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GSA BURSARY AWARD & GSA SCHOLARSHIP AWARD INFORMATION

The GSA Bursary Award and GSA Scholarship Award online application is now open for Spring term!

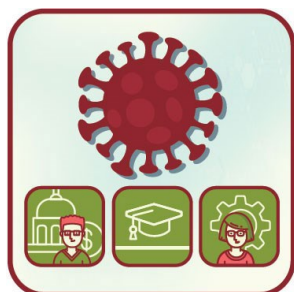
Value:

- \$1,000 for a degree program
- \$750 for a diploma program
- \$500 for a certificate program

The value of the awards may be prorated based on enrolment.
Funds are limited and financial need will be ranked when applications are assessed.

How to Apply:

- Submit an [online application](#) through Online Services for Students
- Application Deadline: May 15th, 2020
- Notification: Recipients will be notified by email by the end of July.



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](#)

CONSIDERING LIVING IN RESIDENCE, BUT WANT MORE INFO?

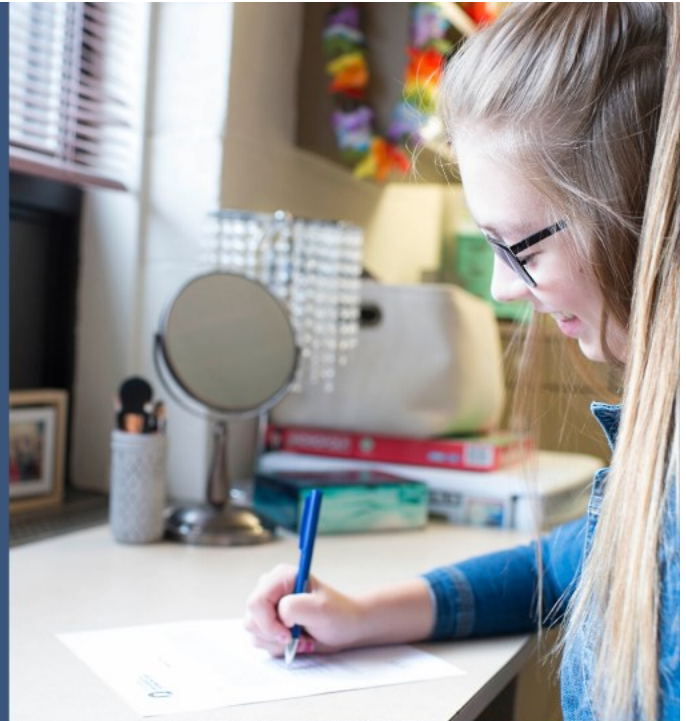
Are you considering Concordia University of Edmonton's dynamic and engaging Residence Life program? We would love for you to consider joining us in residence! Maybe you have questions about the benefits of living in residence, how we keep our facilities safe, COVID-19 precautions, or something else... We want to hear from you! Please feel free to visit concordia.ab.ca/residence and book a 1-1 meeting with a member of our Residence Life team.



Considering Residence Life
but want to know more?

**BOOK A 1-1
SESSION WITH
A MEMBER OF
OUR TEAM**

To book, please visit
concordia.ab.ca/residence



CUE WELLNESS CONNECTION

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

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	
	

MINDFUL MONDAYS

Join us at <https://meet.google.com/szc-hewx-ocd> every Monday from 3-4 pm 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

Friday, May 8: Today's video focusses on music to aid your mental health: <https://youtu.be/m-uugyMsKq0>

Check out "Using music to aid your mental health during the COVID-19 crisis" to learn more on using music for relaxation:




Photo by Malte Wingen on Unsplash

THUNDER
CONTEST!

Comment on this post with your favorite song to workout to! Every comment will be entered a draw to win a Thunder Athletics Prize Pack!

CLICK HERE

NEED MORE IDEAS OF HOW TO STAY MENTALLY HEALTHY WHILE SOCIAL DISTANCING?

Here's 50 suggestions from the Canadian Mental Health Association: <https://cmhahamilton.ca/wp-content/uploads/2020/04/50-ways-to-stay-mentally-healthy-while-social-distancing.pdf>



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.

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.



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

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)

A blue banner for IT Support & Helpdesk. It features three analog clocks at the top left, a central illustration of three people at computer workstations with headsets, and a red speech bubble with a question mark and exclamation point. The text 'IT Support & Helpdesk' is on the left, and a call to action is at the bottom.

IT Support & Helpdesk

Students who are challenged by lack of access to technology, please contact helpdesk@concordia.ab.ca

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>