



**CALLING FOR VOLUNTEERS**

VOLUNTEERING WITH THE CSA MEANS: SHAPING CAMPUS CULTURE, MAKING NEW FRIENDS, AND BUILDING YOUR RESUME!

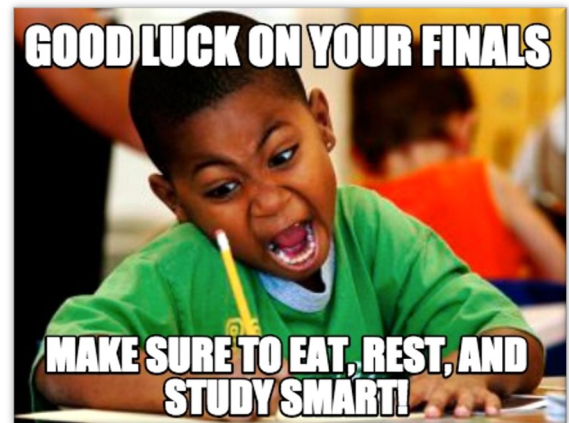
VISIT US ONLINE AT [OURCSA.CA](http://OURCSA.CA)

ALL VOLUNTEER HOURS ARE PUT TOWARDS CONCORDIA SCHOLARSHIP OPPORTUNITIES



## INSIDE THIS EDITION:

- Interested in Joining Residence Life?
- Residence Life is Hiring.
- Winter Orientation
- 2020 Campus Recreation Calendar
- ASIST Workshop –Jan 11 & 12
- Peer Support Schedule-Final Exams
- How to Print your Health Care Card



*80% of success is just showing up.  
Apply for scholarships!*

## **CONCORDIA GENERAL AWARDS**

50+ SCHOLARSHIPS,  
1 ONLINE APPLICATION

**APPLY ONLINE BY JANUARY 15**  
MORE INFO AT [FINANCIALAID.CONCORDIA.AB.CA](http://FINANCIALAID.CONCORDIA.AB.CA)

INTERESTED IN JOINING RESIDENCE LIFE?

Thursday December 12

**11am & 7pm HA 206**

**RLS Hiring  
Information  
Sessions**



*Want more information? Have  
questions? Come make an impression!*

THERE'S NO PLACE LIKE HOME  
2020-2021 YEAR HIRING

# RESIDENCE LIFE IS HIRING

*Resident Advisors (4 positions)*  
*Summer Resident Advisor (1 position)*  
*Living Learning Community Advisor (1 position)*

**APPLICATIONS OPEN:** December 10

**APPLICATIONS CLOSE:** January 17

**INTERVIEWS:** January 22-29

**GROUP INTERVIEW:** February 1: 1:00-3:00

*Not applicable for Summer RA*

**OFFERS SENT:** February 4



# Winter Orientation

REGISTER ONLINE AT [OURCSA.CA](http://OURCSA.CA)



# CUE Campus Recreation Schedule

## January 2020 - April 2020

Concordia University of Edmonton Campus Recreation Fitness Classes are located in the Gymnasium in the Ralph King Building. Each class will start at 12:00pm and will go until 12:50 pm. Upon arriving to the class you will sign in. If it is your first time attending a campus recreation fitness class you will be asked to fill out some paperwork. The schedule for the classes are as follows:

