



**DO YOU HAVE QUESTIONS ABOUT FINAL EXAMS?**

PLEASE REACH OUT TO YOUR INSTRUCTORS DIRECTLY TO GET THE MOST UP TO DATE INFORMATION!



## INSIDE THIS EDITION:

- Peer Support Available
- Be a CUE Ambassador
- CUE Wellness Connection
- Wellness Connection
- TEXT4HOPE
- Spring/Summer Courses
- Library Research & Citation Help
- Writing Centre Open



## IT Support & Helpdesk

Students who are challenged by lack of access to technology, please contact [helpdesk@concordia.ab.ca](mailto:helpdesk@concordia.ab.ca)



## PEER SUPPORT

[MORE INFO ON PAGE 2](#)

## 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>



please  
JOIN US

# PEER SUPPORT PROGRAM

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.

*"We are students helping students, we are a free, confidential service, we are here to listen and not to judge. We provide referrals to both on and off campus resources. We are a drop in service. We are not counsellors and we don't give advice but we provide you with support and help you figure out what you need. We can talk about any small or large issues of concern."*

Given the current pandemic, Peer Support Services will now be offered online via doxy.me everyday between 12-2 pm! To access the service, click [here](#). You will then be taken to a virtual waiting room where you will see a message to wait until the Supporter can take your call.

Important information to consider before calling:

It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.

You need to use a webcam or smartphone during the session.

It is important to use a secure internet connection rather than public/free Wi-Fi.

Link: <https://doxy.me/cuepeersupport>

IF YOU ARE IN CRISIS, PLEASE CONSIDER THE FOLLOWING OPTIONS:

In case of an emergency call 911

Not sure who to contact?

- Canadian Mental Health Association ([CMHA](#)) at 211.
- Distress Line 780 482 4357
- Crisis Text Line 686868
- Access 24/7 780 424 2424
- Kids Help Phone 1 800 668 6868
- Mental Health Help Line 1 (877) 303-2642
- [myWellness student plan](#). Connect to a counsellor in Edmonton area on your phone. Weekends and evenings hours available.





# 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

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

## Questions?

Email [studentambassador@concordia.ab.ca](mailto:studentambassador@concordia.ab.ca) for more information

[SIGN UP HERE](#)

# CUE WELLNESS CONNECTION

CHECK CUE SOCIAL MEDIA PAGES EVERY MONDAY, WEDNESDAY AND FRIDAY FOR:

## MINDFUL MONDAYS

Join us at <https://meet.google.com/szc-hewx-ocd> every Monday from 10-11 AM where we'll chat about various topics related to social connection and mindfulness



## WELLNESS WEDNESDAYS



A weekly fitness challenge will be posted every Wednesday.

Check out <https://www.instagram.com/cuedmonton/>

and [https://www.instagram.com/cue\\_athletics/](https://www.instagram.com/cue_athletics/) daily for more ways to stay active during isolation. #cuestaysactive #cuelwellness #wegotthis

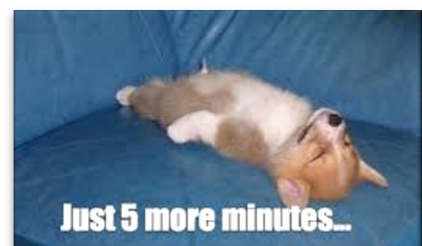
## FAB FRIDAYS

Every Friday will focus on other wellness topics like nutrition, sleep, relaxation, laughter, and much more! This Fridays video takes you to the bedroom! Let's talk about sleep!

<https://youtu.be/0P5AriIUBGA>

Having trouble sleeping? If so, you're not alone. Check out this infographic:

[Are Canadian Adults Getting Enough Sleep?](#)



Need more sleep tips? This resource from Anxiety Canada might be useful to help get your sleep back on track!

<https://www.anxietycanada.com/sites/default/files/SleepHygiene.pdf>

Laughter is still one of life's best medicines! What's the funniest video or meme you've seen recently? Let's share the laughter. Post your favourite and tag @CUEdmonton #cuelwellness #wegotthis



## 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>

## Concordia Fine Arts Spring/Summer 2020

Spring 1  
May 4-21

- DRA 252 (3) Fundamentals of Public Speaking** – Randy Ritz (*also Summer 1, July 13-30*)  
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.
- MUS 100 (3) Rudiments of Music\*** – 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

- DRA 102 (3) Play Analysis** – 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.
- MUS 120 (3) Advanced Rudiments of Music\*** – 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].

*\*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 [danielle.lisboa@concordia.ab.ca](mailto:danielle.lisboa@concordia.ab.ca).*

Monday – Thursday: 8:00 am – 11:30 pm

Friday: 8:00 am – 9:00 pm

Saturday: 10:00 am – 6:00 pm

Sunday: 1:00 pm – 6:00 pm

**GET RESEARCH & CITATION HELP  
FROM THE LIBRARY ONLINE.**

*[www.concordia.ab.ca/library](http://www.concordia.ab.ca/library)*

**LIBRARY CHAT, TEXT, & EMAIL REFERENCE WILL BE  
UNAVAILABLE DURING EASTER (APRIL 10-12, 2020)**



## 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.](#)**