

## CAFETERIA MENU: OCTOBER 1-4

Monday: Beef stroganoff with egg noodles and fresh broccoli

Tuesday: Pork souvlaki with honey roasted parsnips & carrots and lemon & paprika roasted potatoes (GF)

Wednesday: Baked Tandoori chicken with vegetable fried rice (Halal, GF)

Thursday- Traditional beef chili with garlic toast (7.99)

Friday- Herb roasted chicken with corn, mashed potatoes, and gravy (GF)



## INSIDE THIS EDITION:

- Flip the Script Training Sessions
- Academic Workshops
- Indigenous Career Award
- Text The Library
- Photo Contest
- Counselling Services
- Wyndi Bird-Cenovus Scholarship Recipient
- Elvira Tremblay-Cenovus Scholarship Recipient
- Chinese Stories
- Canada Graduate Program
- Christmas Bureau Dinner Dash— Nov. 10
- Entrepreneurship Case Competition



All Faculty, Staff and Students are encouraged to show their Concordia Spirit by wearing Concordia gear on Friday's.

For maintenance items e.g. leaky plumbing, lights out, blocked toilets, door handles not working, pest control, etc. call Plant Operations on x340 from a classroom phone or 780 479 9340. For cleaning items, messy washrooms, washrooms out of supplies, spilled drinks, broken glass, phone x311 or 780 479-9311 or if there is no answer call Plant Operations.



The Financial Aid and Awards Office is now open from Monday to Friday, 10:00 a.m. to 4:00 p.m.\*  
(\*we are closed Wednesday afternoons).  
finaid@concordia.ab.ca

Visit our [Financial Aid & Awards website](#) for more information.

# FLIP

*the*

# SCRIPT

SEXUAL ASSAULT RESISTANCE TRAINING  
*for* UNIVERSITY WOMEN

*Session One:*

**OCTOBER 2, 9, 16, & 23 AT 3-6PM**

*Session Two:*

**OCT 30; NOV 6, 20, & 27 AT 3-6PM**

12 hour sexual assault resistance training divided into four 3-hour units, open to all self-identified women currently enrolled at Concordia University of Edmonton.

Find more info and register at [tlnyurl.com/ConcordiaTalks](http://tlnyurl.com/ConcordiaTalks)

Space for each run is limited to 20 students.

A photograph of three students in a library setting. A young man is smiling and looking at a laptop, while two young women look on. Bookshelves filled with books are visible in the background.

# ACADEMIC WORKSHOPS - OPEN TO ALL STUDENTS!

Thursday October 11th 11:30-12:15 Tegler 103 - TIPS FOR UNIVERSITY SUCCESS

Friday October 12th 12:00-12:45 HA238 - TIPS FOR UNIVERSITY SUCCESS

Thursday October 25th 11:30 -12:15 Tegler 103 -STUDY TECHNIQUES

Friday October 26th 12:00- 12:45 HA238 -STUDY TECHNIQUES

Thursday November 8th 11:30-12:15 Tegler 103 - EXAM TAKING STRATEGIES

Friday November 9th 12:00-12:45 HA238 -- EXAM TAKING STRATEGIES

A graphic for the Indigenous Careers Award. It features a purple and yellow background with abstract geometric shapes and patterns. The word 'Alberta' is written in a script font in the top right corner.

# Indigenous Careers Award

**\$2,000 per semester**  
(maximum of \$4,000 in an academic year)

**Deadline to Apply: October 15**

For more info and to apply visit  
[concordia.ab.ca/student-services/financial-aid](http://concordia.ab.ca/student-services/financial-aid)







# TEXT THE LIBRARY CONTEST



780 800 7330

Text CUE Library your Concordia student email address and you could win a \$50 gift certificate to the CUE Bookstore.



1ST DRAW: FRIDAY, SEPTEMBER 28  
2ND DRAW: WEDNESDAY, OCTOBER 31

STUDENTS MUST TEXT THEIR CUE STUDENT EMAIL ADDRESS TO BE ELIGIBLE  
ONLY CURRENT CUE STUDENTS ARE ELIGIBLE TO WIN  
CUE EMAIL ADDRESSES ARE COLLECTED FOR VERIFICATION PURPOSES ONLY  
ONLY ONE ENTRY PER STUDENT WILL BE COUNTED



# PHOTO CONTEST

Did you travel to some awesome places this summer ?  
Do you want your photo to be displayed in library during January 2019 ?

