CONCORDIA WEEKLY NEWSLETTER

Sept. 10th,2018 Issue#2 Vol.9

VOLUNTEERS WANTED

We are currently seeking volunteers to be involved in a psychological assessment. This assessment is part of a graduate student practicum (PSY 637).

As this is a practicum course, there is no charge for the psychological assessment. Concordia staff, students and family members are eligible to participate in the assessment. The assessment will involve approximately 4 hours of your time.

If interested, contact Dr. Jamie Dyce at <u>jamie.dyce@concordia.ab.ca</u>. Your participation is appreciated.

CAFETERIA MENU: SEPT 10-14

Monday: Beef stroganoff with egg noodles and fresh broccoli

Tuesday: Pork souvlaki with honey roasted parsnips & carrots and lemon & paprika roasted potatoes (GF)

Wednesday: Baked Tandoori chicken with vegetable fried rice (Halal, GF)

Thurs- Traditional beef chili with garlic toast (7.99)

Friday- Herb roasted chicken with corn, mashed potatoes, and gravy (GF)

WHEN PARKING NEAR CAMPUS, PLEASE:

- Adhere to Local Parking Restrictions
- Respect our Concordia Neighbours
- Park Responsibly
- Do Not Litter



INSIDE THIS EDITION:

- Peer Support Program
- Poland as a Destination
- Study Abroad Info Session
- Free Fitness Classes On Campus
- Tai Chi Sword Class
- Round Dance– Sept. 22nd
- State Of The University Address
- Entrepreneurship Case Competition
- Need Help Planning your Career?
- Health & Dental Opt in/ Opt out Info
- Creative Writing Workshop
- New Student City Wide Welcome
- Smoke Free Campus
- Text the Library Contest
- Career Services Drop In Hours
- Graduate Scholarship Info Session
- NEW Track for Undergrad Management Students- Oct. 4
- Study Abroad Bursary
- Student Loan Workshops
- Tuition Now Due

Libr	ary Fal	1 Term Circulation & IT services	Hours Information services
Mon - Thurs Friday Saturday Sunday	7:30am - 12am 7:30am - 9pm 10am - 9pm 1pm - 9pm	7:30am - 9pm 7:30am - 6pm 10am - 6pm 1pm - 6pm	7:30am - 5pm 7:30am - 5pm N/A N/A
Late hours: Mon - Thurs 9pm - 12am Fri - Sun 6pm - 9pm During late hours your Student ID card is required for entry Library door will be locked - ring the doorbell for entry Register at the Library Service Desk upon entry - sign out when leaving			



PEER SUPPORT PROGRAM

Feeling stressed or overwhelmed? Don't know what to do? How about talking to a student like you?

1:1, confidential, non-judgmental, empathetic support with any Issue you might be struggling with. No appointments needed.

ROOM A212 (ACROSS FROM THE CSA OFFICE) DROP-IN, FIRST COME FIRST SERVE BASIS

MONDAY: 12:30 PM - 2:30 PM TUESDAY: 10:00 AM - 12:00 PM THURSDAY: 11:00 AM - 1:00 PM FRIDAY: 2:00 PM - 4:00 PM

* Check A212 notice board for updates on hours. Closed on holidays.

FOR MORE INFO EMAIL PEERSUPPORT@CONCORDIA.AB.CA OR DROP BY A212 DURING OPEN HOURS





TUESDAY, SEPTEMBER 11, NOON in HA 237



THIS WEEK IN FITNESS

Monday, September 10th - 12:10-12:50pm Location: Ralph King Gymnasium Class Information: Introduction to CrossFit: Stacey Head will be teaching an Introduction to CrossFit. All fitness and experience levels welcome!

Wednesday, September 12th - 12:10-12:50pm Location: Ralph King Gymnasium Class Information: Hatha Yoga: Jessica Saulnier will be teaching a Hatha Yoga class. All fitness and experience levels welcome!

Friday, September 14th - 12:00-1:00pm Location: Ralph King Gymnasium Drop-In Intramurals - Students, staff and faculty are welcome to use any equipment located in the gymnasium. For example, basketball, volleyball and badminton nets and equipment are available for use!

