



MOVEMENT MONDAY - JAN 13

**DROP-IN BASKETBALL
INTRAMURALS**

WELLNESS WEDNESDAY - JAN 15

HATHA YOGA

FITNESS FRIDAY - JAN 17

ZUMBA



INSIDE THIS EDITION:

- Cafeteria Menu
- Kasey Machin of Party YEG
- Free Your Mind-Jan 17
- Intercultural Days-Jan 22
- Tai-Chi
- Facing difficult Circumstances?
- Wellness Wednesday
- Extension Chinese Courses
- Text Book Market Place
- Skills for Professional Success
- What's Your Blood Type?
- NEDIC Support
- Health & Dental Opt Out Deadline-Jan. 20
- Printing Your Health Care Card
- Alberta Graduate Scholarship
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- GSA Scholarship
- Lois Hole Scholarship
- Concordia General Awards
- Mackenzie King Scholarship

CAFETERIA MENU

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FINANCIAL AID & AWARDS STUDENT LOANS INFORMATION SESSION

Do you have a student loan?

Are you a bit confused about it all?

Having the right information is your most powerful tool. Join us!



WEDNESDAY, JANUARY 22ND

12:00 P.M. – 12:45 P.M. | ROOM HA 237 | FINAID@CONCORDIA.AB.CA

PRESENTER: MARGIE SCHOEPP, FINANCIAL AID AND AWARDS COORDINATOR

This presentation will include 5 things you need to know about your student loan:

1. Life cycle of a student loan
2. Interest-free status
3. Reinstatement of Interest-free status
4. Borrow wisely
5. Repayment

CAFETERIA MENU: JANUARY 13-17

Monday:

Lunch: Mediterranean Chicken Bowl - \$9.99 – Vegetarian Option available

Supper: Perogies with Garlic Butter, Onions, and Cheddar Cheese, and sautéed Vegetable Medley - \$7.99 (vegetarian)

Pizza: Three Cheese, Pepperoni

Tuesday:

L: Tandoori Chicken with Basmati rice and garlic and cumin cauliflower - \$9.99 (Gluten Free)

S: Beef Stroganoff with Egg Noodles - \$9.99

Pizza: Three Cheese, Potato Bacon Ranch

Wednesday:

L: Italian Loaded Mashed Potatoes with Zucchini and Tomato Sauté - \$7.99

S: Butter Chicken with Basmati Rice, Peas, and Carrots - \$9.99 (Halal, Gluten Free)

Pizza: Three Cheese, Taco Pizza

Thursday:

L: Vegetarian Lasagna with Garlic Toast - \$7.99 (Vegetarian)

S: Chicken Pad Thai - \$9.99

Pizza: Three Cheese, Hawaiian

Friday:

L: Chicken Pot Pie - \$7.99

S: Fish and Chips with Tartar Sauce - \$9.99 (Halal)

Pizza: Three Cheese, Chicken and Broccoli

Deli:

BBQ Chicken Wrap

Tuna Salad Ciabatta

Grilled Caprese Panini



NEW! Cafeteria Hours: Monday to Friday to 7:30AM-6:45PM



Tuesday, January 14 2020 FROM 12-1:00
IN THE **Design Thinking Space (AW 207)**

KASEY IS A POLICY ADVISOR FOR ANDREW KNACK, CITY OF EDMONTON WARD 1 COUNCILLOR, AND CO-FOUNDED PARITY YEG, A GROUP FOCUSED ON ENCOURAGING WOMEN TO RUN FOR MUNICIPAL POLITICS.



Life Transformation Academy

[illegible]

By:

**Award-Winning Professional Certified Master
Life Coach, Marriage & Youth Counsellor
www.lifetransformationacademy.org**



INTER CULTURAL DAYS

ROBERT TEGLER
STUDENT CENTRE

JANUARY 22ND 2020

10 - 1

CULTURAL ASSOCIATIONS
PERFORMANCES • SNACKS



INSTRUCTOR: MASTER KEN CHUI

JAN 9 – APR 16, 2020

THURSDAYS IN TEGLER, 4-5 PM

ENGLISH TAUGHT • FREE • 25 OPENINGS

CUE Faculty/Staff/Students Registration: [Online Course Selector](#)

Public Registration: bit.ly/oec-register



FACING DIFFICULT CIRCUMSTANCES?

CONCORDIA'S BURSARY PROGRAM

Fall Term Deadline: October 15th
Winter Term Deadline: February 1st

Apply Online:
TINYURL.COM/CUE-BURSARY

WELLNESS WEDNESDAY JANUARY

PANCAKE BREAKFAST
JAN.8TH - 8:30AM TO 11AM - TEGLER

WHAT'S YOUR TYPE?
JAN.15TH - 11AM TO 1PM - TEGLER
** FREE SNACKS PROVIDED **

THERAPY DOGS
JAN.22ND - 11AM TO 1PM - LIBRARY



#MYWELLNESS

BELL LET'S TALK
JAN.29TH - 9AM TO 3PM - TEGLER
** FREE SNACKS AND BEVERAGES PROVIDED **



CONCORDIA
UNIVERSITY
EDMONTON

Centre for
Chinese Studies
中國語言文化中心

EXTENSION CHINESE LANGUAGE COURSES WINTER 2020

OPEN TO EVERYONE
\$200 FOR EACH COURSE
NON-CREDIT

JANUARY 13 TO APRIL 9

INSTRUCTOR:

Ms. Sharon Zhong

Centre for Chinese Studies

For course registration,
visit concordia.ab.ca/extension-courses
Email: sharon.zhong@concordia.ab.ca



