



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](mailto: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](mailto: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](http://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](http://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](http://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](mailto: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](mailto: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**

