



Early Edition of *This Week at Concordia*. Happy Thanksgiving!!

ADR INSTITUTE OPEN HOUSE

You are cordially invited to attend the *ADR Institute of Alberta Open House* to celebrate our new offices and classroom location at *Concordia University*.

When: Friday, October 18, 2013 — starting at 3:30 pm

Where: Ralph King Athletic Center, 7128 Ada Boulevard, Edmonton

Official Welcome at 4:30 pm. Drinks & appetizers will be served.

RSVP by October 11th to info@adralberta.com

Please join us!
ADRIA Staff & Board of Directors



☎ 1-800-232-7214 ext. 110 ☎ 1-780-433-4881 ext. 110 🌐 www.adralberta.com

Your CSA benefit plan is now live! This means Great West Life has received and processed all the student names from Concordia University that are on the CSA Benefit Plan. Any outstanding receipts you may have incurred between Sept. 1st, to present can now be submitted for reimbursement.

This also means your "My Benefit Card" is ready to use at the pharmacy for instant claims on prescriptions. Download or print your card today at Mystudentplan.ca. Not sure what to do? See Heather in her office in A212. She'd be happy to show you how it works and answer your questions!

SIGN UP FOR MISSION TRIP

**The Mission Trip Sign-up & Deposit Deadline is
October 25th ! For more information contact:
missiondirector@student.concordia.ab.ca**

INSIDE THIS EDITION:

- Concordia Blood Drive-Oct. 17
- Open House-Oct. 19
- Model UN Fundraiser- Oct. 20
- Fees Past Due
- Library News
- ADHD Support Group-Oct. 23
- Ready to Graduate?
- Weekly Cafeteria Menu

CAMPUS CLOSED-THANKSGIVING MONDAY

LIBRARY CLOSED

Saturday, October 12

Sunday, October 13

Monday, October 14





HELP SAVE A LIFE. DONATE BLOOD.

CONCORDIA BLOOD DONOR CLINIC:

Telger Hall

Thursday, October 17, 2013

10:00 am – 3:00 pm

Book your appointment to save a life.

online: www.blood.ca

phone: **1 888 2 DONATE**
(1 888 236 6283)



**WE
HAVE
A SPOT
FOR YOU**



OPEN HOUSE
OCT | 19 | 20
13
10am - 2pm

To register for open house visit:
concordia.ab.ca
7128 Ada Blvd Edmonton, AB
T: 780 479 9220

SAVE THE DATE! MODEL UN CLUB FUNDRAISER DINNER

As many of you may know our ambitious **Model UN** group will be very active this year attending a conference in South Korea at the end of November and events in Calgary (March) and New York City in April. To fund all these activities they are working hard at fund-raising. they have planned a lovely dinner at the Park Allen restaurant 7018- 109 street on **Sunday, October 20**. Tickets are limited so you need to order yours on line soon. They are **60\$ plus GST**. Cash bar on sight. Here is what you can expect.

5 :00 to 6:00 pm - When you arrive you will be greeted with a glass of champagne and great live music.

6:00 pm - Platinum Mezza will be served. Lebanese salad, Mediterranean Salad, Baba Ganouj, Falafel, Hummus, Sijouck, Lebanese sausage, Grilled Chicken & Beef, Catch of the Day, Grape Leaf Rolls, Tiger Prawns & Rice.

7:30 pm-Dessert and Coffee

8:00 pm– Silent Auction will Close.

For Tickets go to <https://csa-cimun.eventbrite.ca/> To find out more about the conference in South Korea go to: http://www.nmun.org/nmun_korea13.html

FALL TUITION IS PAST DUE.

Students Who Have A Past Due Balance Are Encumbered.

Please check your account information online through Concordia's website.

Fees can be paid at the Student Accounts Office during normal office hours.

Fees can also be paid through your bank by setting up Concordia University College of Alberta as a biller and using your ID number as your account number.

Fees can also be paid by credit card through online student services on Concordia's website <http://onlineservices.concordia.ab.ca/student/> .

If you have questions or need answers please inquire at the student accounts office.

LIBRARY NEWS

Hints from the Circulation Desk

Pick up your student ID card at Student and Enrolment Services (HA 120). This includes returning students as well. Everyone has a new card!

Your student ID card gives access to Library services such as database searching and placing holds. You need your full barcode number found on the back of your student ID card and a PIN. If you don't know your PIN or want to change it, visit this site <http://catalogue.library.ualberta.ca/pin/>, enter your barcode number & student email and your PIN will be emailed to you.