CONCORDIA
UNIVERSITY
EDMONTON

Office of
Extension and Culture



text book

MARKET

student second hand textbook market

JAN. 8TH-17TH
UPPER TEGLER
OPEN 24/7

BUS 120

MATH 113

HRM 400

GERMAN 101

MATH 113

DANCE

DRAMA 425

ECON 102



-improve your professional & social skills-

SKILLS FOR PROFESSIONAL SUCCESS

WINTER 2020

PROVIDE PRACTICAL STRATEGIES TO ENHANCE
YOUR PROFESSIONAL ETIQUETTE



appropriate
business attire &
grooming



verbal &
non-verbal
communication



telephone
etiquette & time
management, etc

Time: FEBRUARY 7- MARCH 13, 2020

9:00-12:00(Saturdays)

Location: Concordia University of Edmonton

7128 Ada Blvd. Edmonton, AB

For course registration, visit concordia.ab.ca/extension-courses





January 15, 2020 • 11-1
Tegler Student Centre

Find out your blood type & sign up to donate!

#cbsCUE
#givebloodcanada

NEDIC Support ... — X

Hello! Thanks for contacting NEDIC.
How can I help you today?

Hi. I'm losing control of what
and how much I eat...I don't
know what to do...

I'm glad that you reached out.
Would you like to tell me a bit more
about what's going on?

Concerned that food or exercise dominates your life
or a loved one's life?

Then we're concerned too.

So let's chat.

Visit **www.nedic.ca** to access our **anonymous** and
confidential instant chat service.

mystudentplan

New students starting in January:
Opt-in, opt-out, or add family to your
student health and dental plan!

Deadline:
Monday, January 20th, 2020



Quickly and easily register
at www.mystudentplan.ca.



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://gwl.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

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 gwl.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: concordiaplan@mystudentplan.ca



ALBERTA GRADUATE EXCELLENCE SCHOLARSHIP

Recognizing outstanding academic achievement in graduate studies

Award Value:

\$11,000 Master's

Eligible Programs:

Any master's or doctoral degree program at an institution in Alberta. You must be enrolled in the Fall 2019 and/or Winter 2020 semester.

The application will be available on:

Application Deadline:

JANUARY 15, 2020

How to Apply:

Talk to your school for details on how to apply

Visit: financialaid.concordia.ab.ca



**SEXUAL ASSAULT RESISTANCE TRAINING
FOR UNIVERSITY WOMEN**

**JAN 20, 22, 27 & 29 2020
3:00 – 6:00 PM**

12 hour sexual assault resistance training, open to all self-identified women
currently enrolled at Concordia University of Edmonton.

**REGISTER ONLINE AT
[TINYURL.COM/CUE-FLIP](https://tinyurl.com/cue-flip)**

Space is limited to 20 students.



CUE CAREER FAIR

WED. JANUARY 29, 2020
10 AM - 2 PM
TEGLER

Questions? Ask Career Services!

Drop by: Student Life and Learning

Email: career.services@concordia.ab.ca

Opportunities:

- Part Time Jobs
- Summer Jobs
- Post Graduate Employment
- Meet companies hiring students and grads
- Free LinkedIn headshots



CONCORDIA
UNIVERSITY
OF EDMONTON

GSA Bursary Award

Value: \$1000

(The value of the award may be prorated based on enrolment)

A financial need-based award given out each semester. The number of bursaries will vary depending on the funds collected from the GSA fee levy and the number of applicants in any given semester. Recipients must demonstrate financial need based on a modest standard of living.

Students may only receive this award once during their program of study. There is no limit to the number of applications that may be submitted.

How to Apply:

Submit an online application through [Online Services for Students](#)

Application Deadlines:

- **February 1**
- **May 15**
- **October 1**



GSA Scholarship Award

Value:

- **\$1,000** for a degree program
- **\$750** for a diploma program
- **\$500** for a certificate program

(The value of the award may be prorated based on enrolment)

A merit-based award given out each semester. Recipients must have completed at least one semester of study at the time of application, present a minimum cumulative GPA of 3.5 or higher and demonstrate the ability to balance employment, family commitments and community involvement while studying at the graduate level.

Students may only receive this award once during their program of study. There is no limit to the number of applications that may be submitted.



How to Apply:

Submit an online application through [Online Services for Students](#)

Application Deadlines:

- **February 1**
- **May 15**
- **October 1**



LOIS HOLE HUMANITIES AND SOCIAL SCIENCES SCHOLARSHIP

DONOR: GOVERNMENT OF ALBERTA

VALUE: \$5,000 DEADLINE: FEB 24TH

A \$5,000 award offered annually to a continuing undergraduate student in the Faculty of Arts who demonstrates academic excellence, leadership skills and active community service.

FOR MORE INFO & TO APPLY:
financialaid.concordia.ab.ca



*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

The Mackenzie King Scholarships

Are you a 4th year undergraduate student interested in pursuing graduate studies?

These awards are based on high academic achievements (typically all A's or very nearly so), personal qualities, and demonstrated aptitudes. Consideration will also be given to the applicant's proposed program of study.



The Mackenzie King Open Scholarship

Value: \$8,500

Open to graduates of any Canadian university who engage in (commence or continue) graduate study (master's or doctoral) in any field, in Canada or elsewhere. One Open Scholarship is awarded each year.

The Mackenzie King Travelling Scholarship

Value: Four scholarships of \$10,500

Open to graduates of any Canadian university who engage in (commence or continue) postgraduate study (master's or doctoral) in the United States or the United Kingdom, of international relations or industrial relations (including the international or industrial relations aspects of law, history, politics and economics).

How to Apply: Submit your application documents to Student & Enrolment Services (HA120) by February 1st, 2020. You may apply for both scholarships with a single application if the eligibility criteria are met for both.

For more information and to apply visit: financialaid.concordia.ab.ca