

CONCORDIA CAREER SERVICES NETWORKING WORKSHOP

DATE: WED. JANUARY 13

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.

Career Services workshops are from: 12:00-12:50 pm. The room number will be announced at the time of registration. Register in person L358, by email: careerservices@concordia.ab.ca, or by phone: (780) 378 - 8461.

CONCORDIA STUDENTS' ASSOCIATION EVENTS

CLUB FAIR

JANUARY 12-13
11:00—1:00 PM
TEGLER CENTRE

KICK OFF PUB CRAWL

JANUARY 15
TICKETS ONLINE AT
OURCSA.CA (18 PLUS)

INSIDE THIS EDITION:

- CSA Health & Dental Opt-Out Info
- Phone Charger Available in Library
- Financially Squeezed?
- Concordia General Awards
- Tutors Needed
- Library Winter Semester Hours
- Counseling Services Information
- Anxiety Workshop
- Yoga in January
- Career Services Workshops
- Winter Tuition Information
- Wellness Summit

IMPORTANT DATES

Jan 12-Regular university program:
Last day to add or drop Winter semester courses

Jan 15- Last day to submit applications for Concordia University of Edmonton General Awards

Jan. 20- Last day for new January students, to Opt-Out of the CSA Health & Dental Plan.

CAFETERIA MENU: JANUARY 11TH

MONDAY: Cheese Tortellini Marinara \$7.99

TUESDAY: Salisbury Steak Mushroom Sauce Glazed Carrot Mashed Potato No gluten \$9.99

WEDNESDAY: Cajun Pork Loin, Corn Niblets, Roast Potatoes. No gluten \$9.99

THURSDAY: Chicken Breast Cacciatore, Herbed Rice Pilaf Sautéed Zucchini. No gluten \$9.99

FRIDAY: Swedish Style Beef Meat Balls, Mashed Potatoes, Sautéed Green Beans. \$9.99



ARE YOU A NEW STUDENT (JANUARY START) AT CONCORDIA?

As a new student you are automatically enrolled in the Concordia University of Edmonton Student Association Student Health & Dental Plan.

The deadline for new January start students to add family members as well as "Opt Out" is **January 20, 2016**.

For NEW January start students to add a family member, or to opt out of the CSA Health & Dental plan, you must submit your application online by January 20, 2015 online at mystudentplan.ca.

Only students that already have existing health and dental plan coverage may choose to opt out of the CSA Health & Dental Plan. Stop by the CSA Health Plan office in room A212 across from the Student Association in Alumni Hall. Linda Cuglietta, the Student Benefit Coordinator, is available on campus to answer any questions you may have, regarding the Student Benefit Plan.

Linda Cuglietta

Office Hours: Mon.- Fri., 9 a.m. - 2 p.m.

Room: A212 Alumni Hall

Phone: 780-378-8459

Email: concordiaplan@mystudentplan.ca

NOOOOOO.

Don't worry!

Check out a phone charger from the Library Service Desk.

Borrow one for up to 4 hours at a time.



concordia.ab.ca

Financially Squeezed?

Concordia's Bursary Program

Application Deadline
February 1st

APPLY ONLINE

[onlineservices.concordia.ab.ca/student/
onlineawardsapplications.php](http://onlineservices.concordia.ab.ca/student/onlineawardsapplications.php)

APPLY

ONLINE

TODAY!

the
CONCORDIA
AWARDS



ONE APPLICATION,
MANY AWARDS!

Deadline to apply
JANUARY 15th

AWARDS for FULL-TIME UNDERGRADUATE students
(Graduate and Open Studies students do not qualify)

TO APPLY
concordia.ab.ca/studentawards

Questions
finaid@concordia.ab.ca





TUTORS NEEDED

Get involved, gain experience, and make some cash!
Email ileana.fernandez@concordia.ab.ca to apply



NEED A TUTOR? NO PROBLEM!

Visit concordia.ab.ca/tutors to sign up

CONCORDIA LIBRARY'S WINTER SEMESTER HOURS

MONDAY-THURSDAY:

7:30 AM - 9:00 PM

FRIDAY:

