


## Book CLUB

CUE invites students, staff, and faculty to join in! Self-enrol through Moodle (search "CUE Book Club"). All books will be available through CUE library or EPL ebook collections.

Let's read. Let's discuss.  
Let's discover amazing books together.

*A new initiative from our English department, led by CUE's @regwiebe*



## INSIDE THIS EDITION:

- Apply for Canada Emergency Student Benefit
- Career Conversations
- Student Recreation Survey
- Wellness Wednesday
- Soroptimist Award
- Early Alert System
- Free Meditation Classes
- FAB Friday

## CUE STUDENT COVID-19 IMPACT SURVEY

Please help CUE understand how we can best serve you and your classmates during these unprecedented times.

We want to know how you are managing and how the recent transition to online learning impacted your studies, and access to CUE supports and services.

By completing this student survey, you will help inform improvements in course delivery, and student learning and wellness supports. To complete the survey, click the link provided:

[Take our Survey](#)

If you have any questions about the survey, please contact CUE's Office of Institutional Research and Program Development by email at [irpd@concordia.ab.ca](mailto:irpd@concordia.ab.ca)



## Resilience

Comebacks only happen after things get tough. Watch the [Video](#)



## EMPTY YOUR LOCKER

If you've left items in your locker, please come to retrieve your belongings by **May 22, 5pm**. After that security will bag the contents and keep them until **June 22**, any remaining items will be disposed of.



#CUEwellness

## #MindfulMonday on TUESDAY

video hangout and chat  
May 19, 3pm - 4pm  
Come and join us at  
<https://meet.google.com/szc-hewx-ocd>



# CANADA EMERGENCY STUDENT BENEFIT

## **Applications for the Canada Emergency Student Benefit are now open**

As part of the federal government's [COVID-19 Emergency Response Plan](#), applications for the [Canada Emergency Student Benefit \(CESB\)](#) opened May 15, 2020. The CESB provides financial support to current post-secondary students, and graduating post-secondary students, and graduating high school students who are experiencing challenges related to COVID-19.

The CESB provides a payment of \$1,250 for a four-week period. Students who qualify for the program may be eligible for up to four payments, covering sixteen weeks total between May and August 2020. Students with dependants or a disability may qualify for a payment of \$2,000.

You cannot apply for the CESB if you have already applied for the [Canada Emergency Response Benefit](#) or [Employment Insurance](#).

Current, graduating, and incoming students can apply for the CESB using [CRA My Account](#) or by calling 1-800-959-2019 or 1-800-959-2041. If you are calling one of the toll-free lines, be prepared with your Social Insurance Number and postal code.

For more information and to determine your eligibility, please [visit the CESB website](#).

## **Other Financial Aid Questions?**

Contact a Concordia Financial Aid Advisor by email at [finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca). We can also meet virtually by setting up a Google hangout.

*CUE CAREER SERVICES*

# CAREER CONVERSATIONS

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**Working on your career this summer?**

Career Services can help! We offer:

- Resume & Cover Letter Reviews
- LinkedIn Profile Advice & Reviews
- Job & Volunteer Search Support
- Interview Preparation & Practice
- Career Advising (eg. Strategies to explore your career)
- Career Coaching (eg. Focus and accomplish your career-related goals)
- Chat about other career questions

Ask a question or book an appointment by  
emailing Career Services at  
**[careerservices@concordia.ab.ca](mailto:careerservices@concordia.ab.ca)**



Help the department of Athletics and Recreation gather some information about Campus Recreation.

If you have a few minutes, please follow the link below and complete the survey. The survey covers barriers to participation in Campus Recreation as well as what you would like to see in the future on campus.

[Student Campus Recreation Survey](#)

## Its Contest Time!!



Photo by [Kelly Sikkema](#) on [Unsplash](#)

We want to see what unique equipment you are using at home to stay active.  
Post a photo of your unique equipment tagging  
[@cuedmonton](#), [#cuelwellness](#), [#cuestaysactive](#),  
[#wegotthis](#)

## 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.*



CONCERNED ABOUT A STUDENT?

