always happy to take a look at your resume for you and help you fix it as long as you have an appointment. To book an appointment, visit <https://tinyurl.com/y85ah8tu>.

If you weren't able to attend the career fair or didn't have time to get all the information you needed, hopefully now you have it. Good luck with your job applications!

WEREN'T ABLE TO MAKE IT TO THE CAREER FAIR? HERE'S WHAT YOU MISSED

by Nuha Taha

School is hard and students are busy--trust me, I get it, but whether you are in class, at home, or just avoiding the Tegler traffic during career fair, you still deserve to know who was there and whether or not any of it was beneficial to you, and that's why I'm writing this recap to fill you in.

First off, I thought I'd mention something that pretty much anyone can do. One business that made an appearance was Enterprise Rent-a-Car. This is a company that is constantly in search of people who will work part-time, mostly in customer service positions. The Enterprise representatives also mentioned that they are currently looking for people to work full-time in office positions and, if you're a Bachelor of Management student towards the end of your program, the good news is that they're looking for someone just like you. If you're not, however, don't be discouraged as you still have a chance due to background diversity being super important to the company. If this seems like something you'd be interested in, you can visit <https://careers.enterprise.com/> for more information or to apply.

Another table that seemed to be catching the attention of a lot of students was Correctional Services Canada. If you don't immediately know what that means, neither did I--as I found out, however, it means working in a correctional facility with federal funding, such as a prison or detention center. If you've always wanted to help people, this might be the way to do it by changing lives and protecting Canadians. Unfortunately, there were quite a few requirements for this job as it would mean that you would be a federal public servant. To apply for this job, you must be at least 18 years of age, have a driver's license, and be willing to go through physical and psychological assessments as there is a certain amount of risk involved in jobs like this one. Another thing is that this is a full-time job that one recruitment representative specified might not be the

best fit for full-time students, but it is still a great opportunity for anyone, especially those studying anything to do with social work, criminology, and psychology. The catch is that the application process can take up to a year, so if you're interested, you should get started on your application right away at www.jobs.gc.ca. Further information can be found at www.csc-scc.gc.ca.

But maybe that's not your thing--maybe it's not exciting enough. If that's the case, there were two tables that also presented on helping people, but this time, it was via protecting the streets that run through the city (and country). Even though I'm pretty sure you already have an idea of what I'm referring to, I'm talking about being a cop. The Edmonton Police Service is hiring seven days a week and 365 days out of the year. They hire their officers in classes of roughly 25 people and, instead of looking to hire only one class, they're looking to hire three. The other group is the RCMP, who train approximately 1200 cadets a year but are hoping to bump that number to 1500 with the help of the great men and women of this country who want to help. If this sounds like the job for you, you can find more information and apply at <http://www.joineps.ca/> or <http://www.rcmp-grc.gc.ca/en/police-officer-careers?careers>.

Maybe you're looking for something to do in the summer but a job isn't exactly your type of thing--did you maybe want to learn a second language, such as French? Explore Without Limits is a 5-week program open to Canadian citizens or permanent residents who want to learn French at any level. The program involves choosing one of the many interesting study locations and attending workshops and activities to help either build on your French skills or build a strong foundation for you to build onto in the future, and the best part is that public funding covers most of the expenses with the exception of travel costs. The program

SHOW TIME!

Here is what is playing in theaters this week:

Alita: Battle Angel
PG

Aquaman
PG 13

How to Train Your Dragon: The Hidden World
PG

The Lego Movie 2: The Second Part
PG

Spider-man: Into The Spider-Verse
PG

Fighting With My Family
PG

Isn't It Romantic
PG 13

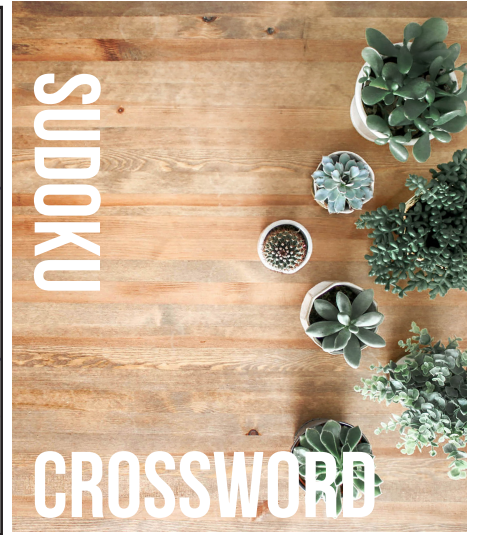
What Men Want
14 A

Cold Pursuit
14A

Happy Death Day 2U
14A

Cineplex North

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	7						9	
4		9			1			6
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	8	3				9	6	
5					2			8



Across

- 1. Sch. groups
- 5. Choir singer
- 9. Wound remainders
- 14. Reckless
- 15. Saturate
- 16. Falcon's claw
- 17. Butter alternative
- 18. Lip
- 19. Dispute
- 20. Actress ____ Johansson
- 22. Wrinkle
- 23. On a leash
- 25. Always, in poems
- 26. Deeply felt
- 29. Groom's vow (2 wds.)
- 30. Brownd bread
- 31. Eve's mate
- 32. Wind dir.
- 35. Send forth
- 36. Hebrew feast
- 38. Docile
- 39. Actor ____ Gibson
- 40. Amtrak terminals (abbr.)
- 41. Baseball blunder
- 42. Roadster
- 43. Put in order
- 45. Clairvoyant's letters
- 48. Genius Albert ____
- 50. Near (2 wds.)
- 52. Small sofa
- 56. Search blindly
- 57. Reasonable
- 58. Skirt length
- 59. Metric measure
- 60. Happily ____ after
- 61. Capri or Wight
- 62. Type of glue
- 63. Give in
- 64. Summer shirts

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56						57				58		
59						60				61		
62						63				64		

Down

- 1. Paid athletes
- 2. Powder mineral
- 3. Out of port
- 4. Least lengthy
- 5. Desirable qualities
- 6. Detest
- 7. A sense
- 8. Approvals
- 9. What actors hope for
- 10. Feel concern
- 11. Pond growth
- 12. Awaken
- 13. Look of contempt
- 21. Fasting season
- 22. Closet wood
- 24. Go by bus
- 26. Detail
- 27. Alaskan port
- 28. Kite feature
- 31. Radio spots
- 32. Alert
- 33. Pollution problem
- 34. "The Way We ____"
- 36. Solemn
- 37. Acquire by labor
- 38. Send
- 40. Stage decorations
- 41. Cleveland's waterfront
- 43. Repented
- 44. Worship
- 45. U.S. symbol
- 46. Disrobe
- 47. Snapshot
- 49. Work hard
- 51. Pinnacle
- 53. Leisure
- 54. Wheel shaft
- 55. Neckwear items
- 57. Dry, as wine

Presidential Candidates

Hello Concordia, my name is Keenan Forstey and I have been going to Concordia University of Edmonton for four years in the business program. I have played on the Thunder Volleyball team for each of those four years. By playing sports I have great time management skills that I want to use for the position of CSA President. My time at Concordia has helped shape my values and beliefs. I appreciate the policy that at Concordia you can sit in the back, but someone will always invite you to the front. If I am elected as the next President of the CSA, I want every student to feel they are at the front and in control of their post-secondary careers. I believe each voice should be heard. I want to encourage the idea that each voice can make a difference. If given the opportunity, I believe I can make each student's voice heard and every student's voice matter. Feel free to ask me any questions throughout my campaign about specific policies that I have.



