

## PEER SUPPORT



MORE INFO ON [PAGE 10](#)



Edmonton Police Services is still hiring throughout the pandemic. For more information see the [joineps.ca](http://joineps.ca) website or contact [recruitinfo@edmontonpolice.ca](mailto:recruitinfo@edmontonpolice.ca) with your questions.

### INSIDE THIS EDITION:

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- Repaying Your Student Loan
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### **DID YOU KNOW?**

**Students who have or will be applying for the Canada Emergency Response Benefit do not need to include it on their government student aid application. This benefit will not be used as a resource.**

If a student has already applied and included the Canada Emergency Response Benefit as a resource, they can login to their Alberta Student Aid account and submit a Request for Review on their application. For more information, go to <https://studentaid.alberta.ca/resources/resources-for-schools/covid-19-information-for-schools/>

**DO YOU HAVE QUESTIONS?** Contact the Alberta Student Aid Service Centre:

Phone: 1-855-606-2096, option 1 (Toll-free anywhere in North America)



## SPRING TERM FEES ARE NOW ONLINE!

### **Fees are due the first day of class!**

#### **Check your balance:**

- Online through Concordia's website through <https://onlineservices.concordia.ab.ca/>
- Contact Student Accounts for your balance or to request a statement.
- Opt out deadline for Health & Dental plan is May 20<sup>th</sup>. For **New** Environmental Health Students and **New** International Masters Students Only. Opt out at [Mystudentplan.ca](http://Mystudentplan.ca)

#### **Tuition can be paid by the following methods:**

- Online Bill Payments-Through major banks and credit unions in Canada. Sign into online banking, under "Bill Payments" add Concordia University of Edmonton as a payee, and reference your student ID number as your account number.
- Credit Card payments are accepted through [www.Plastiq.com](http://www.Plastiq.com) (processing fees apply) Payment takes 5 days to be receipted on to your student account.
- If you anticipate student loan payments, please be aware that Concordia is making remittance requests from your funding to pay your Spring Term Fees. Please check your online account to ensure your fees have been paid by student loans. You will receive an email stating how much has been requested from your student loan to pay your spring term tuition. Students are responsible for any unpaid balance so please check your account online.

If you have any questions, please do not hesitate to contact Student Accounts  
[studentaccounts@concordia.ab.ca](mailto:studentaccounts@concordia.ab.ca) or phone 780-479-9207.



## UHAUL OFFERING FREE STORAGE

U-Haul is offering 30 days of free storage to any students who needs it!

More information can be found here:



*my*wellness

**LIVECHAT!**

Be sure to follow [@gallivansocial](#) on Instagram for important discussions hosted by Gallivan's Mental Health & Wellness Coordinator, **Krysta Clark.**



**Wednesday, April 22<sup>nd</sup>**

**1pm EST**

**Special guest**

**Rosita Hall,**  
**Motivational Speaker. Finding**  
**Balance in an Unbalanced World.**



The Benefits Plan Office might be closed but your health and dental plan is still open for business! Email [concordiaplan@mystudentplan.ca](mailto:concordiaplan@mystudentplan.ca) or call your Student Service Coordinator at 780-491-6243 for any assistance you need related to your student plan.

# DESIGN JAMS

## Affordable Housing Solutions Lab

### Social Innovation Institute, MacEwan University

Would you like to take part in the first set of virtual [Design Jams](#) starting next week?

The goal for the [Design Jams](#) is to bring people together and work through facilitated exercises to think about housing affordability and potential solutions. This will be an opportunity to create space for a discussion as well as address current state through the three guiding questions:

1. How can we provide a range of housing options?
2. How can we create and maintain housing that is affordable?
3. How has - and how will - COVID-19 affect the housing situation?

The Social Innovation Institute, MacEwan University has been working hard to move engagement into an online format that still encompasses group brainstorming, design thinking, and social innovation in a meaningful way. This is the first trial of the virtual [Design Jams](#) and we hope to do more in the future at a larger scale with a variety of topics. You can find all the details for the sessions [here](#).

If you have any questions, please do not hesitate to contact :

Rhea Kachroo

Email: [rhea.kachroo@macewan.ca](mailto:rhea.kachroo@macewan.ca)

Phone: 780-231-1719

Solutions Lab Strategist, Affordable Housing Solutions Lab

Social Innovation Institute, MacEwan University

Web: [www.macewan.ca/innovate](http://www.macewan.ca/innovate) | [www.roundhouse.net](http://www.roundhouse.net)



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!

