



WORKSHOP SESSIONS

FACULTY SESSION

January 5,
1:00pm-2:00pm
Room L110

STUDENT SESSIONS

January 6, 7, 8, 11 & 12
12:00-1:00pm
Room L110

IT Services will be holding drop-in workshop sessions on Moodle during the first week of classes in January 2016.

If you are new to Concordia, or simply want to know more about how Moodle is used, these are designed just for you. For your convenience, separate one-hour sessions for faculty and students will be conducted.

If you would like additional information, please contact the IT Helpdesk at 780.479.9316 or helpdesk@concordia.ab.ca

INSIDE THIS EDITION:

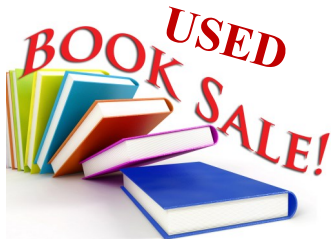
- Concordia General Awards
- Counseling Services Information
- Anxiety Workshop
- Yoga in January
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- Winter Tuition Information
- Wellness Summit
- Be a Buddy

RAFFLE WINNER

and the winner is...

NAVREET

Navreet participated in the Career Services contest by taking a quiz about Career Planning.



The **Student-Led Used Book Market Place** is open January 6th-16th 2016, and will be located in Upper Tegler. This used book sale is organized by the Concordia Student's Association.

CAFETERIA MENU: JANUARY 4TH

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



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





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



Book Buyback



Sell your books back at the bookstore

Concordia University of Edmonton Bookstore

Wednesday thru Friday

December 9th - December 11th
and
January 6th - January 8th

9:00 a.m. - 4:00 p.m.



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**

Networking



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.



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.



WINTER TERM TUITION INFORMATION IS NOW ONLINE

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 January 6th, 2016.

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 January 1, 2016 please contact student accounts.

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.





YOU'RE INVITED!

ACMHI's first student-led

WELLNESS

SUMMIT

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

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/wellnessummit for more information.

BECOME A BUDDY TODAY!



Sign up to befriend an international student at international.concordia.ab.ca

Sign Up Today