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**CONGRATULATIONS GRADUATING CLASS OF 2020!**

For updated information on Convocation, please go to:

[Convocation](#)

## ALBERTA'S RELAUNCH STRATEGY

In case you missed it, here is the [Relaunch Strategy for Alberta](#)

A safely staged COVID-19 recovery plan to relaunch our economy.



## Build your academic skills



writing  
exams

taking  
notes

study  
skills

time  
management

Book an academic strategy appointment  
[tinyurl.com/CUElearning](https://tinyurl.com/CUElearning)

Contact Janet with your questions  
[janet.klippenstein@concordia.ab.ca](mailto:janet.klippenstein@concordia.ab.ca)

If you're taking a spring or summer course and want help with managing the accelerated course schedule, making the most of online learning, or anything else related to your learning, support is available!

You can book an academic strategy appointment by going to [tinyurl.com/CUElearning](https://tinyurl.com/CUElearning), or email Janet Klippenstein, Learning Services Coordinator at [janet.klippenstein@concordia.ab.ca](mailto:janet.klippenstein@concordia.ab.ca) for more information.

## Live Your Dream - Soroptimist Award

Amanda Robinson and Jennifer Zimmerman, Bachelor of Arts students at Concordia University of Edmonton, are regional recipients of the "Live Your Dream - Soroptimist Award" for 2019-2020. This program provides cash grants for women seeking to improve their lives with the help of additional education and training. Each year, more than \$1 million is disbursed to deserving women through this award-winning program.

Soroptimist International Edmonton is honored to be one of the first clubs to be chartered in Alberta. Soroptimist International of Edmonton was chartered in 1936, and since then has contributed to the well being of the community and communities throughout the world. They have supported the Women's Emergency Accommodation Center, Compassion House (a home away from home for women under going treatment for cancer), Candora Society, WINGS of Providence (shelter for women), Women Building Futures Society, Alberta Cancer Foundation/The Weekend to End Breast Cancer, and E4C School Lunch Program. Find out more at [www.siedmonton.org](http://www.siedmonton.org). Congratulations Amanda and Jennifer!

*This \$4000 award is making a difference to me as a single mom and sole financial provider to my son. Being a full time student makes it difficult to make ends meet. I plan to continue in the Bachelor of Education program at CUE and become a school teacher.*

*I chose Concordia because I like the idea of smaller class sizes and accessibility to Professor's for help, if needed.*



*I work and I'm a mom to 3 boys. This \$2000 award will help ease our financial burdens. I plan to get my masters in Psychology and become a counsellor.*

*I chose Concordia because I like the classes offered and the size of the school.*



#CUEwellness

# Mindful Monday

## video hangout and chat

### May 11, 3pm - 4pm

mindfulness

Come and join us at  
<https://meet.google.com/szc-hewx-ocd>



## Enter to win a Thunder Athletics Prize Pack!!

1. Complete a workout on the website or app Downdog
2. Snap a photo of yourself doing the workout
3. Screen Shot the workout you completed (the screen where you choose the difficulty)
4. Post it to social media with the hashtags #wegotthis, #cuewellness and #cuestayactive

Each post will be entered in a draw to win a Thunder Athletics Prize Pack!





