

BRETT'S WEEKLY UPDATE



Watch Video Now!

VOLUNTEERS WANTED



Page 3 for more details

CAFETERIA SPECIALS FOR THE WEEK OF NOVEMBER 24-28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butter Chicken Basmati Rice Peas & Carrots	Perogies, Smokies & Green Beans	Chicken Breast Cacciatore Herbed Sautéed Zucchini Rice Pilaf	Mac & Cheese c/w Broccoli	Sweet & Sour Pork Veggie Fried Rice
\$ 8.99	\$ 8.99	\$ 8.99	\$7.99	\$ 8.99

Did You Know?

LOL...The Benefits of Laughing Out Loud

We all know laughing feels good but laughter can actually benefit our health:

- Laughter helps us relax, relieving physical tension and stress
- Laughter boosts the immune system by decreasing stress hormones and increasing antibodies to help ward off infection
- Laughter can decrease pain because it increases the levels of the feel-good hormone serotonin



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- Volunteers Needed for Children's Christmas Party
- Make Your Voice Heard
- Stress Management Workshop
- Mental Health Week
- New Art in Library
- Fees Past Due

LIBRARY EXTENDED HOURS

Exam & Holiday Hours
@ Concordia Library

 Extended Hours

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 23 1-6	24 7:30-9	25 7:30-9	26 7:30-9	27 7:30-9	28 7:30-5	29 10-7
30 10-7	Dec 1 7:30-9	2 7:30-9	3 7:30-9	4 7:30-9	5 7:30-5	6 10-7
7 10-7	8 7:30-9	9 7:30-9	10 7:30-9	11 7:30-9	12 7:30-7	13 8-7
14 10-7	15 7:30-4	16 7:30-4	17 7:30-4	18 7:30-4	19 7:30-4	20 closed
21	22	23	24	25	26	27
library closed from Dec 20 -Jan 4 for Christmas break						

Looking for Scholarships?

Ready, Set, Apply! The Concordia Awards Program online application opens this week.

TO APPLY:

Concordia.ab.ca/studentawards

Questions? finaid@concordia.ab.ca





OLQP North Ranch's CHILDREN'S CHRISTMAS PARTY



Saturday November 29th, 2014

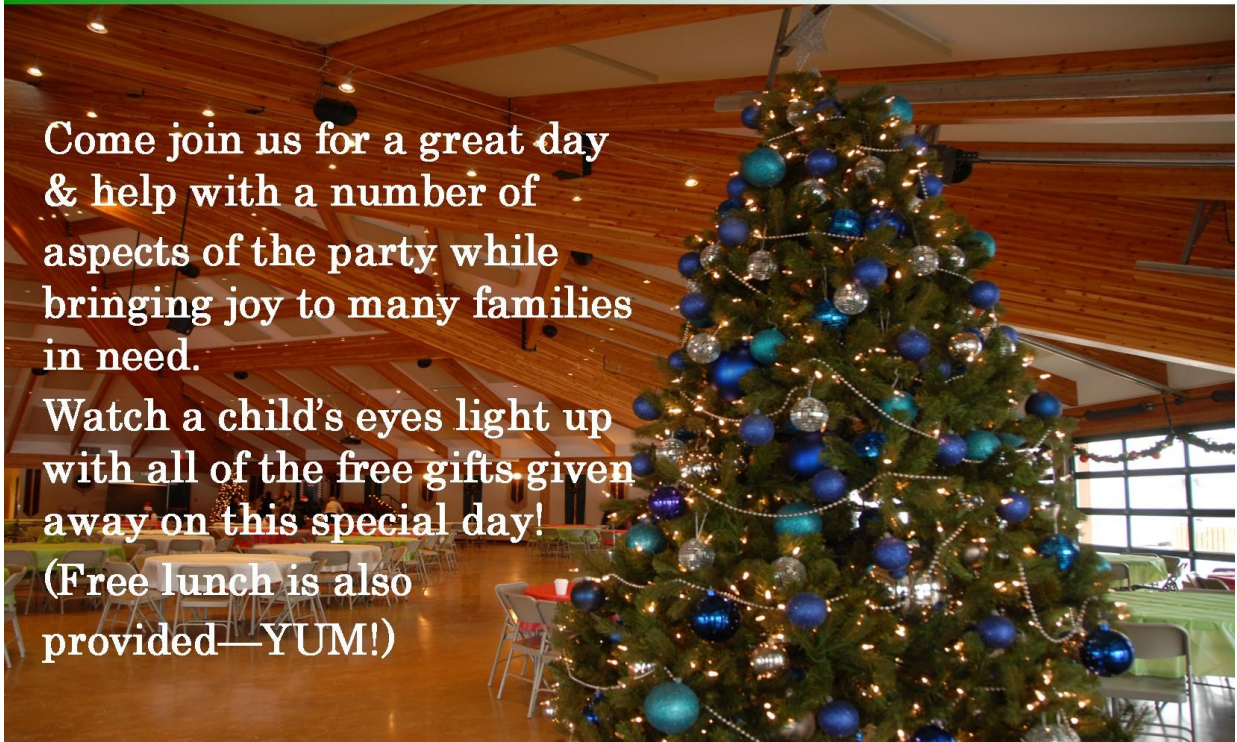
9:00am - 4:00pm

Volunteers Still Needed!

