

## Today's Muffin Monday!

Stop by  
Career Services (L358) for:



Meet the staff and learn what  
Career Services can do for you.

Career Planning	Mock Interviews
Job Search	Personality Assessment
Resume Writing	And More!

**9:30am** until the muffins vanish

## GRAD PHOTO SESSIONS

**MARCH 21- 24, 2016**

ROOM L109- BASEMENT OF THE LIBRARY

BOOK ONLINE AT: [PHOTOS](#)

## INSIDE THIS EDITION

- Chinese Flower Market in Tegler
- Prof's Beach/Strand Debate on YouTube
- Take the Health Assessment Survey!
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- Suicide safeTALK Course
- The Writing Centre
- eTutor Alberta: Online Writing & Math Help
- Career Services Wednesday Workshops
- Wellness Wednesdays - Fitness Classes
- Concordia Paint Night—Thursday
- Friday Yoga Classes
- Register for Spring Spanish Classes
- Campus Free Counselling Services

### Laptop dying?

Check out a charger  
from the Library  
Service Desk.  
Borrow for up to 4  
hours at a time.



## CAFETERIA MENU: FEB 29—MAR 4

**MONDAY:** Sweet and Sour Pork Veggie Fried Rice 9.99

**TUESDAY:** Teriyaki Chicken, Vegetable Stir-fry, Jasmine Rice. Halal, No Gluten \$9.99

**WEDNESDAY:** Tikka Curry Beef, Jasmine Rice, Peas & Carrots. No Gluten \$9.99

**THURSDAY:** Chicken Chasseur, Penne Pasta. \$7.99

**FRIDAY:** Baked Salmon Creole, Vegetables, Rice Pilaf. No Gluten \$9.99







Missed the Debate??





**Watch the Video!**

A video recording of the recent debate between Professors Beach and Strand on ***The Rationality of Belief in God*** is now available on Concordia's YouTube channel.

There is also a **Podcast** of an interview conversation between Strand and Beach after the debate:

<http://randalrauser.com/2016/02/84-is-belief-in-god-rational-a-christian-and-atheist-in-debate/>



# Take the

## NATIONAL COLLEGE HEALTH ASSESSMENT (NCHA) SURVEY

- All CUE students are eligible to participate
- The survey takes about 20-30 minutes to complete
- Surveyed opened Feb 22
- Look for the unique link sent to your Concordia email.

**Why Should I Take the Survey?** To help assess student health behaviours in order to provide better services and support for Concordia students.

**How Will the Results Be Used?** To develop wellness programs and services for CUE.

Take the survey and you will be automatically entered in a random draw for one of five \$25 iTunes gift cards!



## THE CHRIS BENEDICT AWARD - Nominate someone today!

This award was established by the Concordia Students' Association (CSA) in recognition of Christopher Benedict who in his final year of study at Concordia was diagnosed with Hodgkin Lymphoma, a type of cancer. Christopher was active in student life and served as Vice President of Finance for the CSA in his final year.

### **This annual \$500 award is available to a student who:**

- has demonstrated perseverance in the face of adversity
- inspires others to succeed when facing adverse conditions
- has a positive outlook toward school and life
- is registered as a part-time or full time student
- presents a minimum GPA of 2.0

Applications are available on the Financial Aid & Awards Brochure rack and our financial aid webpage under "Latest News". **Please submit both application pages** (Part A & Part B) to the Enrolment Services Office (HA120) this week **by MARCH 1, 2016**.

**Questions?** [finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca)



# CSA ELECTION INFO

**Campaigning begins March 1st, 2016.** During the campaign period there will be a meet the candidates pub night, elections speeches and debates in Tegler.

**The Election voting period takes place March 10th & 11th** with election results being announced on March 11th at 4:30 PM.

**Executive Council Responsibilities:** Executive Council is team consisting of 5 elected officials (President, Vice-President Finance, Vice-President Internal Affairs, Vice-President Marketing and Vice-President Student Life). Together they lead a non-profit organization with a budget of over \$700,000. Executives work part-time while going to school and are responsible for advocating for student needs and the betterment of the post-secondary experience for all Concordia students. Elected Executive Councilor's take office from May 1st to April 31st each year.

