

NEW

## CUE WELLNESS CONNECTION

This new initiative is an excellent opportunity for the CUE community to support and encourage one another in these uncertain times. Check out CUE social media pages on Monday, Wednesday and Friday for more details.

**Mindful Mondays**-will include virtual sessions on various topics through Google Hangouts and contribute to social connection

**Wellness Wednesday**-will focus on physical activity and active living. See page 2 for this week's fitness challenge.

**Fab Friday**-focuses on other wellness topics like nutrition, sleep, relaxation, laughter, etc.

In case you missed last week's **FAB FRIDAY**.



## CUE WELLNESS CONNECTION

*Mindful* MONDAY

*Start your week off right*

10:00 AM-11:00 AM

## INSIDE THIS EDITION:

- Recruiting for Peer Support
- Online Fitness Challenge
- COVID-19 Fraud
- T2202 Tax Receipt
- Summer Course— REL252
- Student of the Year Award
- Fraud Prevention Tips
- Spring/Summer Courses
- Chris Benedict Award
- Junes Burger Discount

## WRITING CENTRE IS OPEN

Need some help with end of term assignments?  
The Writing Centre is still open and here to help.

**Book an appointment today.**

IT'S IMPORTANT  
TO WASH YOUR  
HANDS THE  
RIGHT WAY



Follow these tips from the World Health Organization to keep yourself safe and help contain the spread of the virus.

1. Wash your hands with soap and water for 20 seconds.
2. Avoid touching your face, eyes, mouth, and nose.
3. Avoid contact with people who are vulnerable
4. Cover your cough with the bend of your elbow.
5. Disinfect surfaces you regularly use.
6. If you feel unwell, stay at home and call your healthcare provider.
7. Only share information from trusted sources.

## COVID-19 INFORMATION FOR THE CUE COMMUNITY

**CURRENT SITUATION: Response Level 2**

Please review the linked information for regular updates

<https://concordia.ab.ca/covid-19-information/>



# ONLINE FITNESS CHALLENGE!

**POST A PHOTO DOING PHYSICAL ACTIVITY AT HOME  
TAG @CUEDMONTON AND #CUESTAYACTIVE  
AND ENTER TO WIN A PRIZE!**

**CONTEST OPEN TO CUE STUDENTS/STAFF/FACULTY**

If you are finding yourself restless and having troubles being active, don't worry CUE Wellness Connection is here to help. Follow along to the instructions above and stay tuned for a new weekly challenge that will be posted every Wednesday. If you have any questions or need more ideas on how to stay active during this time email the Campus Recreation Coordinator at [taylor.penney@concordia.ab.ca](mailto:taylor.penney@concordia.ab.ca)

## **WARM UP:**

- 1-min jog on the spot
- 30-sec arm circles  
(forwards and backwards)
- 30-sec but kicks
- 10 straight leg standing  
toe touches
- 10 torso twists



## **WORK OUT:**

- 15 squat jumps, 5 push-ups
- 30-sec of high knees
- 7 burpees, 10 lunges
- 7 squats, 5 push-ups
- 10 lunges, 5 push-ups
- 7 squats, 15 jump squats
- 1-min wall sit, 5 push-ups
- 30-sec of high knees
- Repeat 3x, resting when necessary



## **NOW RECRUITING STUDENTS FOR THE PEER SUPPORT TEAM 2020/21**

**Peer Support Program** is Concordia's initiative to foster and strengthen the community of support among students. The Program provides students with a confidential and safe space to talk about their problems with another peer and offers referrals to campus and community services.

**Peer Helpers** are expected to commit to **2 hours per week** at a determined set time every week to have confidential one-on-one conversations with students that access the service. Peer Helpers are required to **participate in the promotion** of peer support services **one day a week** and to **be involved with campus mental health and wellness initiatives twice during the fall 2020 and winter 2021 semesters.**

As a Peer Helper, Peer Support Program offers you (1) real life skills and practical experience, (2) a boost to your Co-Curricular Record, resume and potential grad application, (3) additional training opportunities in field of mental health, (4) a minimum wage compensation at end of each completed semester.

**Five successful candidates** will be required to partake in **22 hours of intensive training** in supportive listening and risk management prior to starting. Training will be held for **six weeknights in August.** Peer Helpers will also receive ongoing supervision from Concordia's Student Life Counsellor.