JESSICA SAULNIER



Jessica is a dedicated yogi, practicing and studying yoga and meditation since 2008, acquiring over 700 hrs of certifications, and teaching in the Edmonton area since 2012, with a brief stint on Vancouver Island in 2014/2015. Jess loves the many facets and nuances of the practices that fall under the heading of yoga. She creates a safe, nurturing, and judgement-free space for embodying the teachings that have been passed on to her, which ultimately lead to personal growth. Jess is passionate

about sharing yoga, meditation, and relaxation techniques with her students so that they may observe themselves and seek to find what resides within. Concordia is thrilled to have Jessica back for another year!

STACEY HEAD



Stacey is a former Math teacher, turned Fitness Professional. Her passion for sports has always consumed her time with practice and competition. She was a competitive gymnast for many years, and transitioned to other sports. Through out post-secondary, she played volleyball for 3 years, and pole vaulted for 2 years. She completed my Education degree at the University of Alberta in 2010, and began working and coaching. More recently, she has completed the Personal Training Diploma at NAIT, which

exceeded her expectations. She is CSEP-CEP and CrossFit Level 1 Certified. Currently, working at CrossFit Armoury, coaching class, training small groups and individuals, as well as running various nutrition and gymnastic seminars. Concordia is ecstatic to have Stacey as a fitness instructor this year!



ENGLISH TAUGHT TAI CHI SWORD CLASS

SEPTEMBER 13, 2018 TO DECEMBER 13, 2018 THURSDAYS IN TEGLER, 4-5:00 PM

FREE FOR CUE STUDENTS, STAFF AND FACULTY | 25 OPENINGS

To register email Dr. Xinxin Fang: xinxin.fang@concordia.ab.ca







MCs - ADRIAN LACHANCE AND DEVON BELLAROSE STICKMAN - SHANE REDSTAR • FIREKEEPER - BOXCAR WILLIE

SEPTEMBER 22ND, 2018 6:00 PM TO MIDNIGHT FEAST FROM 6 TO 7 PM

FEAST FROM 6 TO 7 PM

RALPH KING ATHLETIC CENTRE CONCORDIA UNIVERSITY OF EDMONTON 7128 ADA BLVD, EDMONTON, AB, T5B4E4

FEAST • GIVEAWAYS • FREE PARKING

ALCOHOL & DRUG-FREE EVENT • SECURITY ON SITE FEMALE ATTENDANTS TO OBSERVE TRADITIONAL DRESS PLEASE BRING YOUR OWN CHAIR

FOR MORE INFO CONTACT: INFO@CONCORDIA.AB.CA



YOU ARE INVITED TO THE



September 26, 2018 | 12:00 pm Al and Trish Huehn Theatre

Students that attend the State of the University Address will be entered to win two \$250 towards tuition and gift cards to the CUE Bookstore.



ENTREPRENEURSHIP **CASE COMPETITION** 2018 OCT 20, 2018 8 AM TO 5 PM CONCORDIA UNIVERSITY OF EDMONTON 7128 ADA BOULEVARD, EDMONTON, AB

OPEN TO ALL BUSINESS & MANAGEMENT STUDENTS IN POST-SECONDARY INSTITUTIONS TEAMS OF 4 | SLOTS AVAILABLE FOR 10 TEAMS | FEE OF \$100 PER TEAM

REGISTER ONLINE AT: TINYURL.COM/CUE-ECASE2018

FOR MORE INFORMATION CONTACT: CASE.COMPETITION@CONCORDIA.AB.CA

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CUE CAREER SERVICES Come find us in the Student Success Centre Drop-in Mondays from 11 am to 1 pm Walk-in Wednesdays from 9 am to 3 pm

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mystudentplan.ca

Opt-in, opt-out, or add family to your health and dental plan! Fall 2018 Deadline: September 20, 2018



Quickly and easily register at www.mystudentplan.ca.





Conrad Scott is a poet, fiction writer, and academic who also teaches English at Concordia and the University of Alberta. A graduate of the 2010 Spring Writing Studio at the Banff Centre for the Arts, his poetry has previously appeared in such publications as *Freefall Magazine* and *The Enpipe Line*. His first book of poetry, Waterline Immersion, will be published next Fall as part of Frontenac House's Quartet 2019.

Dates: September 19th, October 3rd, October 17th, October 31st, November 14th, and November 28th.

Every other Wednesday from 3:00-4:00 pm in the Conference Room of the Student Success Centre (HA 113E).

Students! Bring 1-3 pages of your creative writing project to the working group for expert mentoring and work-shopping! (Please bring 4-5 copies of your work to share).