**CONCERNED ABOUT A STUDENT?**

# **CUE'S EARLY ALERT SYSTEM**

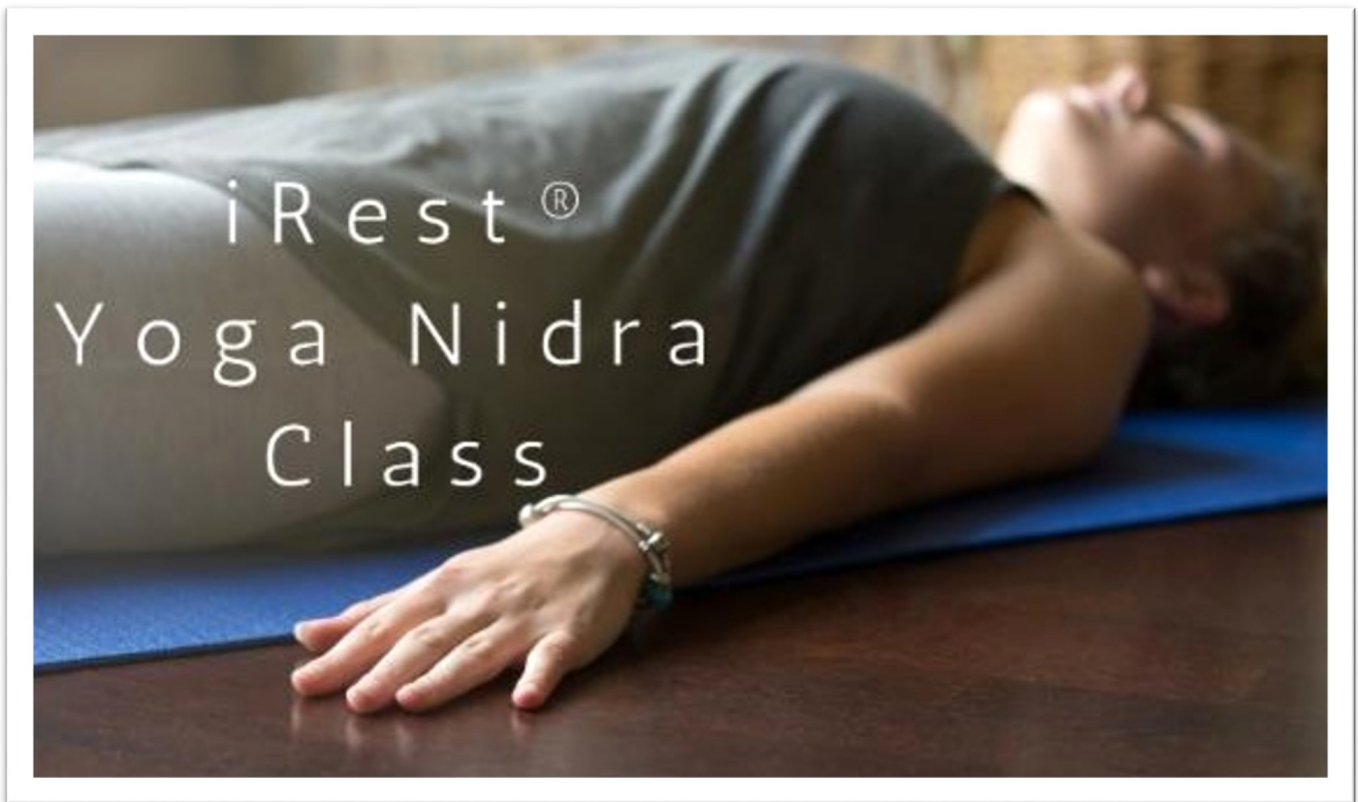
**IS STILL AVAILABLE IN THE  
SPRING AND SUMMER TERMS**

**See [tinyurl.com/CUEEarlyAlert](https://tinyurl.com/CUEEarlyAlert) for more info**

CUE's Early Alert system is available for the spring and summer terms. If you are a staff or faculty member and concerned about a student, you can submit an early alert by going to <https://concordia.ab.ca/student-services/student-life-learning/learning-services/early-alert-system/> or the Department Resources section in Online Services. Reasons to submit an Early Alert include:

- a failing grade by the middle of term
- appearing distressed during classes or meetings
- not attending online class activities or logging into Moodle

Early Alerts focus on connecting students to the supports they need to be successful, and as such are a confidential and non-disciplinary intervention strategy.



Integrative Restoration®, or iRest Yoga Nidra Meditation, is a simple and accessible form of meditation designed for modern day living.

iRest may be used for relaxation, for working with an emotion or cognitive belief, or for meditative self-inquiry and can reduce sleep debt, increase energy, enhance health and well-being, as well as transform our personal, interpersonal and professional relationships.

