#### CONCORDIA WEEKLY NEWSLETTER

#### **GRAD PHOTO SESSION**

TO BE HELD ON:

JANUARY 19-22ND

IN ROOM L109-LIBRARY BASEMENT.

BOOK ONLINE AT: PHOTOS







- TUESDAY, JANUARY 19TH @ 5:00PM 5:50PM IN HA206
- WEDNESDAY, JANUARY 20TH @ 12:00PM 12:50PM IN HA206
- WEDNESDAY, JANUARY 20TH @ 5:00PM 5:50PM IN HA206
- THURSDAY, JANUARY 21ST @ 12:00PM 12:50PM IN HA206

RSVP to greg.marsh@uleth.ca. Drop-ins also welcome!

#### **INSIDE THIS EDITION:**

- International Days
- Study Abroad Info Session
- · Afternoon Movie
- International Hockey Night
- Career Services Workshops
- Optometry Presentation-Jan 20
- Tutors Needed
- CSA Health & Dental Opt-Out Info
- Career Fair January 27
- Financially Squeezed?
- Counseling Services Information
- LinkedIn Workshop
- Anxiety Workshop
- Let's Talk Concordia
- Career Services Workshops
- · Library Information
- Winter Tuition Information





#### A LIFESAVING MESSAGE FOR PEDESTRIANS AND DRIVERS

#### **DRIVERS**

Winter road conditions require greater stopping distances for vehicles. Please drive slowly on campus the speed limit is 15 km/h. Driving at the speed limit will ensure you can stop quickly if need be. Your vehicle can easily injure or kill a pedestrian.

#### **PEDESTRIANS**

Please look carefully before crossing the road on campus, even on a pedestrian crossing. While you may have the right of way, bear in mind that a vehicle on ice does not stop quickly and you could be injured or killed if a vehicle can not stop in time.

#### CAFETERIA MENU: JANUARY 18 TH

MONDAY: Chili and Garlic Toast \$7.99

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

WEDNESDAY: Perogies and Smokie, Sour Cream, Sautéed Zucchini \$9.99

THURSDAY: Breaded Chicken, Penne Pasta, Steamed Broccoli & cheese sauce \$9.99

FRIDAY: Taco Beef, Fried Corn tortilla, Lettuce, Tomato, Salsa, Sour Cream. No gluten. \$9.99



# JANUAR

#### 9AM-2PM TEGI

**DISPLAY OF EDMONTON CULTURAL ASSOCIATIONS & WORLD FOOD SAMPLES** 

#### 12-12:50PM HA 010

**GUEST SPEAKER: DR. MEGHAN MCKINNEY** 

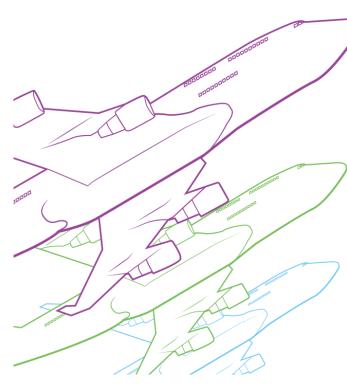
(MANAGER, EDUCATION ABROAD AND INTERNATIONAL PARTNERSHIPS)