# CUE'S EARLY ALERT SYSTEM

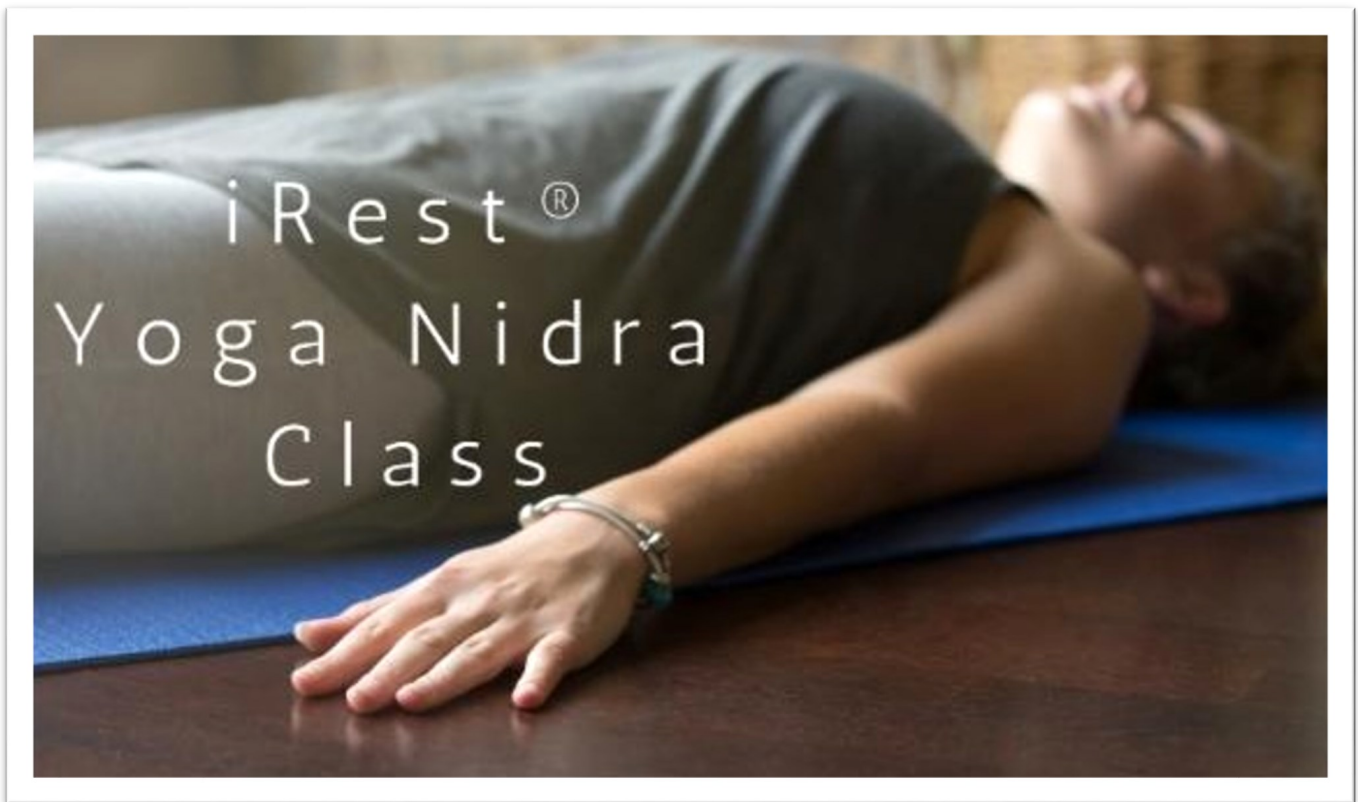
IS STILL AVAILABLE IN THE  
SPRING AND SUMMER TERMS

**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/June 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.

Fab Friday May 22<sup>nd</sup>, 2020

Hi CUE! Welcome to **Fab Friday**, an initiative of CUE Wellness Connection. #cuelwellness #wegotthis  
Would you like to sleep better and increase your energy? Check out this week's video: <https://youtu.be/8WmsQx2vGpA>

Integrative Restoration® (iRest) is a simple and accessible form of meditation designed for modern day living. iRest may be used for relaxation and can reduce sleep debt, increase energy, enhance health and well-being, as well as transform our personal, interpersonal and professional relationships. In addition, research has shown iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain, and chemical dependency; while increasing health, resiliency, and well-being.

Sessions are FREE and open to students, staff and faculty. No experience necessary and no registration required! Simply join us for any session by clicking or going to <https://meet.google.com/yqi-opet-fjp?hs=122>.

#### May & June iRest session dates

Fridays: noon-1:00pm MDT

Sundays: 7:00-8:00pm MDT

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

Have questions? Contact [nicole.houghtaling@concordia.ab.ca](mailto:nicole.houghtaling@concordia.ab.ca) for more information.

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!

Have a great weekend!