Come and talk to us at International office or email  
[international@concordia.ab.ca](mailto:international@concordia.ab.ca)

Deadline : October 31, 2018





# Creative Writing Working Group

Wednesdays (bi-weekly)  
Sept. 19th, Oct. 3rd, Oct. 17th,  
Oct. 31st, Nov. 14th, Nov. 28<sup>th</sup>

Conference Room of the Student Success  
Centre  
HA 113E (15:00-16:00)

Students! Bring 1-3 pages of your creative writing project to the working group for mentoring and work-shopping!  
(Please bring 5 copies of your work to share).

Contact: Conrad Scott [conrad.scott@concordia.ab.ca](mailto:conrad.scott@concordia.ab.ca)

Conrad Scott is a poet, fiction writer, and academic who also teaches English at Concordia and the University of Alberta. A graduate of the 2010 Spring Writing Studio at the Banff Centre for the Arts, his poetry has previously appeared in such publications as *Freefall Magazine* and *The Enpipe Line*. His first book of poetry, *Waterline Immersion*, will be published next Fall as part of Frontenac House's Quartet 2019.

## 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



# COUNSELLING SERVICES

## Where Healing Begins...

Did you know that Concordia provides psychological counselling to students? Yes, we are here for you!

## Make an appointment with Melissa Fortuin or Justine Richard:

Our skilled Counselling Practicum Students are available by appointment on weekdays. They are located in Library room L266.

You can book an appointment by:

Online: Visit [tinyurl.com/BookCounsellor](http://tinyurl.com/BookCounsellor). For detailed instructions see Booking a time slot.

Call: 780.479.9241

Email: [studentlife@concordia.ab.ca](mailto:studentlife@concordia.ab.ca)

In person: visit Student Success Centre

Note: A 24-hour cancellation notice required for appointments booked.

## Make an appointment with Mirna Hanic:

Mirna Hanic is a Canadian Certified Counsellor offering individual counselling to all students. Her office is located in room HA113-D, Student Success Centre.

Mondays: 8:30 am – 4:30 pm; drop-in sessions 12:00 pm to 1 pm (half an hour each, first come first serve)

Tuesdays: 8:30 am – 4:30 pm; drop-in sessions 12:00 pm to 1 pm (half an hour each, first come first serve)

Wednesdays: 8:30 – 12:00 pm; one drop-in session from 12:00 pm to 12:30 pm

If Monday is a STAT holiday, the schedule is Tuesday to Thursday, instead.

To Book:

Call 780.479.9241

Email: [studentlife@concordia.ab.ca](mailto:studentlife@concordia.ab.ca)

In person: visit Student Success Centre

## Online Booking-Only for students who have already seen, or are seeing Mirna:

Visit [tinyurl.com/BookWithMirna](http://tinyurl.com/BookWithMirna) (case sensitive).

Note: A 24-hour cancellation notice required for appointments booked.

## If in Crisis

Need help? If you are in crisis, please come directly to the Student Life & Learning office in the Student Success Centre, across from the Bookstore. The person at the reception desk will make sure you are connected with supports in that moment. We are open Monday to Friday 8:30 am to 4:30 pm. During off hours call 24/7 Distress Line at 780.482.4357. In case of an emergency call 911 and Campus Security (24/7) at 780.479.8761.



## **PAUL BAND FIRST NATION STUDENT RECEIVES CENOVUS ABORIGINAL SCHOLARSHIP**



Wyndi Bird of the Paul Band First Nation west of Edmonton is pursuing a psychology degree at Concordia University in Edmonton and hoping to one day work with people facing mental health challenges. She got a little help pursuing that dream this past school year after receiving a \$3,500 Cenovus Energy Aboriginal Scholarship.

“The scholarship allowed me to breathe a little easier and not stress so much”, says Bird. “Once I’ve finished my studies, I’m hoping to be able to use what I’ve learned to help as many people as I can with my education. Especially those struggling with mental illness as that is something I’m very passionate about.”

Bird was among 32 Aboriginal student scholarship recipients for the 2017-18 school year. The financial award is offered each year by Cenovus to Aboriginal students located near the company’s operating areas. Students apply in the spring and awards are given out at the start of the winter semester. The scholarships are granted based on successful enrollment in a full-time accredited program and also take into consideration community involvement, academic achievement, career goals and financial need.