KEENAN FORSTEY



BRAD AGNEW

Hey Concordia, my name is Brad Agnew and I'm am running to be president of your CSA! I have been active as a student here in Concordia over the last 6 years participating and volunteering in many clubs and sports from, model UN, volleyball, cross country, and track and many more in between. Through my extensive extra curricular and volunteering with events I have developed a strong appreciation for the community within Concordia that I look forward to developing further. I am planning on bringing my experience as a business owner and professional to Concordia in order to represent the interest of Concordia students. Through ease of access to information and growing communication I hope to encourage and empower our student body to take action and become further involved in our university. My goal is to continue the strong CSA leadership in ASEC and community involvement while working to develop our student voice here at home.

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HELPING PEOPLE**

**INSPIRED BY:
SERVING MY
COMMUNITY**

**INSPIRED BY:
A CAREER
WITH VARIETY**

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EDMONTON
POLICE
SERVICE

Athletics Ambassador Candidate



Keith Spruyt

No Bio

KEITH SPRUYT



NICHOLAS BURANT

My name is Nicholas Burant, I am a fourth-year management student and former member of the general counsel. In my time with the CSA I served as the Chair of the Concordia Management Council and was a member of both the policy and governance committee and the budget steering committee. If elected, I plan to focus on projects that will directly affect student life at Concordia such as, more food options, additional live music events, and furniture and exercise equipment improvements. I would also like to develop a new committee that focuses on issues faced by many students such as debt, employment, and stress. The 2019-2020 school year will be my final one at Concordia and with only four classes left, I will be able to focus my efforts on leaving Concordia an even better place than it was when I started. Also, let's get a licensed establishment on campus.

Vice President Finance Candidate



MARC LANGEVIN

My name is Marc Langevin and I will be running for the position of VP Finance. I am currently in my 4th year in the Bachelor of Management program with and emphasis in accounting. Along with completing my degree in management, I currently play on the men's volleyball team at Concordia.

As the VP Finance, it will be my responsibility to handle the the financials of the CSA, and all of the student clubs at Concordia. I believe I am qualified for this position because I am organized, good with budgeting, planning, and have taken many advanced accounting and finance classes throughout my time at Concordia. Please vote for me to become the next VP Finance, and let's have an incredible 2019-2020. Go Thunder!

CSA ELECTIONS
LEARN TODAY - LEAD TOMORROW

ELECTION DATES

NOMINATIONS
FEBRUARY 11TH-15TH
PICK UP YOUR NOMINATION PACKAGE AT THE CSA OFFICES IN ALUMNI HALL

CAMPAIGN
FEBRUARY 25TH - MARCH 6TH
FEB. 27TH - SPEECHES
MARCH 1ST - DEBATES/MEET AND GREET
MARCH 7TH AND 8TH - VOTING

AVAILABLE POSITIONS IN 2019/20 ELECTION

EXECUTIVE POSITIONS
PRESIDENT
VP FINANCE
VP STUDENT LIFE
VP ACADEMIC
NEW POSITION

GENERAL COUNCILLORS
ARTS REPRESENTATIVE (3 SEATS)
SCIENCE REPRESENTATIVE (3 SEATS)
MANAGEMENT REPRESENTATIVE (1 SEAT)
ATHLETICS AMBASSADOR

CSA POSITION ELIGIBILITY REQUIREMENTS

- 1 UNDERGRADUATE STUDENT ENROLLED FOR THE 2019/20 TERM
- 2 GRADE POINT AVERAGE MINIMUM 2.0 AND SATISFACTORY STANDING

FOR MORE INFORMATION CONTACT
CSAPRESIDENT@STUDENT.CONCORDIA.AB.CA

Vice President Student Life Candidate



HANNAH LUDLAGE

What's up Concordia!!

Hannah Ludlage here - running for your 2019-2020 VP of Student Life. Over my past year in this role I have truly grown fond of the connections I have made and the relationships I have been able to build with the people here at CUE. This above all else, has drawn me back into the elections to run for another year as the VP of Student life. These connections not only inspire me to run again, but will also aid me in providing the best services for you guys here on campus. As you all know, CUE is growing at a rapid pace in student numbers, which truly excites me for this role. Having more students on campus means more diverse, bigger, and wilder events this role can create, both on and off campus.

