



SUSPICIOUS ACTIVITY ON CAMPUS

Security had a report of a suspicious person on campus. An average height male of average build wearing a grey hoodie and blue jeans was seen looking into vehicles on Concordia property and continued to do so as he headed east on Ada Boulevard.

Thanks to a diligent staff member for reporting this person who was acting suspiciously; and to others who have reported in the past. I encourage everyone to contact security ([780 479 8761](tel:7804798761) or 5555 from an internal phone) if they are concerned with someone's behaviour.

We tend to have more occurrences in the warmer weather so please help security keep an eye out for the wellbeing of everyone on campus.



CLICK for current issues of Student Health 101

INSIDE THIS EDITION

- CSA Election Information
- Paving Peace in the Middle East
- Presentation: Desert Spirituality: A Way of Life”
- Resume Writing– March 16th
- Write a Dynamic Paper
- Student of the Year Award
- Student Loan Repayment Information
- Volunteers for Personality Assessment
- Music Programs
 - ◊ Spring
 - ◊ Summer
 - ◊ Fall
- Wellness Wednesdays - Fitness Classes
- GRAD PHOTO Session-March 21-24
- The Writing Centre
- eTutor Alberta: Online Writing & Math Help
- Take the Health Assessment Survey!
- Yoga Classes
- Register for Spring Spanish Classes
- Free **On-Campus Counseling**
- Unpaid Winter Semester Fees Past Due
- Suicide safeTALK Course
- Official Educational Tax Receipt
- Student Loan Repayment Info Session

CAFETERIA MENU: MARCH 7-11

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 Bean \$9.99





CSA ELECTION INFO

Campaigning began 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 to learn more about the available positions and details about the election & referendum!



PAVING PEACE IN THE **MIDDLE EAST**

FROM CONFLICT AND AID TO INCLUSION AND RESILIENCE

GUEST SPEAKER **HUSSEIN ITANI**

Mr. Itani has worked with ADYAN for several years, as a consultant and former volunteer. He has training and experience in interfaith dialogue, conflict transformation and inclusive citizenship. He has authored publications on tackling extremism and sectarianism in Lebanon.

ADYAN was established in 2006 by members of the Christian and Muslim communities in Lebanon to work on building paths to peace by creating and supporting environments where human unity is celebrated across cultural and religious diversity.

PLEASE JOIN US to learn about how ADYAN is paving peace in the Middle East, by empowering youth to move beyond conflict and dependence on aid, towards resilience and inclusion.

TUESDAY MAR. 8th

11:00 am - 12:00 pm
Presentation and Discussion



Hole Academic Centre - HA 009
Concordia University of Edmonton
7128 Ada Boulevard

INFORMATION & RSVP

email: dpwest@devp.org
call: 1-844-480-3387



**CREATE A CLIMATE
OF CHANGE**



Lois Farag, Associate Professor of Early Church History, Luther Seminary
speaks on

“Desert Spirituality: A Way of Life”

Wed, Mar 9th at 4:00 pm in Tegler

Early Christians took their faith very seriously. For them Christianity was a way of life. This philosophy of living was expressed in a spirituality that shaped their worldview and came to be known to the modern Christian as Desert Spirituality. It is a spirituality that speaks to the mind and heart. It helps us fig-

ure out our priorities and the place of God in our lives. Its essence is to love the Lord with all our heart, soul, and mind (Matt 22:37). It is practical and tells us how to live Scripture in our daily lives. Desert Spirituality is deeply rooted in the theology of the Incarnation and the renewal of creation by the resurrection.

Come learn from these desert dwellers as they teach us about Scripture, prayer, how to love our neighbors, discern our thoughts, and evaluate our daily activities.



RESUME WRITING

Date: Wed. March 16

12:00-12:50 pm

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.

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

How to Write a Dynamic Term Paper!

Attend one of the workshops and learn practical and easy-to-apply tips to writing a dynamic and effective term paper!

- Tues, Mar 15th @ 5pm - 6pm in HA010
- Wed, Mar 16th @ 12pm - 1pm in HA020
- Wed, Mar 16th @ 5pm - 6pm in HA010
- Thur, Mar 17th @ 12pm - 1pm in L355
- Thur, Mar 17th @ 5pm - 6pm in HA010

U of L & Concordia Students Welcome!



