



Counselling Services will be unavailable
June 13th to July 3rd.

If you require immediate help, please consult
one of the resources listed below.

24/7 Distress Line
Phone: 780-482-4357.

My Wellness
<http://www.mystudentplan.ca/csa/en/mywellness>

Questions or Concerns
Please contact Student Services.
Email: studentlife@concordia.ab.ca
Phone: 780 479-9241

INSIDE THIS EDITION:

- CUE Involved
- CSA Health & Benefit Office Closure
- Atco Indigenous Education Awards Program
- Student Loan Workshops
- Volunteers Wanted- Big Brothers/Big Sisters
- Recognizing Anxiety



EDMONTON'S INDIGENOUS PEOPLES FESTIVAL

JUNE 21, 2018

COME AND CELEBRATE NATIONAL INDIGENOUS
PEOPLES IN EDMONTON'S RIVER VALLEY!

<http://www.eipfestival.ca/>

ATHLETIC CENTRE SUMMER SCHEDULE

The Ralph King Athletics Centre will
be on the following summer hours
until August 31st:

Gymnasium:

Monday through Friday:
8:00AM - 4:00PM
Saturdays & Sundays: Closed
After hours by confirmed booking
only.

Fitness Centre:

Monday through Thursday:
8:00AM - 8:30PM
Fridays: 8:00AM - 4:00PM
Saturdays & Sundays: Closed

If you are a booked user group in
the gymnasium, please call security
at (780) 479-8761.

The building will be closed on
all statutory holidays.



NEW APP AVAILABLE: **CUE Involved**

Use the new **CUE Involved** app to track and add to your Co-Curricular Record.

Your CCR is a formal, university sanctioned record of your non-academic contributions on campus. The CCR can be printed along with your academic transcript for both job and grad school applications. Questions? Email sonja.schwake@concordia.ab.ca

NOW AVAILABLE ON THE APP STORE AND GOOGLE PLAY



STUDENT BENEFIT PLAN OFFICE CLOSED FOR THE SUMMER

REOPENS AUGUST 20, 2018

Access to benefit plan details, forms, and claim submissions can be found at:

www.mystudentplan.ca

If you have an urgent matter during regular office hours please call:

1-877-746-5566 Ext 249



ATCO Indigenous Education **AWARDS PROGRAM**

\$500

Merit awards for students completing Grades 10-12 (including upgrading)

\$1,000

Bursaries for students in diploma or certificate programs

\$1,500

Scholarships for students in degree or graduate programs

Supporting Tomorrow's Leaders

ATCO provides financial awards to Canadian First Nation, Inuit and Métis students who demonstrate leadership and commitment in their quest for higher education. ATCO is committed to supporting the development of Indigenous leaders in communities across Canada.

Eligibility:

- Be a Canadian Indigenous person
- Be enrolled in high school or accredited post-secondary institution or training program
- Preference will be given to students from Indigenous communities where ATCO has business interests

How to Apply:

- Complete online application form [available at ATCO.com/IndigenousAwards]
- Submit the required documentation:
 - One reference letter from a teacher, community leader or employer
 - Short essay [500-1,000 words] describing why you are a suitable candidate
 - Proof of enrollment for the upcoming school semester
 - Transcript from the most recent school attended

For more information: Visit your school or band office, ATCO.com/IndigenousAwards, or contact us 780 420 3497

APPLICATION DEADLINE: JULY 15, 2018



STUDENT LOAN WORKSHOPS

June 13, 20, & 27 | 12:00 pm or 5:00 pm | A205

July 4, 11, 18, & 25 | 12:00 pm or 5:00 pm | A205

August 1, 8 & 29 | 12:00 pm or 5:00 pm | A205

Get: Help submitting your online Alberta Student Loan application

Get: Answers to your government financial assistance questions

PRE-REGISTRATION

email: finaid@concordia.ab.ca





BOYS & GIRLS CLUBS BIG BROTHERS BIG SISTERS

Boys & Girls Clubs Big Brothers Big Sisters (BGCBig) serves around 5,300 children and youth between the ages of 6 and 24 with the help of 3100 caring members of the community in Edmonton and area. Research has shown that kids who have a mentor in their lives are 80% more likely to graduate high school, 78% less likely to rely on social services and 60% more likely to have improved relationships.

We offer a variety of programs that require different time allotments and are willing to work with you to find the best fit. In short, we offer three different mentoring programs: Community Based Mentoring, In-School Mentoring, and Clubs Programs. If you are interested in one-to-one mentoring, we would suggest checking out the In-School Mentoring programs or the Community Based Mentoring programs. If you like working with children in a group setting, check out our Clubs programs. We have ten club locations around Edmonton, and we are partnered with several schools throughout the city. For the summer, our club programs will be running from July to August during the day, so this would be a great way to spend your summer. Our goal is to find the right fit for you in terms of location, interests, and availability. We can help you find a program that fits your needs!

Our programs are listed on our website with a short description of each. You can visit our website: <http://www.bgcbigs.ca/> for more information. If you are interested in becoming a volunteer, please click on the following link to fill out our online application: <https://bgcbigs.ca/volunteer/>

Should you have any questions, please feel free to contact us at our main office at 780-424-8181 or by email at Kelly.xiao@bgcbigs.ca

**HOW TO RECOGNIZE
ANXIETY
IN YOURSELF
AND OTHERS**



Memory Issues



Overthinking



Avoidance



Insomnia



Sweating



Rapid heartbeat



Stomach Issues



Headaches



Panic attacks



Trouble breathing



Needing reassurance



Procrastination



Constant worrying



Trouble concentrating

Lack of patience

