

WRITING CENTRE IS OPEN



Do you need some help with an end-of-term assignment?

The Writing Centre is open and ready to assist you at any stage of your assignment.

Book an appointment today.

INSIDE THIS EDITION:

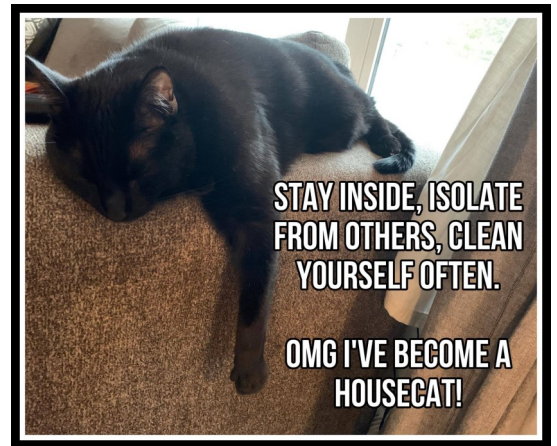
- Wanted: Student Ambassadors
- Mindful Monday
- Wellness Connection
- Spring/Summer Courses
- COVID-19 Frau

CONVOCATION POSTPONED

The May23rd, 2020 Convocation is postponed

Students graduating this year can rest assured that we will hold a convocation ceremony at some point and that you will receive your degree on time.

We are still working on details, please watch the [website](#) for updated information.



TEXT4HOPE: SUPPORTING MENTAL HEALTH & WELLNESS IN A TIME OF STRESS & ISOLATION



The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, Alberta Cancer Foundation and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists.

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

COVID-19 INFORMATION FOR THE CUE COMMUNITY

CURRENT SITUATION: Response Level 2

Please review the linked information for regular updates

<https://concordia.ab.ca/wednesday-march-25-covid-19-update/>



Get involved, become a CUE STUDENT AMBASSADOR!

The Program

The Student Ambassador program is a volunteer program that focuses on providing support for events on and off campus, providing campus tours, and allowing non-Concordia students the opportunity to shadow and see the school from your point of view. At Concordia University of Edmonton, we focus on bridging the gap between the students, the faculty, and the community.

Our Focus

As a volunteer team we encourage connections between the community and the university. Each Student Ambassador has an array of choices each term to pick from that allows them to tailor their experience of the program. Under the recruitment office, the Ambassador program focuses on the promotion of the University within its events. Student Ambassadors have become an integral part of CUE by assisting with both our recruitment and marketing events. Ambassadors are key representatives of the university and provide a vital service in promoting post-secondary education.

The Perks

- Volunteer hours
- Community experience
- Team building
- Public speaking
- University Engagement
- Off-Campus Exposure
- Free Lunches
- School Swag
- Training opportunities
- Letters of Reference

The Requirements

- 2nd year standing
- Interview
- Positive outlook of the school
- Communication skills
- Mandatory training session in August

Questions?

Email studentambassador@concordia.ab.ca for more information!

[Sign up here](#)

CUE Wellness Connection



Mindful Monday.

Video Hangout and Chat

Monday, March 30

10:00am - 11:00am

- type this link into your browser (use Chrome):

<https://meet.google.com/szc-hewx-ocd>



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.

SPRING SUMMER COURSES AVAILABLE

DRA 252 (spr 1 & summer 1)

MUS 100 (spr 1)

DRA 102 (spr 2)

MUS 120 (spr 2)

For more information on all spring/summer courses go to:

<https://concordia.ab.ca/student-services/registrar/timetables/>

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:

Spofed 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