CONCORDIA UNIVERSITY OF EDMONTON IS A SMOKE-FREE CAMPUS

THANK YOU FOR NOT SMOKING ON CAMPUS GROUNDS

CONCORDIA.AB.CA/SMOKE-FREE

TEXT THE LIBRARY CONTEST 780 800 7330

Text CUE Library your Concordia student email address and you could win a \$50 gift certificate to the CUE Bookstore.



1ST DRAW: FRIDAY, SEPTEMBER 28 2ND DRAW: WEDNESDAY, OCTOBER 31

STUDENTS MUST TEXT THEIR CUE STUDENT EMAIL ADDRESS TO BE ELIGIBLE ONLY CURRENT CUE STUDENTS ARE ELIGIBLE TO WIN CUE EMAIL ADDRESSES ARE COLLECTED FOR VERIFICATION PURPOSES ONLY ONLY ONE ENTRY PER STUDENT WILL BE COUNTED



Thinking about pursuing a master's degree after you graduate?

CANADA GRADUATE **SCHOLARSHIP** - INFO SESSION -

October 2, 2018 4:00 p.m. • HA 010

LEARN How to Apply for a CGS-M Scholarship for Your Master's Degree (must be a Canadian Citizen or Permanent Resident to apply)







NEW Track for Undergraduate Management Students!



Graduate Diploma in Information Systems Assurance

Identify and help prevent data security breaches and organizational fraud. Assess IT-related risks and make audit recommendations aimed at improving organizational internal controls! We will teach you what you need to know in as little as one semester, following your undergraduate management degree completion.

Course starting in Winter 2019. Application and course registration starts September 2018.

INFO SESSION OCTOBER 4TH NOON IN HA235 Pizza, Beverages, & Giveaways!

MORE INFO tinyurl.com/CUE-GDIA For Mgt/GDIA academic advising, please contact Dr. Shaun Aghili at shaun.aghili@concordia.ab.ca



CONCORDIA STUDY ABROAD BURSARY

VALUE: \$1,000 NUMBER OF AWARDS: 3 PER TERM DEADLINE: MARCH 15TH / OCTOBER 1ST

WHAT:

A one-time award to assist Concordia undergraduate students with travel costs to participate in a study abroad semester with a partner institution. Concordia has over 30 partner agreements around the world.

HOW TO APPLY:

- 1. Declare your intent to study abroad by contacting Concordia's International Office.
- Be nominated by Concordia to participate in a study abroad semester (see Concordia Outgoing Study Abroad Guide for more details).
- 3. Complete and submit a Study Abroad Bursary application form to the International Office by the term deadline.

CONCORDIA.AB.CA/INTERNATIONAL/STUDY-ABROAD



We welcome you to visit our Financial Aid & Awards website for more information.

Fall 2018 Term TUITION INFORMATION NOW ONLINE

Fees are due the first day of classes— Sept. 5th , 2018

Fall 2018 tuition fees are available to view online. Please check your account information online through Concordia's website http://onlineservices.concordia.ab.ca/student/

The **Concordia Students' Association Benefit Plan** may have been charged to your account. If you already have comparable coverage and want to **opt out** of the CSA Student Benefit Plan then you will need to do this online **before September 20, 2018**. Students can opt out at: <u>https://mystudentplan.ca/</u>

If you opt out of the student benefit plan your student account will be credited after September 20, 2018. If you **previously** opted out then you do not need to opt out again. Please ensure that you receive a <u>confirmation email</u> if you opt out of the plan.

PAY YOUR FEES:

• At the Student Accounts Office during normal office hours by cash, cheque or debit.

- Through your Bank by setting up Concordia University of Edmonton as a biller /payee and using your ID number as your account number.
- By Credit Card through Plastiq (processing fees apply) by accessing online student services through Concordia's website: https://onlineservices.concordia.ab.ca/

Please allow 5– 6 days for your credit card payment to be receipted to your account.

If you anticipate student loan payments that have not been received or you have questions about your student loan, please contact: **finaid@concordia.ab.ca**

*For full reduction of tuition and fees, withdrawals must be done by September 12, 2018, 12:00 p.m. MDT for the Fall term. "Non-payment of fees and/or non-attendance does not constitute official withdrawal from Concordia, section 5.5.4 Academic Calendar 2018/2019."

If you have any questions, please don't hesitate to contact our office at studentaccounts@concordia.ab.ca