CONCORDIA UNIVERSITY OF CONCORDIA

CSA CONCORDIA STUDENT ASSOCIATION

STUDENT of the YEAR

\$2000 Awarded to an undergraduate student who demonstrates outstanding leadership.

Application Deadline: **March 31**

The poster features a stylized illustration of two winners in a boxing ring. On the left, a male wrestler in a yellow and purple outfit holds up a gold championship belt. On the right, a female student in a teal top holds up a gold diploma. The background is a vibrant orange-red gradient. The text is in various colors and fonts, including a large, bold, blue and white 'STUDENT of the YEAR' title. Logos for Concordia University and the Concordia Student Association (CSA) are in the top right corner.

Spring 2016

Fine Arts

All of these course offerings can be used to fulfill the communication requirement of the Concordia core and the Fine Arts requirement for a B.A. degree

MUSIC 120 — Spring 1 (May 2 to May 20) 9 to noon daily
Danielle Lisboa

ADVANCED RUDIMENTS OF MUSIC

Advanced fundamentals of music theory including intervals, chords, scales, compound meters, and key signatures along with musicianship training in rhythmic and melodic sight-singing, and music dictation and writing in pentatonic and diatonic modes.

Your next chance to complete this course—prerequisite for MUS 211 and other core music classes—is Winter 2017! Take advantage of the Spring 2016 offering and advance your degree by a full year. This course reinforces main foundations in music theory to prepare you for a successful program ahead!

DRAMA 149 — Spring 1 & 2 (May 2 to June 10) 1:00 to 4:00 daily
Caroline Howarth

INTRODUCTION TO DRAMATIC PROCESS

Introduction to improvisation and dramatic process. This is a practical class focused on developing skills in creativity, improvisation, group collaboration and play creation. You will explore speech, movement, and improvisation through acting, ensemble work and theatre games, and performance of non-scripted dramas of different forms.

DRAMA 102 — Spring 2 (May 24 to June 10) 9:00 to noon daily
Michelle Rios

PLAY ANALYSIS

This a course in play analysis. Reading and critiquing a variety of play scripts and applying creative solutions to the problems surrounding the live production of these plays. The class observes filmed performances of the plays studied.

APPLIED MUSIC X22/X23/X26/X27

Offered in both Spring and Summer terms.
Please see Mireille Rijavec or speak with your current instructor if you are interested.



Summer

Fine Arts 2016

All of these course offerings can be used to fulfill the communication requirement of the Concordia core and the Fine Arts requirement for a B.A. degree

ART HISTORY 102 — Summer 1 (July 4 to 22) 9:00 to noon daily
Deborah Rayment

SURVEY OF WESTERN ART II

This course is a survey of Western Art from the beginning of the Renaissance to the present day. You will study painting, sculpture, and architecture.

DRAMA 252 — Summer 1 (July 4 to 22) 9:00 to noon daily
Dr. Randy Ritz

FUNDAMENTALS OF PUBLIC SPEAKING

Basic techniques of oral communication and public speaking with an emphasis on speech construction and delivery. This class will take you from nervous and tongue-tied to a confident presenter and public speaker.

APPLIED MUSIC X22/X23/X26/X27

Offered in both Spring and Summer terms. Please see Mireille Rijavec or speak with your current instructor if you are interested.



Fall 2016

The Physics of Music

PHY 175



Faculty of Science — 3 (3-1s-0)

Tuesday–Thursday 2–3:20 p.m.
Dr. Zoltan Berkes

Oscillations, waves, resonance. Musical sound, musical scales, pure and complex tones, Fourier analysis. Traditional and modern musical instruments. Basics of acoustics. Sound recording and reproduction. Hands-on laboratory experience.

This course is not accepted towards a Physics minor.
Some music literacy recommended as a prerequisite.

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.



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!

Grad Photo Sessions

March 21- 24, 2016

Rm L109 - basement of the Library



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.

eTutor *Flexible. Friendly. Free.*
Alberta

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**

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!



More YOGA!



Ralph King Gym
Fridays from noon - 12:50

March 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 2 - 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.



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

Tell
Ask
Listen
KeeP 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

A light supper will be provided.





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