FOLLOWED BY A SHORT STUDY ABROAD SESSION

#### **1PM** TEGLER

INTERNATIONAL MOVIE

**CENTRAL STATION** 



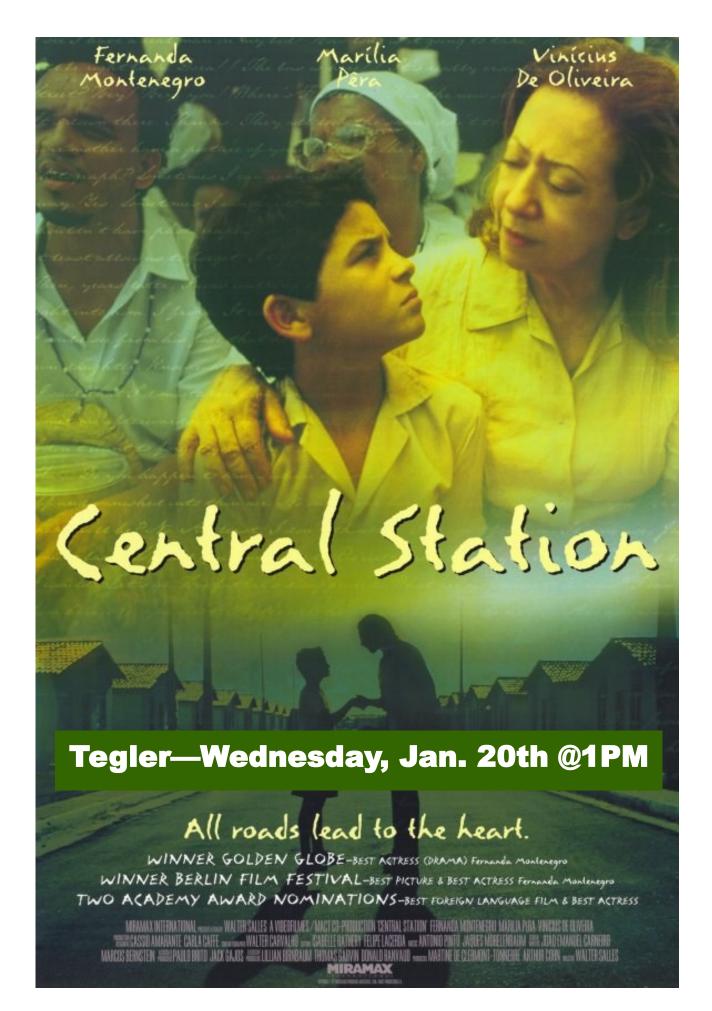
## LET'S FLY AWAY

Study Abroad Info Session

Monday Jan 20@ noon in HA-010

20 reasons to Study Abroad by Meghan McKinnie from MacEwan International







## LET'S CLEAR THINGS UP

Join us in

HA015 12:00-1:00p.m. January 20<sup>th</sup>

to hear

Dr. Bacigalupi, Assistant Dean of Student

Affairs at Nova Southeastern University

College of Optometry in Florida



## 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

#### 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



#### **Concordia Career Services**

#### **Winter Workshops**

<u>Career Services</u> 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.



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

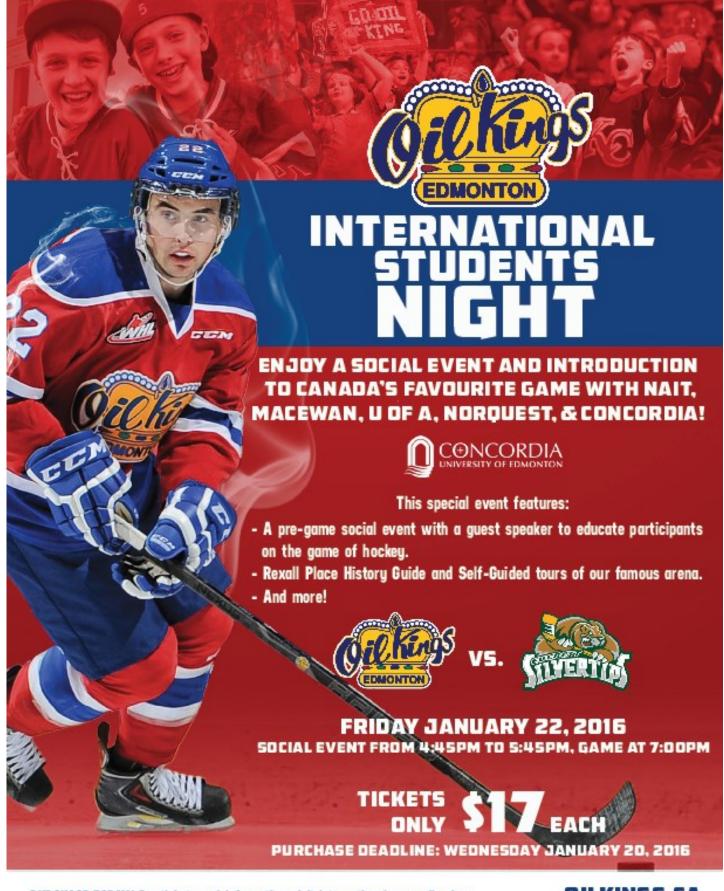
The resume is the most common work search tool. This workshop will reveal the key components of an effective resume and cover letter and how to showcase your strengths and accomplishments.