### **To apply...**

Visit [LINK](#) and fill out the online application.

Selected students will be invited to an in-depth conversation about their suitability, availability and commitment to the program. The successful applicants will be required to get a Criminal Information Check (cost reimbursed). **Recruitment closes May 1<sup>st</sup> or as soon as positions are filled.**

### **For more information...**

Contact Caroline Belanger, Student Life Counsellor, at [peersupport@concordia.ab.ca](mailto:peersupport@concordia.ab.ca).



# COVID-19 Fraud



## Fraudsters are posing as:

### Cleaning or heating companies

- offering duct cleaning services or air filters to protect from COVID-19

### Local and provincial hydro/electrical power companies

- threatening to disconnect your power for non-payment

### Public Health Agency of Canada

- giving false results saying you have been tested positive for COVID-19
- tricking you into confirming your health card and credit card numbers for a prescription

### Red Cross and other known charities

- offering free medical products (e.g. masks) for a donation

### Financial advisors

- offering financial aid and/or loans to help you get through the shut downs

### Door-to-door sales people

- selling household decontamination services

### Private companies

- offering fast COVID-19 tests for sale
  - Only hospitals can perform the tests
  - No other tests are genuine or guaranteed to provide accurate results
- selling fraudulent products that claim to treat or prevent the disease

## Protect yourself, beware of:

### Spoofed government, healthcare or research information

#### Unsolicited calls, emails and texts giving medical advice or requesting urgent action or payment

- If you didn't initiate contact, you don't know who you're communicating to, never respond or click on suspicious links and attachments.
- Never give out your personal or financial details

#### Unauthorized or fraudulent charities requesting money for victims, products or research

- Don't be pressured into making a donation
- High-priced or low-quality products purchased in bulk by consumers and resold for profit

#### Questionable offers, such as miracle cures, herbal remedies, vaccinations & faster testing

#### Fake and deceptive online ads, including cleaning products, hand sanitizers and other items in high demand



## OFFICIAL TAX RECEIPT 2019 T2202: AVAILABLE ONLINE

The T2202 is your official tax receipt used to claim the eligible educational expenses for the tax year on your income Tax return. The form includes the amount of tuition that can be claimed as well as the number of months eligible for the education deduction.

The 2019 T2202 is now available through online services for students on Concordia's web site.