I am passionate about the student experience here at Concordia, and will strive to continue to build the CSA that reflects the wants and needs of CUE students, that allow me to serve you guys in this role.

You guys deserve the best - and I want to bring it to you. Lets go #GETEM Concordia

Vice President Academic Candidates



FRAZER CONNELLY

Hey Concordia! My name is Frazer Connelly and I'm hoping to be your VP Academic for the 2019-2020 school year. I'm currently in my 4th year at Concordia, going onto my 5th year in the Bachelor of Management program, emphasising in marketing. On top of academics, I am a member of the Thunder Cross-Country/Indoor Track team as well.

As VP Academic, my primary goal will be to do everything I can to improve the Post-Secondary experience for all students. I would be responsible for maintaining the policies set forward by the board and committees at Concordia to ensure that every student is getting the best benefits for their education.

I would be the best fit for this position as I have 4 years experience at this institution and understand what being a student is all about. Go Thunder!



DONOVAN MAKUS

Hey Concordia!

My name is Donovan Makus and I want to be one of your Science Student Representatives. As a 3rd Year Environmental Science student I've had the opportunity to work with many Science students over the years, through tutoring, SI, and my involvement in the Concordia Science Society as VP-Finance. I've always striven to be available to help students and advocate for them, even if it means answering Stats emails at 11:00 the night before a major exam! As one of your Science reps, I would continue to advocate for you and ensure that our student voice is heard by administration. As the Faculty of Science and Concordia grows we will have new opportunities and challenges; I hope you will vote for me so that I can continue to advocate for you and help create an even better Concordia.

Vote for Donovan to get things done!

Managment Representative Candidate

Hi Concordia! My name is Christian Potolicki.

I am running to represent you as your 2019-2020 CSA Management Representative. I am a 4th year student pursuing a Bachelor of Management & Science Dual Degree. Over my time at Concordia, I have seen the university grow, and have had the privilege of networking with many of our awesome students and faculty. Recently, I have represented Concordia at amazing events such as the 150 StartUps Kick-Off Weekend, the Alberta Energy Challenge (AEC) Business Case Competition, as well as our inaugural Entrepreneurship CUE Case Competition.

Involvement with new student orientation day, mental health awareness events, and a recent Design Thinking Workshop have allowed me to further interact with students. The challenges and opportunities I've embraced throughout my university experience would allow me to represent management students in an informed way, and I am eager to share these experiences with you!

Thank you!



CHRISTIAN POTOLICKI

Science Representative Candidates

Hey Concordia! My name is Miranda Goudreau.

Currently, I am a third year Biology major with an emphasis in Cell and Molecular biology with a minor in Political Science. I'm running for Science Representative because this year I wanted to get more involved with Concordia and to help be a voice for Concordia's science programs. I believe that I will excel at being your Science Representative because I enjoy working alongside people and I am a listener. I am here to listen to what you have to say and to do something about it. My job as Science Representative will be to represent you and the things that are important to you on the CSA. Science is something that I am passionate about and I hope you will give me the opportunity to represent you and be your voice.



MIRANDA GOUDREAU



EMMA SCHMIDT

Hey CUE! My name is Emma Schmidt and I am running for the position of Science Representative. I am going into my fourth year and am a biology major, chemistry minor. Over the 2018-2019 year I served as the Science Rep, and I am very excited to have the opportunity to run for this position again. Through my time on the CSA I have been on the Budget Steering Committee, Mental Health Action Team and New Student Orientation Committee. I have also served on the Concordia Science Society for two years, most recently as the President. Through my time in these roles, I have helped to increase the number of social and academic events for science students, worked on increasing science representation on the CSA and have strived to be an advocate for every student's needs. I truly believe that my knowledge and experience in this position is an asset that will help continue the growth of the CSA.