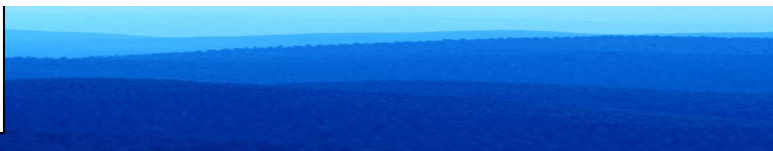
All Library notices are sent to your Concordia student email. This includes Headsup notices that checked out items are due, fines owing, and notices that items requested from other libraries are waiting for you on the Hold Shelf. Make sure you check your student email account regularly.

Pay close attention when placing a hold on an item from another NEOS library. Enter your full barcode number from the back of your student ID card, your PIN, and choose a Pickup location from the pull down menu. Make sure you choose Concordia University College, not Canadian University College – you don't want to drive to Lacombe to pick up your hold!

If you ever have any questions or difficulty using Library services, please come visit us at one of our service desks, email circle@concordia.ab.ca, use Library chat (access from the Library website), or call us at 780-479-9338. We're here to help!

ADHD Group

Starting October 23



ADHD Group

October 23 – December 11

Wednesdays 12:00-1:00 pm

Location: HA 314

Adult ADHD can be impairing and does not have to be dealt with in isolation. This group attacks ADHD symptoms such as hyperactivity, impulsivity, and difficulty focusing. You will receive precisely targeted intervention based on both the psychological and physical aspects of ADHD.

Session 1: Introduction & Program Overview

Session 2: Involvement of Family Members

Session 3: Organization of Multiple Tasks

Session 4: Problem Solving and Managing Overwhelming Tasks

Session 5: Organizing Papers

Session 6: Gauging Your Attention Span and Distractibility Delay

Session 7: Modifying Your Environment

Session 8: Introduction to a Cognitive Model of ADHD

Session 9: Adaptive Thinking Skills and Rehearsal

Session 10: Application to Procrastination and Relapse Prevention

What you need to know:

Facilitators: Raimona Ullah, MA., Provisional. Psych. and Lindsay Zoeteman, B.A, MA (can)

This program is based on a Cognitive Behavioral Therapy approach, which emphasizes that negative thinking influences our ADHD behavior and further reinforces our negative thinking. It is designed to assist individuals in achieving the changes necessary to reach their goals of managing their ADHD symptomatology.

For more information on the group or to register please email Raimona Ullah at raimona.ullah@concordia.ab.ca

Ready to Graduate?

Did you know? ... Concordia degrees are now conferred three times a year in September, January, and May. If you complete your degree requirements prior to May 2014, you can, if eligible, receive your degree(s) prior to May Convocation, on January 31, 2014.

In order to be considered for any of the degree conferral dates listed above, **you must submit an “Application for Degree/Certificate” form and any outstanding documents (if applicable) to the Registrar’s Office (HA 120) by the following dates:**

For January 31, 2014 Conferral:

- Application for Degree or Certificate due **November 30**
- Outstanding documents (if applicable) due December 19

For May 14, 2014 Conferral and Convocation Ceremony:

- Application for Degree or Certificate due **October 1***
- Outstanding documents (if applicable) due February 1

For September 30, 2014 Conferral:

- “Application for Degree/Certificate” due **August 1**
- Outstanding documents (if applicable) due August 31

PLEASE NOTE: Students who opt for a degree conferral date prior to May are still most welcome to attend the May Convocation Ceremony and participate in all of the regular graduation activities!

“Application for Degree/Certificate” forms are available on our website under “Printable Forms” and at Student & Enrolment Services (HA 120).

If you have questions about degree conferrals please contact the Registrar’s Office at 780-479-9250, by email at registrar@concordia.ab.ca , or speak to a Registration Advisor in Student & Enrolment Services (HA 120).

*Late applications for May Conferral and Convocation will still be accepted until November 1. However, students applying after October 1 may not be notified of their eligibility until April.

DAILY SPECIALS: WEEK OF OCTOBER 14TH 2013

MONDAY:

Today is a holiday therefore there are no pre-planned specials

TUESDAY:

Lunch: Hot Monte Cristo Sandwich filled with Ham, Turkey, Swiss Cheese & dipped in Egg & Grilled

Supper: Organic Alberta Prime Rib au Jus with Mashed Potatoes & Fresh Vegetables

WEDNESDAY:

Lunch: Butter Chicken on Basmati Rice

Supper: Chicken Pot Pie with lots of Chunky Vegetables Served with Steamed Yukon Gold Potatoes

THURSDAY:

Lunch: Pizza Pretzels with Potato Salad

Supper: Salmon Fish & Chips with Lemon, Tartar Sauce & Red Cabbage & Apple Cole Slaw

FRIDAY:

Lunch: Cheese Tortellini with Pesto Tomato Sauce & Topped with Bacon

Supper: It's Pizza & Fried Chicken Night, the usual menu is Suspended



Please note that "Choices" will typically offer a variety of sides in the daily menu. Prices are based on portion and the number of side orders.