

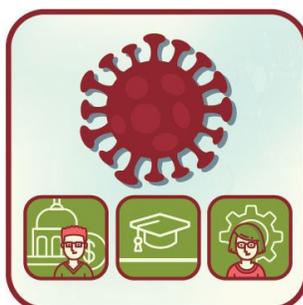


INSIDE THIS EDITION:

- Spring Fees Online
- U Haul-Free Storage to Students
- EPS Hiring
- Peer Support
- CUE Wellness Connection
- CESB Information
- COVID-19 Supports for Post Secondary Students
- Spring & Summer Funding
- Repaying Your Student Loan

ARE YOU A CURRENT CUE STUDENT?	HAS COVID-19 AFFECTED YOUR BUDGET AND RELIABLE ACCESS TO FOOD?
DID YOU KNOW? Hampers are available. We can assist you in connecting with other food supports in Edmonton too. <small>NOTE: Limited quantities available</small>	WE'RE HERE TO SUPPORT YOU
EMAIL FOR MORE INFO: foodbank@concordia.ab.ca	

CONCORDIA UNIVERSITY
EDMONTON



STATISTICS CANADA SURVEY

STATS CANADA WANTS TO KNOW HOW COVID-19 IS IMPACTING POST-SECONDARY STUDENTS. PLEASE TAKE THE TIME TO COMPLETE THE SURVEY.

[START SURVEY](#)



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 20th. For **New** Environmental Health Students and **New** International Masters Students Only. Opt out at 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 (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 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:



Edmonton Police Services is still hiring throughout the pandemic. For more Information see the joineps.ca website or contact recruitinfo@edmontonpolice.ca with your questions.

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/>



PEER SUPPORT

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/ daily for more ways to stay active during isolation. #cuestaysactive #cuelwellness #wegotthis

FAB FRIDAYS

Today'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://www.youtube.com/watch?v=BmvNCdpHUYM&feature=youtu.be>

Want to manage your stress better? Completing this worksheet will help you learn about your own stressors, symptoms, and strategies to overcome stress. It's a great starting point! <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>



Did you know?

The federal government has announced \$9 billion in federal measures aimed at addressing student needs during the COVID-19 pandemic. This action will provide significant support to undergraduate students, recent grads and graduate students.

1. The Canada Emergency Student Benefit (CESB) for Canadian Citizens and Permanent Residents

- Eligible high school graduates, post-secondary students, including those set to begin their studies and recent post-secondary graduates can apply for a benefit of \$1,250/month over the summer period (May to August). Graduates must have completed their studies from December 2019 onward in order to be eligible for the benefit.
- Students and recent graduates with dependents or with disabilities will be eligible for an additional \$500/month.
- Students can earn up to \$1,000/month over the summer through work and still be eligible for the CESB.
- Part-time students will be eligible for the CESB, although their eligibility may depend on other factors (e.g. a part-time student in work may already be eligible for the Canada Emergency Response Benefit).
- Students will have to complete an attestation indicating that they had planned to work on a full-time or part-time basis and that this work is no longer available.
- Like other emergency benefits providing support for Canadians during the pandemic, CSEB recipients will need to re-apply every four weeks.
- Support for graduate students: \$291.6 million has been allocated to the federal granting councils to extend expiring federal graduate research scholarships and post-doctoral fellowships, and supplement existing federal research grants.

2. Changes to the Canada Student Loans Program (CSLP)

- Students will be able to access additional loans and grants through the program. Low income grants will be doubled to \$6,000 per academic year, weekly maximum student loan levels will increase from \$210 to \$350, and student and spousal contribution limits will be removed to reflect the loss of personal and family income during the pandemic.
- For Quebec, the Northwest Territories and Nunavut, the federal government will provide funds to provincial and territorial governments to expand their own student financial assistance programs.

3. Support for work placements, youth employment and student/youth volunteers

- The federal government will expand skills development and youth programming measures to create up to 116,000 jobs, placements and other employment opportunities for students, which is an additional 76,000 opportunities to those previously announced as part of the Canada Summer Jobs program. Some of these opportunities will be

COVID-19 Supports for Post-Secondary Students

The Government of Canada recently announced a [comprehensive package of supports](#) for domestic students facing challenges related to the COVID-19 pandemic. Here are the highlights:

Canada Emergency Student Benefit (CESB)

This benefit will provide financial support to current post-secondary students (including those set to begin their studies in September) and recent graduates who are unable to find summer work because of COVID-19. Eligible students will receive **\$1,250 a month**, with an additional \$500 a month for students with disabilities or students with dependent, for a total of \$1,750. The CESB will be administered by the Canada Revenue Agency and students can apply monthly from May to August 2020. This benefit requires Parliamentary approval before the application will launch. During this time, students can prepare by setting up a [My CRA account](#) and register for direct deposit to ensure a smooth enrollment process and a timely disbursement of the benefit.

Canada Student Loans Program

For the upcoming 2020-2021 school year, the Government of Canada has increased supports to the Canada Student Loan program.

- Doubling the Canada Student Grant (CSG) for full-time students up to \$6,000 and the CSG for part-time students to up to \$3,600.
- Broadening eligibility for student financial assistance by removing the expected student and spousal contributions in 2020-2021 to reflect the loss of personal and family income during the pandemic.
- Increasing the maximum weekly loan amount for the 2020-2021 school year from \$210/week to \$350/week.

If you do not need to borrow money to pay for university, you may still qualify for the Canada Student Grant. Talk to a Concordia Financial Aid Advisor regarding your eligibility for grants. Sign up for [free virtual assistance](#) to complete a 2020-2021 funding application.

Indigenous Student Supports

The Government is allocating \$75.2 million to increase support for First Nations, Métis and Inuit students pursuing post-secondary education.

Canada Student Service Grant

A new grant that will help students gain valuable work experience and skills while they help their communities during the COVID-19 pandemic. For students who choose to do national service and serve their communities, the new Canada Student Service Grant will provide up to \$5,000 for their education in the fall. More details will be made available on the “I Want to Help” platform over the coming weeks, including more detailed information about eligibility, the levels of funding available under the grant, how to apply for a national service position, and how applications will be assessed.

We Are Here to Help

Concordia's Financial Aid Advisors are here to help. We are currently working remotely so the best way to contact us is by email at finaid@concordia.ab.ca. If you would like to meet face-to-face (virtually of course) we can invite you to a Google Hangouts Meet – just email us first.

Stay safe, stay home, stay healthy.

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 *
Environmental Health		
SPRING SESSION	May 4	July 31
MISSM/MISSAM		
SPRING SESSION	May 4	July 3

SPRING & SUMMER FUNDING FOR ALBERTA STUDENTS | 2020

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

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. 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
Phone: 780.479.9220