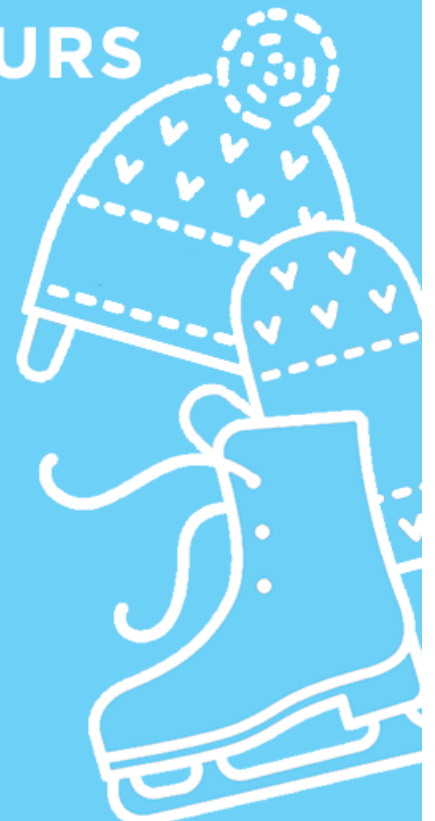
7:30 AM - 5:00 PM

SATURDAY:

10:00 AM - 6:00 PM

SUNDAY:

1:00 PM - 6:00 PM





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

Anxiety Workshop

What is it? How does it affect us?

**Come to our workshop to LEARN more about:
Anxiety and Strategies to Cope**

Wednesday, January 20, 2015

Noon—1 pm

Room S206



Presented by the CSA Mental Health Street Team



YOGA IN JANUARY

Ralph King Gym

Fridays from noon - 1 pm

January 15

January 22

January 29

Mats available to borrow



Presented by the CSA Mental Health Street Team





Concordia Career Services

Winter Workshops

Career Services is happy to offer free student workshops. All workshops are from: **12 – 12:50 pm**. The room number will be announced at the time of registration

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



LinkedIn

Date: **Wed. January 20**

Learn about LinkedIn and how it can help you achieve your career and employment goals. You will have the opportunity either develop or enhance your LinkedIn profile during this session, while learning tips on how to make the most of your time on this site.

Interview Skills



Date: **Wed. February 3**

Understand how to prepare for a job interview and learn the differences between different types of interviews and interview questions. Practice how to successfully answer questions in a job interview situation.

Resume and Cover Letter Writing



Date: **Wed. February 10**

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.



LinkedIn

Date: **Wed. February 17**

Learn about LinkedIn and how it can help you achieve your career and employment goals.

WINTER TERM TUITION IS DUE NOW!

Winter term 2016 statements are now available online. Paper statements are no longer mailed, but if needed can be obtained at the Student Accounts Office. Please check your account information online through Concordia's website <http://onlineservices.concordia.ab.ca/student/>.

Fees are due now.

Fees can be paid at the student accounts office by debit, cash or cheque. You can pay through your bank by setting up Concordia University of Edmonton as a biller and using your ID number as your account number, as well as by credit card through [www. plastiq.com](http://www.plastiq.com)

If you are receiving student loan funding, please be aware that Concordia has made remittance requests from your funding to pay your winter term fees. If your funding has not been received by please contact student accounts. Please check your account online to ensure that your account has been paid.

New Winter Term Students - CSA Benefit Plan: Opt out deadline is January 20, 2016. Students can opt out at: <https://mystudentplan.ca/csa/opt-out-form>

***For full reduction of tuition and fees, withdrawals must be done by January 12, 2016 for the winter term. "Non-payment of fees and/or non-attendance does not constitute official withdrawal from Concordia. Section 5.4.4, Academic Calendar 2015/2016."** <http://acalendar.concordia.ab.ca/>

If you have any questions, please do not hesitate to contact Student Accounts studentaccounts@concordia.ab.ca or phone 780-479-9207.

PLEASE BE AWARE THAT FALL 2015 TUITION MUST BE PAID IN ORDER TO CONTINUE IN THE WINTER TERM.

PAID IN FULL



YOU'RE INVITED!

ACMHI's first student-led

WELLNESS

SUMMIT

[campuswellness.ca/
wellnesssummit](http://campuswellness.ca/wellnesssummit)

January 29 & 30, 2016

GET INVOLVED IN THE DISCUSSION ON POST-SECONDARY MENTAL HEALTH IN ALBERTA

Join us at the 2016 Wellness Summit, where diverse stakeholders will be able to connect and discuss the current state of mental health services on campuses in Alberta.

Alberta Campus Mental Health Innovation (ACMHI) is hosting a provincial Wellness Summit on **January 29 & 30th, 2016 at Lister Centre, University of Alberta**. Students, campus practitioners and community partners will come together to workshop solutions and participate in opportunities to connect and strengthen partnerships, and share best practices to coordinate local and provincial action for healthy campuses across Alberta.

This summit will feature a keynote lecture by the Canadian Mental Health Association (CMHA) and insights from student leaders on innovative mental health initiatives across the province. Through interactive and informative sessions, this summit will inspire and promote meaningful discussion around the current state of mental health services on campuses in Alberta. Registration is now open! Visit campuswellness.ca/wellnesssummit for more information.