

## CALL SECURITY IF YOU SEE CRAIG MUYSER



Ensuring your safety is our top priority. Craig Muysers was causing trouble on our campus last year and was recently seen heading into the River Valley. While he hasn't been on Concordia property we want to be proactive.

If you see him on Concordia property, please stay away from him and call Concordia Security immediately on 780 479 8761 or 5555 from an internal phone.

Providing a safe, secure campus and learning environment for all students, faculty and staff is of top priority to Concordia University of Edmonton. Please do not hesitate to contact Andrew Sterne ext. 311 should you have any concerns.

## INSIDE THIS EDITION:

- Volunteers Wanted- Big Brothers/Big Sisters
- Student Loan Workshops
- Recognizing Anxiety
- Counselling Services

## Important Dates Spring Semester 2018

### Monday, 28 May

Spring Session: Student fees are due.  
Spring Session: Term 2 courses begin.

### Tuesday, 29 May

Spring Session: Census Day (Term 2).  
Spring Session: Deadline to add or drop Term 2 courses is 12:00 pm MDT.

### Thursday, 31 May

Environmental Health program: Last day for domestic students (Canadian citizens and permanent residents) to pay Spring Semester Education Fees without penalty.

Environmental Health program: Last day to receive 50% reduction on Spring Semester Education Fees for total withdrawal from Concordia University of Edmonton.

MISSM/MISAM programs: Last day for domestic students (Canadian citizens and permanent residents) to pay Spring Semester Education Fees without penalty.

### Friday, 1 June

MISSM/MISAM programs: Last day to receive 25% reduction on Spring Semester Education Fees for total withdrawal from Concordia University of Edmonton.

Spring Session: Last day to receive 50% reduction on Spring 2 Education Fees for withdrawal.

## SUMMER CAFETERIA HOURS

The cafeteria is open from  
8:00am-3:00pm.

*Frappuccino's will be available in the cafeteria!*

## STUDENT BENEFIT PLAN OFFICE CLOSED FOR THE SUMMER

CLOSES JUNE 1— REOPENS AUGUST 20, 2018

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

[www.mystudentplan.ca](http://www.mystudentplan.ca)

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

1-877-746-5566 Ext 249



## **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](mailto:Kelly.xiao@bgcbigs.ca)



# 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](mailto:finaid@concordia.ab.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**



# 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 its fullest. We know school can be stressful (course load, due dates, papers, finals! 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
- Confidential One on One Support
- Caring Supportive and Non-judgemental Environment
- We help you Develop Concrete Achievable Plans and Goals
- We Connect you to Different (and superb) Resources On or Off Campus
- We Help You Work Towards Making Changes That Matter Most to You

## New Counselling Services Hours...

- **Mondays: 8:30 am - 4:30 pm**  
Drop-in sessions 12:00 pm to 1:00 pm (half an hour each, first come first serve)
- **Tuesdays: 8:30 am - 4:30 pm**  
Drop-in sessions 12:00 pm to 1:00 pm (half an hour each, first come first serve)
- **Wednesdays: 8:30 - 12:00 pm**  
One drop-in session from 12:00 pm to 12:30 pm

What happens if Monday is a STAT holiday? The schedule is Tuesday to Thursday, instead.

## How To Book an Appointment with Mirna Hanic, Counsellor

- Book Online: [goo.gl/C6Yp23](https://goo.gl/C6Yp23)
- Call: 780 479-9241
- Email: [studentlife@concordia.ab.ca](mailto:studentlife@concordia.ab.ca)
- **24 hr. cancellation notice required**
- Counselling Services is located in the Student Success Centre, room HA113D (across from the bookstore)

For more information: <https://concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services/>