**General Council Responsibilities:** CSA elects 6 General Councilors ( 1 Science Representative, 2 Arts Representatives, 1 Management Representative, 1 Environmental Health After Degree Representative and 1 Education After Degree Representative). General Councilors represent their respective faculties and oversee the creation of the CSA budget, sit on CSA & institutional committees as required and is in charge of overseeing the CSA operations as a whole. Elected General Councilors take office from May 1st to April 31st.

**Interested in Running?** If students are interested in running for either a General Council or Executive Council position they are encouraged to stop by the CSA office to pick up a nomination package. Nominations are open from February 22 to 29 at 4:00 PM. All candidates will be required to attend an "all candidates meeting" on February 29, 2016 at 4:30 PM.

**Referendum:** The CSA is running a referendum alongside our election this year! We are asking students to approve the new CSA by-laws. These by-laws dictate how the CSA is governed & are therefore an important document for all students to be familiar with. The By-laws will be distributed to all students via email prior to the election nomination period. By-law information sessions will be held during the election nomination period for students who have questions or concerns. Stay tuned for more information!

The CSA strongly encourages any interested student to stop by our office or email the CSA Executive Director, Meagan Strachan at [csaed@student.concordia.ab.ca](mailto:csaed@student.concordia.ab.ca) to learn more about the available positions and details about the election & referendum!



## **OFFICIAL TAX RECEIPT 2015 T2202A'S: AVAILABLE ONLINE**

The T2202A is your official tax receipt used to claim the eligible educational expenses for the tax year on your income Tax return. The form includes the amount of tuition that can be claimed as well as the number of months eligible for the education deduction.

The 2015 T2202A is now available through online services for students on Concordia's web site.

<http://onlineservices.concordia.ab.ca/student/>



## **WINTER TERM TUITION IS PAST DUE!**

If you have not paid your winter term fees, they are now past due. Students who owe are encumbered from some online services and interest is being charged.

You can check your account information online through Concordia's website at: <http://onlineservices.concordia.ab.ca/student/>

If you anticipate student loan payments, please ensure that you have completed the student loan process.

If you have any questions or concerns, please contact Student Accounts: 780-479-9206 or email [studentaccts@concordia.ab.ca](mailto:studentaccts@concordia.ab.ca)



# safeTALK

## AT CONCORDIA

- Educate yourself, be prepared to help
- Save \$140 by taking it on campus
- Receive a certificate
- Build your resume

Open to students, staff & faculty

Tickets go on sale in the Bookstore  
on Wed, Feb. 24, 2016

**T**ell  
**A**sk  
**L**isten  
**K**eeP Safe

! **suicide alertness training**



! **basic level of training suitable to anyone who wants to help within a community**

! **training in less than a half a day**

! **all sessions in Alberta coordinated by a Centre for Suicide Prevention certified trainer**

**Date:** Tues., Mar 29, 2016

**Time:** 5 – 8:30 pm

**Location:** HA206

**Cost:** \$10 plus GST

**Contact:** Deb Huber, CSA Mental Health Coordinator

A212 or [cast@student.concordia.ab.ca](mailto:cast@student.concordia.ab.ca)

**A light supper will be provided.**



Centre for Suicide Prevention #320, 105 12 Avenue SE Calgary, AB T2G 1A1  
Phone: (403) 245-3900 Fax: (403) 245- 0299 Email: [csp@suicideinfo.ca](mailto:csp@suicideinfo.ca) Website: [suicideinfo.ca](http://suicideinfo.ca)



# Need Help With Your Essay?

**visit** *the* **writing**  
centre

The Writing Centre is a free service that provides support for teaching and learning through writing for all Concordia students, staff and faculty. Throughout the academic year, we offer one-on-one consultations that can be booked online at:

<http://studyspaces.concordia.ab.ca>. Appointments are 30 minutes long. You may schedule up to two back-to-back appointments. If you cannot keep your appointment, please cancel it online as soon as possible. If a consultation is not in progress, drop-ins are welcome. Please bring to your appointment either a \*printed\* sample of your own writing (such as a graded paper or a work-in-progress) or any question(s) you have about the writing process. Alternatively, email your writing sample to:

[writingcentre@concordia.ab.ca](mailto:writingcentre@concordia.ab.ca).