ADRIANNA BLITTERSWYK

Hello,

I'm Adrianna Blitterswyk and I am excited to be running for the new VP Academic position with CSA. I'm in my 4th Year of a BA Degree. I'm an excellent candidate for this position because I have significant amounts of experience in areas essential to the duties of the VP Academic role. I have 3yrs working experience with the Registrar's Office, and 2yrs with the CSA as Arts Representative. I also have experience with Student Research Grants. Moreover, I've traveled internationally to represent Concordia at prestigious conferences with the CMUNC. My knowledge in these diverse areas is an asset to the VP Academic portfolio. With this I'd be able to work effectively in collaboration with students, faculty and CSA to mold this new role for student benefit in a variety of ways. It's my hope to be an open resource for students and advocate for your academic needs.

Reid is a first-year arts student pursuing a sociology degree with aspirations to go into law and public policy. Born in Texas, Reid was raised in a suburb 30 minutes north of Dallas called McKinney. Since graduating high school in 2015, Reid has gained extensive professional experience fulfilling multiple leadership roles throughout his working career. Most recently serving as assistant general manager at a luxury car wash in Texas. Along with having been in a leadership position, Reid has been a steadfast activist in the American political realm. While the mainstream of American voters sat idle when 17 children were murdered in cold blood at Marjory Stoneman Douglas High School, Reid took the streets in downtown Dallas protesting for common sense gun reform in the March For Our Lives. If elected, Reid will be an activist for academics for the Concordia student body.



REID OFFERS

Arts Representative Candidates

Hi! My name is Kriti Shah and I am a third-year Bachelor of Arts student with a major in Psychology. I'm hoping to be one of your Arts Representative for 2019-2020!

I've been part of the Concordia Arts Society's executive team for the past two years as VP of Communications and Vice President, and I'd love the opportunity to represent the faculty on a more formal level. I also have experience with the Psychology Club; I was VP of Marketing last year and President this year. You may also have seen me promoting Concordia's Peer Support around campus.

As a potential Arts Representative, I want to create more events for all of the departments within the faculty, and work with CAS to bring more professional development courses to campus. I promise to represent the best interests of the Arts students and be approachable and open to all suggestions!



KRITI SHAH



MACKENZIE CARTER

Hi Concordia! My name's Mackenzie Carter and I'm running in the election for the upcoming academic school year, for the position of Arts Representative. I am a third year student Majoring in Psychology and minoring in Sociology. I am super excited to become more involved in the school's community and provide a voice for students. I believe I can effectively fulfill the Responsibilities as an Arts Representative and provide an opportunity for all students to feel heard and acknowledged. Outside of school I am an intern for CASA (child Adolescent and Family Mental Health services) working with at risk youth. Upon graduation I would like to continue on to complete my masters and peruse a career as a registered psychologist. In my free time I train karate. I've been practicing for 16 years and have represented Canada at an international level.



DREW CARSON

Hi, my name is Drew Carson, and I am a third-year student in the faculty of arts with a major in psychology. I am interested in running for one of the arts representative positions in the CSA because I genuinely want to get the students voices heard. Students express their complaints to each other, not to the CSA. I would be bringing in a perspective that is entirely outside of the CSA; one that has agreed and disagreed with what the CSA has implemented over my time here. Specific to the arts, I want to give students more opportunities to interact with the CSA. These opportunities would include having our students create the hoodies that represent our faculty, running events that students themselves have shown interest in being done, and giving students more chances to provide feedback for the events we run and other general concerns.

Hey Concordia! My name is Aastha Tripathi. I am a third-year student in the faculty of arts. I am majoring in Psychology and minoring in French. For the upcoming academic school year, I am running for the position of Arts Representative. During my time at Concordia, I have worked closely with the student ambassador program. Most notably, I had the opportunity to represent our university at the National Model United Nations conference as staff member last year. Outside of school, I volunteer with CASA (child, adolescent and family mental health services) working most often with at risk teens. Additionally, I am a Hindi language instructor with the Hindu Cultural Society of Alberta. I look forward to getting more involved with the CSA and prove to be a voice for every Faculty of Arts Student. If elected, it will be my endeavour to represent and enhance your student experience at Concordia.



AASTHA TRIPATHI