This workshop provides detailed explanations, as well step-by-step processes for creating an effective résumé and cover letter.



Date: Wed. February 17

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





## It's time for your suit and (bow) tie again.













## CONCORDIA CAREER FAIR

2016

Date: Wed, Jan 27 Time: 10am - 2pm Location: Tegler

#### Some companies in attendance include:

Association of the Chemistry Professionals of Alberta (ACPA), CPA Alberta, Alberta Municipal Affairs, CLAC (Christian Labour Association of Canada), Canadian Armed Forces, Enterprise Holdings, Freedom 55 Financial, Investors Group, RCMP, Special Olympics Edmonton, TELUS Communications, Uncles & Aunts at Large

Visit Career Services (L358) to prepare your resume and learn how to make your best first impression.



concordla.ab.ca

# Financially Squeezed?

Bursary Program

Application Deadline February 1st

#### **APPLY ONLINE**

onlineservices.concordia.ab.ca/student/onlineawardsapplications.php



#### **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 Nonjudgmental 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





### Anxiety Workshop

## PLEASE NOTE ROOM CHANGE \$302

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



Presented by the CSA Mental Health Street Tean





## How can we continue to build a caring and safe community, that supports the wellness of all students?

Join the conversation on mental health and wellness!





Monday, January 25, 2016

Noon-1 pm

#### Library Basement

Small groups with table hosts, snacks and beverages, door prize at each table. If possible, RSVP in A212 or to cast@student.concordia.ab.ca





## We can help you with a lot at the Library Service Desk



Finding & Borrowing Items



Connecting to the Campus Wifi



Citations & Formatting



Connecting to your Student Email



Library Barcode and PIN Help



Password Help



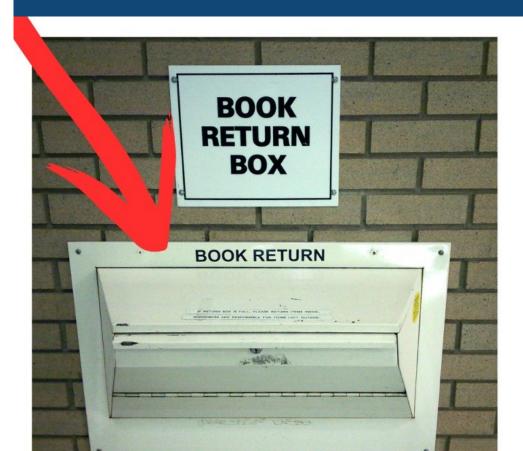
Printing & Photocopying



Placing holds and interlibrary loans



Finding Scholarly Articles & Electronic Resources



Need to return books after we're closed?

Just put them in the library's return box.

Located right outside the library's main doors.

Feel free to drop off library items here anytime.

#### 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 <a href="http://onlineservices.concordia.ab.ca/student/">http://onlineservices.concordia.ab.ca/student/</a>.

#### 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

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: <a href="https://mystudentplan.ca/csa/opt-out-form">https://mystudentplan.ca/csa/opt-out-form</a>

\*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.