# SPRING & SUMMER FUNDING FOR ALBERTA STUDENTS 2020

## Frequently Asked Questions

**Can I apply for funding for spring and summer term or spring session?**

Yes. Students may apply for full-time or part-time funding for spring and summer terms or spring session (EH and MISAM/MISSM). **APPLY EARLY** as it could take up to 4-6 weeks for funding applications to be processed.

**When is the deadline to apply?**

Funding applications must be submitted 30 days before the "end of study" date for the term/s or session for which you are applying. Applications received by Alberta Student Aid after this deadline will not be processed.

**Will I need to submit more than one application for funding?**

You will need to submit more than one funding application if your study terms are not consecutive. You may apply per term, or combine two terms together. Careful consideration must be given when applying for more than one term as courses may be cancelled in one or the other term, resulting in a "withdrawal" notice on your student funding record. We suggest you speak to a registration advisor to confirm which courses may have low enrolments before proceeding with your funding application.

Spring Term 1	Spring Term 2	<i>30 day break in study – Spring and Summer funding applications cannot be combined because of this break in study.</i>	Summer Term 1	Summer Term 2*
Spring Session			Summer Session <i>*Students applying for Summer term 2 only must use the NEW 2020-2021 funding application which is available in June.</i>	

**What are the START and END dates for my funding application?**

<u>Term/Session</u>	<u>Start Date</u>	<u>End of Study Date</u>
SPRING TERM 1	May 4	May 22
SPRING TERM 2	May 25	June 12
SUMMER TERM 1	July 13	July 31
SUMMER TERM 2	Aug 4	Aug 21 *
<b>Environmental Health</b>		
SPRING SESSION	May 4	July 31
<b>MISSM/MISSAM</b>		
SPRING SESSION	May 4	July 3

# SPRING & SUMMER FUNDING FOR ALBERTA STUDENTS | 2020

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**Which funding application form do I use?**

**FULL TIME = 3 credits over one term OR 6 credits over two consecutive terms**  
Full-time students apply for funding online at [www.studentaid.alberta.ca](http://www.studentaid.alberta.ca)

**PART TIME = 3 credits over two terms OR less than 6 credits over two consecutive terms.** Part-time students cannot apply online. A printable version of the part-time paper funding application is available online at [www.studentaid.alberta.ca](http://www.studentaid.alberta.ca). It can take 4-6 weeks for Alberta Student Aid to process a part-time funding application once it's been received. Completed part-time funding applications must be mailed directly to AB Student Aid:

ALBERTA STUDENT AID  
PO BOX 28000 STN MAIN  
EDMONTON AB T5J 4R4

**What happens if I drop a course before the term is over?**

Please speak to a financial aid advisor before dropping a course. If you drop a course before the end of the term, your student loan funding may be cancelled. This may require you to find other personal resources to cover your school fees in subsequent terms. If the deadline to apply for funding has not yet passed, re-applying may also be an option.

**Are grants available?** Grants may be given to full-time students or those who have dependents. Grants for part-time students are also available.

For information on the Alberta Grant for Students with Disabilities please contact the Learning Accommodations Services advisor in the Student Services Office.

**Out of Province?**

Please speak to a financial aid advisor if you are not an Alberta resident and need to apply for spring or summer funding.

If you have any questions, please visit a financial aid advisor.

On campus: Student & Enrolment Services (HA120)  
Main floor, Hole Academic Centre  
Email: [finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca)  
Phone: 780.479.9220





# 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 #cuewellness #wegotthis



## FAB FRIDAYS

This Friday's topics focus on stress management and relaxation techniques but first, here's a helpful video on how to respond effectively to the Corona crisis <https://youtu.be/BmvNCdpHUYM>

Want to manage your stress better? Completing this worksheet will help you learn about stress management. <https://www.therapistaid.com/worksheets/stress-management.pdf>

Ever tried relaxation techniques such as deep breathing, imagery, or progressive muscle relaxation? Learn the basics here: <https://www.therapistaid.com/worksheets/relaxation-techniques.pdf>

Research has shown that people who exercise regularly tend to be more resistant to many mental illnesses. Check out: The Mental Health Benefits of Exercise to find out more! <https://www.therapistaid.com/worksheets/mental-health-exercise-benefits.pdf>

# 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 every day 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.