Come join us for a great day & help with a number of aspects of the party while bringing joy to many families in need.

Watch a child's eyes light up with all of the free gifts given away on this special day!

(Free lunch is also provided—YUM!)



Some volunteer roles include:

- . Gift distributors
- . Kitchen helpers
- . Security ... and many more!

Help and watch the fun unfold with events like wagon/sleigh rides, a petting zoo, face painting and even a visit from Santa!

If you wish to be part of our volunteering team please call: 780-475-7259 or e-mail:

bookings2@ourladyqueenofpeaceranch.com to inquire about more information!





Remember the “old days” when you would provide feedback on your courses to instructors by colouring in little spaces on a form?

Those days are gone!

But we still need your opinions and comments in order to evaluate the courses being offered to you here at Concordia. It’s your turn to anonymously share your thoughts on everything from teaching methods to the value of the materials used in the course.

Beginning November 23, you will have an online questionnaire posted on your CCMS for each course in which you are registered. The surveys will be “live” until December 6. Please take the few minutes required to complete an evaluation of each of your courses.

All your answers are completely confidential. Neither your instructor nor anyone handling your questionnaire will be able to trace your comments back to you. Any questions regarding the confidentiality of your responses can be forwarded to the Privacy Officer at privacy@concordia.ab.ca.

Question: What do you get when you cross a Concordia student with school, job, relationship, and family problems?

Answer: One stressed student!

Take 2 Breaths and Call Me in the Morning:
A Stress and Anxiety Management Workshop

*Come and learn about how to handle the
anxiety or stress in your life!*

Tuesday, November 25, 2014
2:00 to 4:00 pm
HA 010

*If you have any questions, please email
sarah.karesa@concordia.ab.ca*

*If you have any questions, please email Sarah Karesa (Practicum Student,
Counselling Services) at sarah.karesa@concordia.ab.ca*



NOV 24TH-DEC 4TH **2 WEEKS OF** **MENTAL HEALTH**

Learn more about Mental Health for you and what Mental Health is like for other's around you

Throughout the two weeks there will be various guest speakers and activities like Yoga, Fitness and Nutrition training. On December 4th come to Tegler and leave your words and doodles of care. Lots to learn come check it out!



Nov 24th and 25th
Fitness and Health
Days

Nov 26th
Mindfulness Training
(Yoga)

Nov 27th
Gender Studies Talk
with Andre Grace

Dec 1st
Disability Awareness
Day

Dec 2nd
Sexual Assault
Centre of Edmonton

Dec 3rd
Dreamcatchers
(Animal Therapy)

Dec 4th
Suicide Awareness
Day



LEARN ABOUT MENTAL HEALTH!
CHECK OUT THE CSA FACEBOOK PAGE TO VIEW THE
DAILY MENTAL HEALTH VIDEO AND FILL OUT THE
SURVEY FOR A CHANCE TO WIN ONE OF FIVE \$25
GIFT CARDS!

**MENTAL HEALTH
VIDEO SERIES
NOV 24-28**





New Art In
The Library

GENEVA MOORE

Now on display at the
Concordia Library.

FALL TERM FEES ARE PAST DUE

Check your account information online through Concordia's web-site
<http://onlineservices.concordia.ab.ca/student/>

Fees can be paid through your bank by setting up Concordia University
College of Alberta as a biller and using your ID number as your account
number, as well as by credit card through online student services on
Concordia's website <http://onlineservices.concordia.ab.ca/student/>

If you have any questions or concerns, please contact Student Accounts
780-479-9207 or studentaccounts@concordia.ab.ca .

PLEASE NOTE: ACADEMIC CALENDAR SECTION **5.4.2** CURRENT STUDENTS WITH OVER DUE FEES
MAY HAVE THEIR REGISTRATION CANCELLED. IF YOU ARE REGISTERED FOR WINTER TERM AND
HAVE NOT PAID YOUR FALL TUITION PLEASE CONTACT STUDENT ACCOUNTS TO DISCUSS YOUR
ACCOUNT.