Over the past five years Cenovus has awarded more than 90 scholarships to Aboriginal students. Students have gone on to complete programs in a diverse range of areas, including electrical apprenticeship, community social work, business, medicine, nursing, native American studies and law.



# BEAVER LAKE CREE NATION STUDENT RECEIVES CENOVUS ABORIGINAL SCHOLARSHIP

Elvera Tremblay of the Beaver Lake Cree Nation near Lac La Biche is working hard to earn a biology degree at Concordia University in Edmonton.

Her dream of becoming the first person from her community to earn a science degree got a financial boost this past year in the form of a scholarship from Cenovus Energy.

“The scholarship is important to me because it's helping me survive my school experience. I am currently taking my bachelors of science in integrative biology.

I hope to get accepted into medical school to become a pathologist or take my embalming licence,” says Tremblay. “My university experience has opened my eyes to all the different fields of science and I'm proud of my achievements so far because no one in my community has attended school for science. This is a huge deal for me, so I want to succeed.”

Tremblay was among 32 Aboriginal students to receive a \$3,500 Cenovus Energy Aboriginal Scholarship for the 2017-18 school year. The financial award is offered each year by Cenovus to Aboriginal students located near the company's operating areas. Students apply in the spring and awards are given out at the start of the winter semester. The scholarships are granted based on successful enrollment in a full-time accredited program and also take into consideration community involvement, academic achievement, career goals and financial need.

Over the past five years Cenovus has awarded more than 90 scholarships to Aboriginal students. Students have gone on to complete programs in a diverse range of areas, including electrical apprenticeship, community social work, business, medicine, nursing, native American studies and law.





# Chinese Stories

Arnold Guebert Library • Concordia University of Edmonton (7128 Ada Blvd)

*Reception and Keynote Speech:*

**Forty Years of Economic Reform and Openness in China: Retrospect and Prospect**  
by Marcella Siqueira Cassiano

Tuesday, October 30, 2018 • 2:00-3:15 pm • Library Gallery

**Art Exhibition**  
October 1-31, 2018  
Library Gallery



*Thinking about pursuing a master's  
degree after you graduate?*

# CANADA GRADUATE SCHOLARSHIP

– INFO SESSION –

October 2, 2018  
4:00 p.m. • HA 010

LEARN How to Apply for a CGS-M Scholarship  
for Your Master's Degree  
(must be a Canadian Citizen or Permanent Resident to apply)



2018

CHRISTMAS BUREAU OF EDMONTON

# Dinner Dash

5 km run or  
2.5 km walk

SATURDAY NOVEMBER 10, 2018  
11 AM • HAWRELAK PARK

REGISTER BEFORE OCTOBER 15: GENERAL \$25 AND TEAMS & SENIORS \$20/PERSON  
STARTING OCTOBER 16: GENERAL \$30 AND TEAMS & SENIORS \$25/PERSON  
KIDS 12 AND UNDER ARE FREE



**WE INVITE PEOPLE OF ALL AGES AND ABILITIES TO  
JOIN US FOR OUR 1ST ANNUAL DINNER DASH!**

REGISTER AS AN INDIVIDUAL OR A TEAM. COLLECT PLEDGES.  
HELP MAKE THE HOLIDAYS HAPPEN FOR EDMONTON FAMILIES,  
SENIORS AND CHILDREN IN NEED THIS HOLIDAY SEASON.

[CHRISTMASBUREAU.CA/EVENTS](http://CHRISTMASBUREAU.CA/EVENTS)





CONCORDIA  
UNIVERSITY  
OF EDMONTON

MITCHELL  
School of  
Management



# ENTREPRENEURSHIP CASE COMPETITION 2018

**OCT 20, 2018** | CONCORDIA UNIVERSITY  
8 AM TO 5 PM | OF EDMONTON  
7128 ADA BOULEVARD, EDMONTON, AB

OPEN TO ALL BUSINESS & MANAGEMENT STUDENTS IN POST-SECONDARY INSTITUTIONS  
TEAMS OF 4 | SLOTS AVAILABLE FOR 10 TEAMS | FEE OF \$100 PER TEAM

REGISTER ONLINE AT:  
[TINYURL.COM/CUE-ECASE2018](http://TINYURL.COM/CUE-ECASE2018)

FOR MORE INFORMATION CONTACT:  
[CASE.COMPETITION@CONCORDIA.AB.CA](mailto:CASE.COMPETITION@CONCORDIA.AB.CA)