<b>Movement Monday</b>	<b>Wellness Wednesday</b>	<b>Fitness Friday</b>
Jan 6 – Drop-In Intramurals (Soccer)	Jan 8 – Hatha Yoga	Jan 10 - Bootcamp
Jan 13 – Drop-In Intramurals (Basketball)	Jan 15 - Hatha Yoga	Jan 17 - Zumba
Jan 20 – Drop-In Intramurals (Volleyball)	Jan 22 - Hatha Yoga	Jan 24 - Bootcamp
Jan 27 - Drop In-Intramurals (Soccer)	Jan 29 - Hatha Yoga	Jan 31 - Zumba
<b>Feb 3</b> – Drop-In Intramurals (Basketball)	Feb 5 - Hatha Yoga	Feb 7 - Bootcamp
Feb 10 – Drop-In Intramurals (Volleyball)	Feb 12- Hatha Yoga	Feb 14 - Zumba
<b>Feb 17 - Reading Week</b>	<b>Reading Week</b>	<b>Reading Week</b>
Feb 24 – Drop-In Intramurals (Soccer)	Feb 26 - Hatha Yoga	Feb 28 - HIIT
<b>Mar 2</b> – Drop-In Intramurals (Basketball)	Mar 4 - Hatha Yoga	Mar 6 – Pound Fitness
Mar 9 – Drop-In Intramurals (Volleyball)	Mar 11 - Hatha Yoga	Mar 13 - HIIT
Mar 16 – Drop-In Intramurals (Soccer)	Mar 18 - Hatha Yoga	Mar 20 -Pound Fitness
Mar 23 – Drop In Intramurals (Basketball)	Mar 25- Hatha Yoga	Mar 27 - HIIT
Mar 30 – Drop-In Intramurals (Volleyball)	<b>April 1</b> - Hatha Yoga	April 3 – Pound Fitness
April 6 – Drop-In Intramurals (Soccer)	April 8 - Hatha Yoga	April 10 - HIIT

- If you have any questions please contact the Campus Recreation Coordinator, Taylor Penney and [taylor.penney@concordia.ab.ca](mailto:taylor.penney@concordia.ab.ca) or 780-479-9389



# Learn the skills. Help save a life.

**Suicide is preventable. Anyone can make a difference.**

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

Open to students, faculty & staff

Upcoming ASIST Workshop

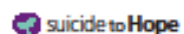
Date: January 11 & 12, 2020; 8:30am-4:30pm

Location: IKRC - AW124

Hosted by: CUE Wellness Cost: FREE (\$250 value!)

To inquire or register, call 780-479-9297 or email  
[nicole.houghtaling@concordia.ab.ca](mailto:nicole.houghtaling@concordia.ab.ca)

ASIST works. Learn more and see the evidence at [www.livingworks.net/asist](http://www.livingworks.net/asist)



# FINAL EXAMS GOT YOU STRESSED?

Need Someone to talk to?

How about talking with a fellow student?



We're students trained to provide a confidential, nonjudgmental, safe space for you to talk about anything. We can offer you referrals to other services and help you figure out your next steps.

We're here to listen!

No Appointment Needed.

Drop In to L279 (main floor library) during the following hours:

## **Hours During Final Exams**

Mon. Dec. 9 11:30-1:30 pm

Tues. Dec 10 11:30-1:30 pm

Wed. Dec 11 12:00-2:00 pm

Thur. Dec 12 11:30-1:30 pm

Fri. Dec. 13 11:30-1:00 pm

Mon. Dec 16 11:30-1:30 pm

Closed from December 20 to Jan 5, 2020.

Campus reopens Monday, January 6th, 2020.

# CSA HEALTH & DENTAL BENEFIT CARD INFORMATION

When seeking services from :

- Pharmacy
- Dental
- Paramedical

Present your Health & Dental card, not your Student I.D.

[mystudentplan.ca](https://mystudentplan.ca)

<https://gw1.greatwestlife.com>  
Claims Inquiries: 1.800.957.9777

Concordia Students' Association  
Plan Name

SANDY N. SMITH

Member Name

11

Carrier ID

11111111222

Student ID Number

112233

Plan Number

01

Version Code



To print or email your personalized benefit card visit [mystudentplan.ca](https://mystudentplan.ca)

Concordia Students' Association  
Student Health & Dental Plan

Select Language  Search

[myBenefits](#) [Who is Covered](#) [Opt-Out/Enrol](#) [Select Savings](#) [Making a Claim](#) [Assistance](#)

Submit claims and view your benefits plan usage online with GroupNet.

GroupNet provides you with detailed plan information, including benefit maximums and remaining balances. Register online at [gw1.greatwestlife.com](https://gw1.greatwestlife.com).

**Opt Out**  
Deadline: September 20, 2019

**myBenefits Card**  
Create your customized myBenefits Card

**Prescription Search**  
Based on the National Formulary

**myWellness**  
Take your free mental health assessment

## Questions?

Student Services Coordinator- Benefit Plan Office

**Cheryl M. Johnson**

Student Success Centre, HA107F

780-491-6243 or email: [concordioplan@mystudentplan.ca](mailto:concordioplan@mystudentplan.ca)