



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

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

Are you ready for exams?

**REACH OUT**

## INSIDE THIS EDITION:

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## IT Support & Helpdesk

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



## CHALLENGE!

Get outside and get active!

For this weeks Challenge post a picture of yourself engaging in physical activity outdoors.

Some examples may be walking the dog or going for a bike ride,

Remember to be entered to win the [Thunder Athletics Prize Pack](#) you must tag [@Cuedmonton](#), [#Cuestaysactive](#), [#Cuewellness](#), [#Wegotthis](#)





Crohn's and  
Colitis Canada  
Crohn et  
Colite Canada

The **AbbVie IBD Scholarship Program** (Crohn's and Colitis Canada), directly supports individual students in overcoming education barriers due to Crohn's disease and ulcerative colitis.

Value: \$5000

Application deadline: June 1st

**Who is eligible to apply?**

Applicants must be:

- A citizen or permanent resident of Canada
- Diagnosed with Crohn's disease or ulcerative colitis by a health care professional
- Seeking a diploma, associate, undergraduate, or graduate degree from a Canadian university, college or trade school
- Enrolled in or awaiting acceptance from a Canadian-based post-secondary educational institution for the 2020 fall semester
- A student who demonstrates academic aspiration and strives to sustain an optimal level of wellness, allowing them to excel to reach their goals and inspire others to do the same.

Apply online today at [ibdscholarship.ca](https://ibdscholarship.ca)

For more information, contact [info@ibdscholarship.ca](mailto:info@ibdscholarship.ca) or call 1-800-387-1479 ext. 247

*This is an external scholarship opportunity and is not administered by Concordia University of Edmonton.*

# Repaying Your Student Loans

Repayment is the process of returning the money you have borrowed to the lenders, which includes the principal amount of the loan plus interest.



**When does repayment begin?** Repayment begins when you graduate or leave school for more than six months or are no longer a full-time student.

**6-Month Non-Repayment Period:** After you leave school, a six-month non-repayment period starts. During this time period you are not required to make any payments. You can make voluntary payments if you wish to do so.

**Coronavirus (COVID-19) Information – NEW!** As of March 30, 2020, all Alberta and Canada student loan repayment and interest charges will be suspended for 6 months. Borrowers do not need to apply for this benefit; it will be applied automatically. During this time, borrowers will still be able to make voluntary payments that will be applied directly to their loan balance, should they choose to do so. Visit [www.studentaid.alberta.ca](http://www.studentaid.alberta.ca) for up to date information.



**What am I responsible for?** You are responsible for repaying your loan & associated interest according to the terms of your loan agreement, and notifying your student loan provider if you:

- Change your name, address, banking information, or phone number
- Change from full-time to part-time studies or vice versa
- Leave or transfer to another school



**Create an online account with your student loan lender/s!** This allows you the flexibility to access your student loan information at your convenience and update your contact information. It also gives you access to important communications and documents.



**It is very important that when you go into repayment you make your full loan payment on time each month.** If you don't, you could end up in default, which has serious consequences and your credit rating may be affected. Student loans are real loans—just as real as car loans or mortgages. You have to pay back your student loans. **Tip:** You can make “extra” payments towards your loan debt at any time!

The National Student Loans Service Centre (NSLSC) offers a free [on demand Repayment Presentation](#) online which is easy to access.

We highly recommend watching it!

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



# 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

Today's video discusses self-care! Find out more about self-care 'dosing' and how it could be helpful to you. <https://youtu.be/J0rnq0xmk-k>

Need tips on how to manage life's ups and downs constructively? Check out: How to Maintain Mental Health at Home [https://drive.google.com/drive/folders/1frW21QQGTaZDdeN6ZdvdPOsiMbC1Gh\\_w](https://drive.google.com/drive/folders/1frW21QQGTaZDdeN6ZdvdPOsiMbC1Gh_w)



PEER SUPPORT

Struggling and need to talk?

Find out more about counselling and peer support options.

<https://concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services/>

## 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)**



## CONVOCATION POSTPONED

The May 23rd, 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.