



# text book MARKET

student second hand textbook market

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

BUS 120

DANCE

MATH 113

GERMAN 101

HRM 400

DRAMA 425

MATH 113

ECON 102

## INSIDE THIS EDITION:

- Pancake Breakfast
- Volleyball Pub Night
- Club Fair
- ASIST Workshop –Jan 11& 12
- Kasey Machin of Parity YEG
- What's Your Blood Type?
- NEDIC Support
- Residence Life is Hiring
- Health & Dental Opt Out Deadline-Jan. 20
- Printing Your Health Care Card
- Alberta Graduate Scholarship
- Flip The Script
- 2020 Campus Recreation Calendar
- CUE Career Fair
- GSA Bursary
- GSA Scholarship
- Lois Hole Scholarship
- Concordia General Awards
- Mackenzie King Scholarship

Welcome to 2020

## 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



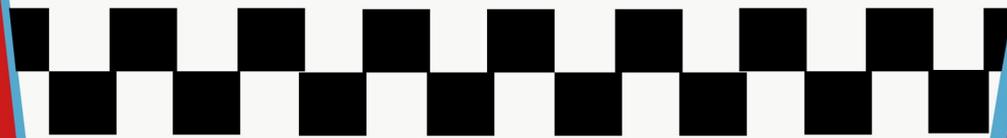
**#MYWELLNESS**

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

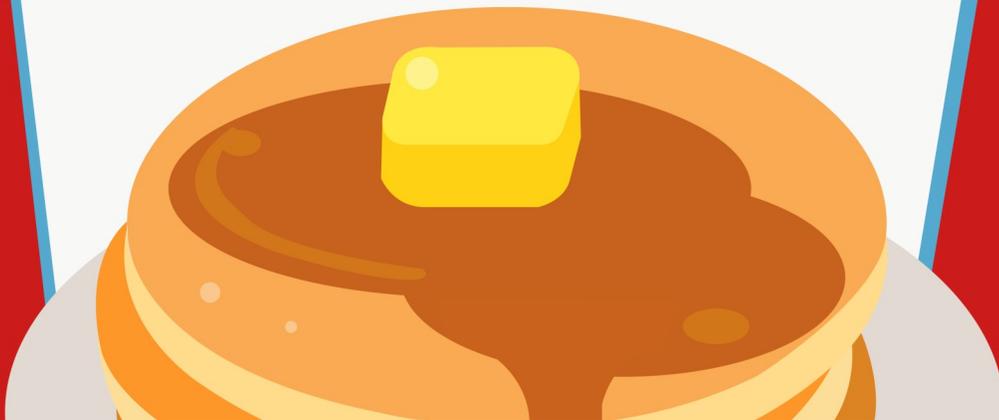


*pancake*  
**BREAKFAST**

**JAN. 8TH**  
**OPEN 8:30AM - 11AM**  
**TEGLER**



**FREE TO ALL STUDENTS**



A stylized graphic of a volleyball with blue and white panels, set against a blue and yellow background.

# VOLLEYBALL

PUBNIGHT

BOYS AND GIRLS GAME



JANUARY 10TH

RALPH KING GYMNASIUM

OPEN @ 5:30PM



[OURCSA.CA](http://OURCSA.CA)

**SEMI-ANNUAL**

**CLUB  
FAIR**



**JAN. 13TH -14TH  
NOON TO 2PM  
TEGLER**



# 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

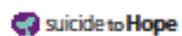
Hosted by: CUE Wellness Cost: FREE (\$250 value!)

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)



LivingWorks





**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.**



**January 15, 2020 • 11-1  
Tegler Student Centre**

Find out your blood type & sign up to donate!

#cbsCUE  
#givebloodcanada

## NEDIC Support

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](http://www.nedic.ca) to access our **anonymous** and  
**confidential** instant chat service.

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



***my*studentplan**

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

**Deadline:  
Monday, January 20<sup>th</sup>, 2020**



Quickly and easily register  
at [www.mystudentplan.ca](http://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://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

1111111222

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 [gwl.greatwestlife.com](https://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