CUE is a member of eTutor Alberta, a collaborative online tutoring service provided by Alberta's publicly-funded post-secondary institutions. Please note that your tutor might come from any of the institutions currently participating in eTutor Alberta.

eTutor Alberta currently offers professional **tutoring support in writing and mathematics**. At present, our mathematics tutors work in three streams: foundational math (academic upgrading and trades math), calculus, and statistics. To learn more about how eTutor Alberta works, see <http://etutorialberta.ca/> and <http://etutorialberta.ca/services>.

For more information or to create an account, follow the link provided: **eTUTOR ALBERTA**

# Concordia Career Services

## Winter Workshops

### Professional Portfolios



Date: **Wed. February 24**

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 how a portfolio can help you present yourself to potential employers.

### Job Search



Date: **Wed. March 2**

This workshop will provide you with the tools you need to conduct an effective job search. Learn how to prepare, target, contact and follow-up with employers. Learn about the hidden job market strategies for expanding your personal network and staying organized.

### Resume and Cover Letter Writing



Date: **Wed. March 16**

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.

### Personality Assessment



Date: **Wed. March 23**

Discover tools available to you to help you learn about your personality type and how identifying your personality traits reflect on your choice of career and performance in the workplace.

Awareness of your personality type, and that of others you work with, can greatly improve your performance on the job.

### Interview Skills



Date: **Wed. March 30**

The main goal of this workshop is to understand how to prepare for a job interview, learn the differences between different types of interviews and interview questions. Practice how to successfully answer questions in a job interview situation

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



## WELLNESS WEDNESDAYS CAMPUS FITNESS CLASSES

Concordia University of Edmonton is thrilled to be offering free drop-in fitness classes for students, staff and faculty.

Join us in the *Ralph King Athletic Centre Gym*

**EVERY Wednesday from 12:05-12:35 pm**

for 30 minutes of exercise, and experience all of the amazing benefits of increased physical activity!

Classes are designed for all levels of fitness.



### **HIIT – HIGH INTENSITY INTERVAL TRAINING—Wed, Mar 2**

This class will improve your overall fitness levels as you work through circuits that are designed to make the most out of your 30 minutes! You are sure to leave this efficient and effective class feeling motivated and inspired!

### **LOWER BODY BLAST—Wed, Mar 9**

Spend 30 minutes strengthening the biggest muscles in your body. As a result, you will spend the afternoon burning more calories and feeling positive vibes.

### **WALKING FOR WELLNESS— Wed, Mar 16**

Come enjoy the beautiful river valley as we count our steps and walk our way to wellness!

### **30-MINUTE ABS—Wed, Mar 23**

The ultimate abdominal workout! The abdominals play an important role in maintaining good posture and a healthy back. 30 minutes a day, can keep the back pain away! Washboard abs, here we come!

### **CARDIO 30—Wed, Mar 30**

Spend your lunch break burning off stress and calories with a mix of cardio and strength moves!



# Concordia Paint Night

Thursday, March 3, 2016  
from 6—8 pm in Tegler

NO EXPERIENCE NECESSARY

Concordia Students, Staff and Faculty — \$10 plus GST

Guests—\$20 plus GST

Purchase your tickets in the Book Store beginning Feb. 22, 2016

Choose one of two paintings (or create your own). Receive basic guidance from 2 artists. Includes aprons, easels, canvas (16" x 20"), and a colorful palette of acrylic paints to set the mood.



# More YOGA!



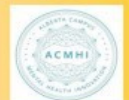
Ralph King Gym  
Fridays from noon - 12:50

March 4, 11 and 18  
April 1 and 8

Mats available to borrow



Presented by the CSA Mental Health Street Team





# **Learn the essentials for your summer vacation in Latin America**

Spanish 101  
*May 3 - 20*

Spanish 102  
*May 24 - June 10*





# 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](mailto:studentlife@concordia.ab.ca)