<http://onlineservices.concordia.ab.ca/student/>



# REL 252 OLD TESTAMENT LITERATURE Dr Bill Anderson

**SUMMER 2**

**M/T/W/R/F 09.00-12.00**

**04<sup>TH</sup>-20<sup>TH</sup> AUGUST 2020**



# Student of the Year



## \$2000

AWARDED TO A GRADUATING UNDERGRADUATE STUDENT WHO HAS DEMONSTRATED OUTSTANDING LEADERSHIP



**Apply by  
March 29<sup>th</sup>**  
FINANCIALAID.CONCORDIA.AB.CA



# Concordia Fine Arts Spring/Summer 2020

Spring 1 May 4-21	<b>DRA 252 (3) Fundamentals of Public Speaking</b> — Randy Ritz ( <i>also Summer 1, July 13-30</i> ) M-F 9a-12p Basic techniques of oral communication and public speaking with an emphasis on speech construction and delivery. Prereq: 2d year standing required.
	<b>MUS 100 (3) Rudiments of Music*</b> — Deborah Rice M-F 9a-12p Fundamentals of music theory approached through aural and written training, including an understanding of intervals. For beginners as well as music students with a weak background in theory.
Spring 2 May 25-June 11	<b>DRA 102 (3) Play Analysis</b> — Michele Fleiger M-F 9a-12p Read, analyze, and discuss a variety of play scripts This leads to creative thinking about why and how we make live theatre. The class observes a filmed performance of each play. No acting required.
	<b>MUS 120 (3) Advanced Rudiments of Music*</b> — Danielle Lisboa M-F 9a-12p Advanced fundamentals of music theory including intervals, chords, scales, compound meters, and key signatures along with musicianship training in rhythmic and melodic sight-singing, and music dictation and writing in pentatonic and diatonic modes. Prepares Music majors and minors to continue with MUS 211 in the Fall semester. Prereq: MUS 100 [min. C- grade required].  <i>*Students may be able to place out of either or both of these courses by taking the School of Music's theory placement exam. For more information contact <a href="mailto:danielle.lisboa@concordia.ab.ca">danielle.lisboa@concordia.ab.ca</a>.</i>
Spring 1 & 2 May 4-June 11	<b>DAN 340 (3) Modern Dance</b> — Jodie Vandekerkhove TR 12:30-3:45 Introduction to the study of creative dance techniques, improvisation, composition, and performance through theory and practical experience. <i>Please note that DAN 340 is an Education and not Fine Arts course.</i>
	<b>MUP 112 (1.5) Class Piano</b> — Ping-Shan Liao TR 1-3:20p Fundamental piano skills for students with very little or no previous training in piano. Prereq: MUS 100 or MUS 120.
	<b>MUP 116 (1.5) Class Voice</b> — Jolaine Kerley MW 1-3:20p Fundamental vocal skills, aural training, and music reading as they apply to choral and vocal singing.
Spr 1-2-Sum 1 May 4-July 31	<b>MUPX X22 Applied Music, Novice/Secondary Area</b> (individual studio classes)
	<b>MUPX X26 Applied Music, Primary Area</b> (individual studio classes) (1.5 each) Private music lessons in the student's performance area, as either novice or secondary performance area. Prereq: Consent of Department. May be used toward a Music major, concentration, or minor. Additional \$420 fee applies. Lessons run 8 weeks (May 7-July 19) with a jury at the end of Summer 1.
Summer 2 August 10-14	<b>MUS 630/631 Topics in Choral Conducting, Techniques, &amp; Literature I/II</b> (1.5) (Inspiration for Teachers, held in conjunction with Singpiration choral camp) M-F 9a-5p Selected topics in conducting, techniques, and literature are covered including relevant observation, research, and application. Available for PD credit. Additional fees apply. Prereq: Consent of Department; Bachelor's degree or final-year standing required.

# Chris Benedict Award

Awarded to a student who has a positive outlook towards school and life and has demonstrated perseverance in the face of adversity while inspiring others to also succeed when facing adverse conditions.

Donor: Concordia Students' Association



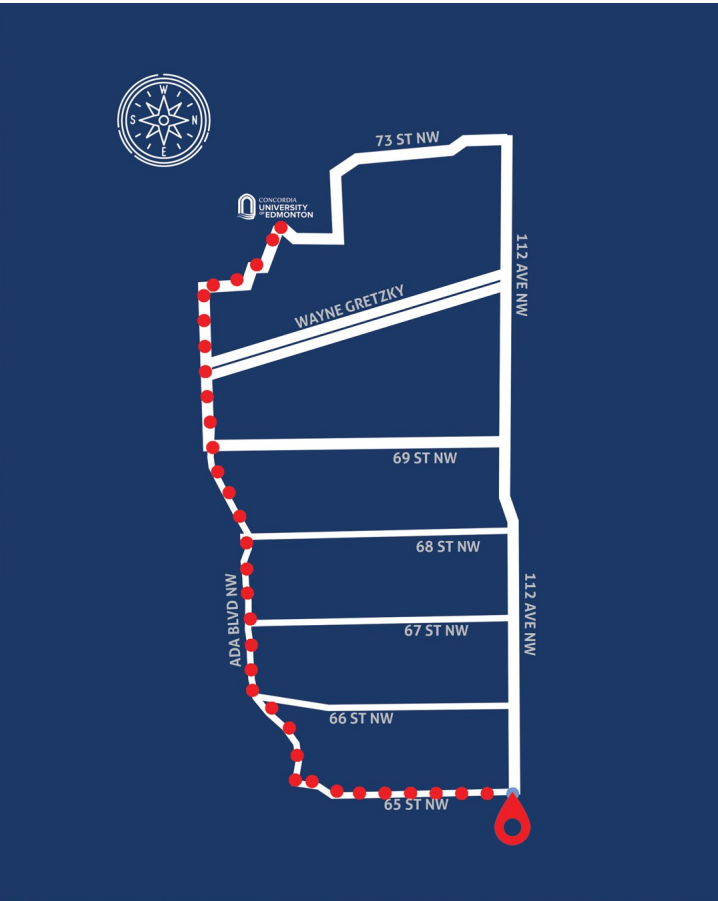
For more information and to apply, visit:  
[financialaid.concordia.ab.ca](http://financialaid.concordia.ab.ca)

Value: \$1000

Application Deadline: March 29, 2020







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