Research has shown iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain, and chemical dependency; while increasing health, resiliency, and well-being.

Join us for any sessions in May by clicking on <https://meet.google.com/yqi-opet-fjp?hs=122>.

No experience necessary! Sessions are FREE and open to students, staff and faculty.

May iRest session dates

- Fridays: noon-1:00pm
- Sundays: 7:00-8:00pm (no class Sunday May 17th)

Participants will need a pen/paper, pillow, blanket and a quiet space to spend the hour.



## CONSIDERING LIVING IN RESIDENCE, BUT WANT MORE INFO?

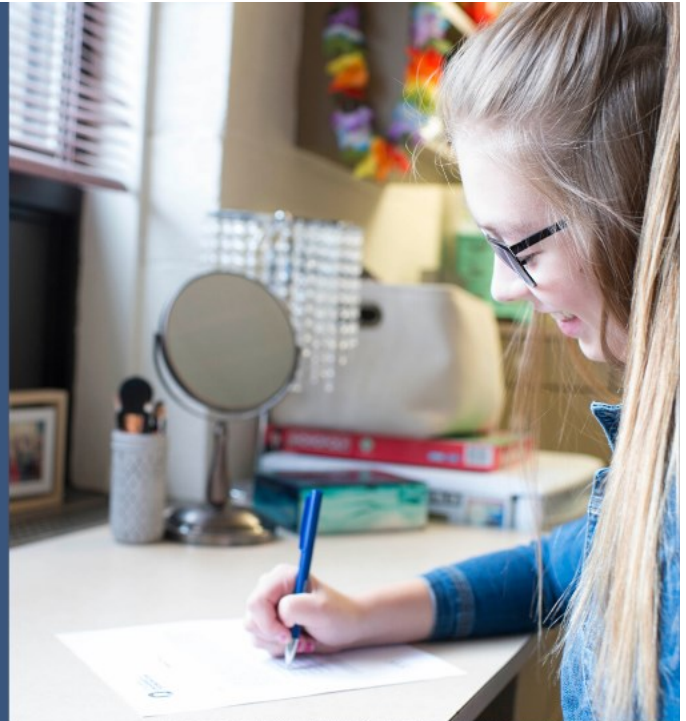
Are you considering Concordia University of Edmonton's dynamic and engaging Residence Life program? We would love for you to consider joining us in residence! Maybe you have questions about the benefits of living in residence, how we keep our facilities safe, COVID-19 precautions, or something else...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



## 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](mailto: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.

## 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 15<sup>th</sup>, 2020
- Notification: Recipients will be notified by email by the end of July.

## 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>



# FAB FRIDAY MAY 15<sup>TH</sup>, 2020

Hi CUE! Welcome to *Fab Friday*, an initiative of CUE Wellness Connection. #cuelwellness #wegotthis  
Ready for the long weekend? Check out this week's video:

[CLICK HERE](#)

Need some inspiration in the kitchen? Check out this free resource with access to cooking videos, articles, recipes and so much more!

[CLICK HERE](#)



Want to cope better with stress, anxiety, and substance use during COVID 19? Check out this infographic:

[Click Here!](#)

If you're planning to consume alcohol or cannabis, remember to stay safe and know your limits!

<https://www.ccsa.ca/sites/default/files/2019-09/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf>

<https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf>

We encourage you to 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 3:00 to 4:00 PM where we'll chat about various topics related to social connection and mindfulness

Wellness Wednesdays - a new 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

*Fab Fridays* - every Friday will focus on other wellness topics like nutrition, sleep, relaxation, laughter, and much more!

## Cardio Friday

Complete each Exercise for 40 seconds with 20 second rest

Complete the circuit as many times as you want

- Butt Kicks
- High Knees
- Mountain Climbers
- Side-Step Squats (Feet together step out to the right, squat, return to center, repeat left side)
- Jumping Jacks