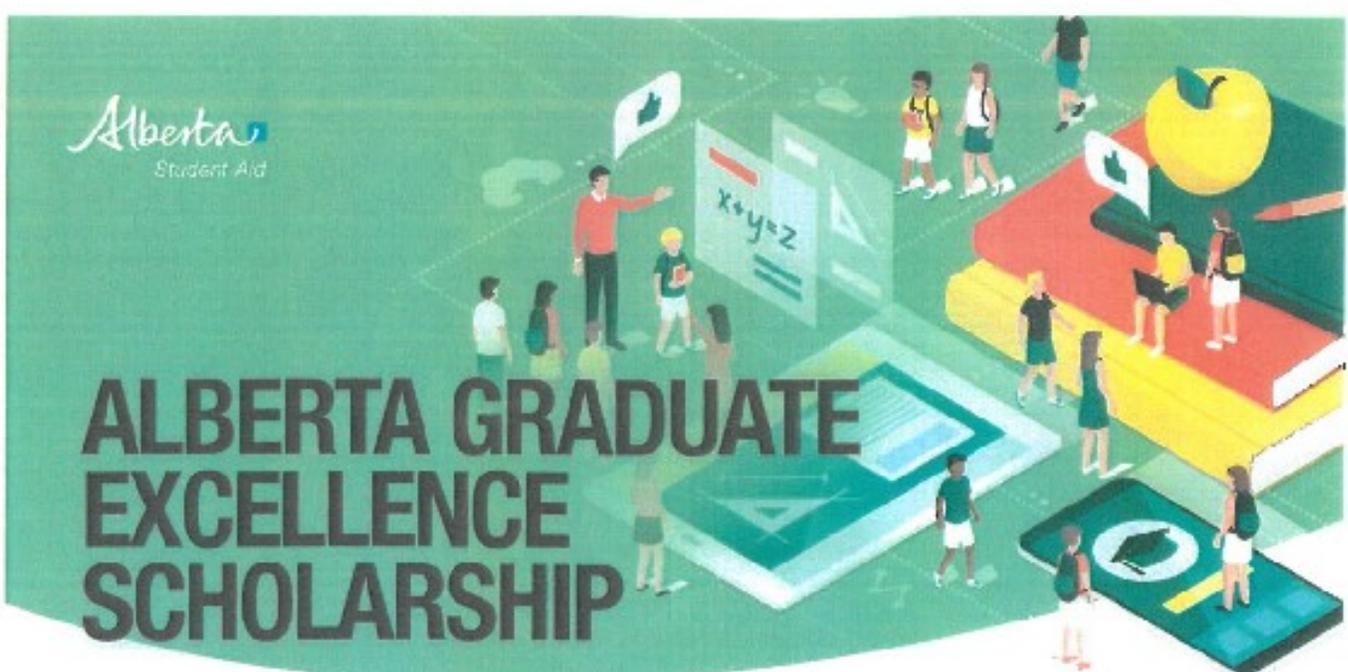
**Cheryl M. Johnson**

Student Success Centre, HA107F

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



Alberta  
Student Aid



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](http://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.

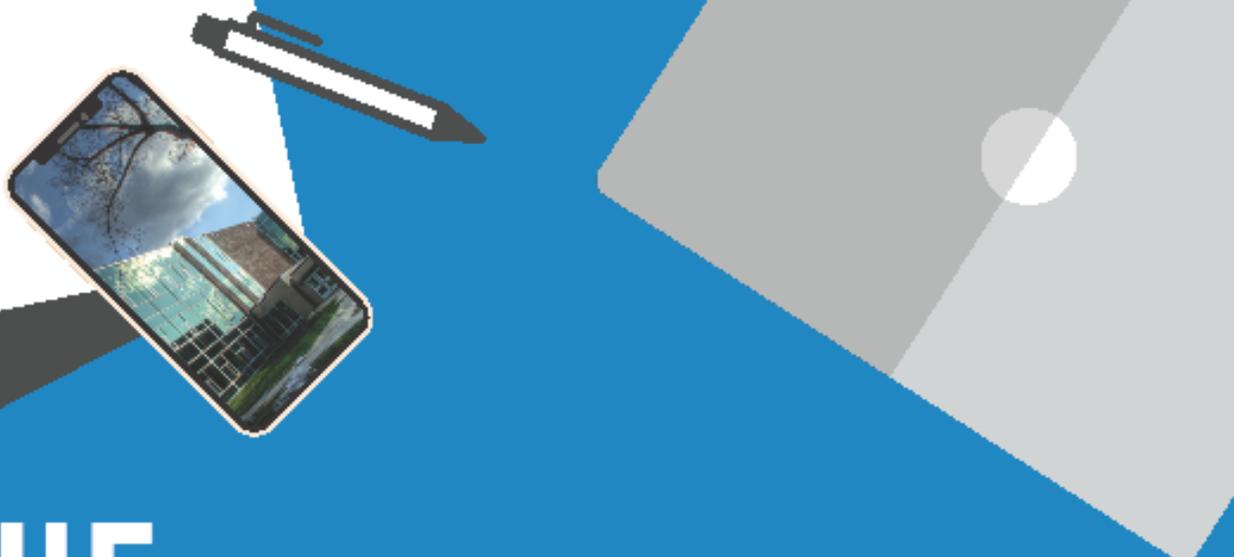
# CUE Campus Recreation Schedule

## 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



# CUE CAREER FAIR

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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](mailto: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 24<sup>TH</sup>**

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](http://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](http://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](http://financialaid.concordia.ab.ca)