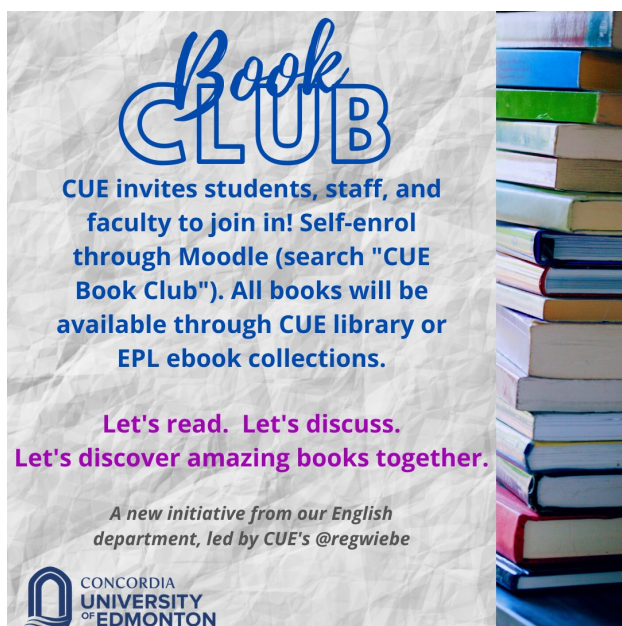


## INSIDE THIS EDITION:

- Apply for the COVID-19 Support Bursary
- Career Conversations
- World No Tobacco Day-May 31
- Free Meditation Classes
- FAB Friday




**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*

 CONCORDIA UNIVERSITY OF EDMONTON

## Cardio Challenge!

- Put on your favorite song and complete an exercise for the duration of the song.
- See how many times you are able to repeat the song.
- Feel free to change up the exercise every time the song repeats.

### Exercise Examples:

- Butt kicks
- Squats
- Jumping jacks
- Running on the spot
- Toe Taps



In partnership with 

Building Skills for the Digital Economy:  
Introducing Two New Programs

Concordia University of Edmonton (CUE) and RoboGarden are proud to present two new bootcamps designed to provide students with in-demand skills to participate and contribute in the growing digital economy.

The bootcamps have been designed for all skill levels, and use a game-based learning platform and methodology developed by experts and designed for online delivery.

The [Full Stack Development Bootcamp](#) and [Machine Learning and Artificial Intelligence Bootcamp](#) launch on June 15, 2020 through CUE's Office of Extension and Culture.

Registration is now open for domestic and international students. Program support is available in English, Chinese, and Arabic.



# FACING DIFFICULT CIRCUMSTANCES DUE TO COVID-19?

APPLY FOR THE  
COVID-19 SUPPORT  
BURSARY

Deadline to apply: June 8

Apply Online:  
[TINYURL.COM/CUE-BURSARY](https://tinyurl.com/cue-bursary)

## Application opens for COVID-19 Support Bursary for students

Concordia students who are facing loss of employment and financial hardship because of the COVID-19 pandemic can now apply for the COVID-19 Support Bursary.

The COVID-19 Support Bursary is open to all domestic and international students who were enrolled full-time in the previous Winter 2020 term and who are registered in the current session or returning in the Fall 2020 term. Preference will be given to students who have experienced job loss related to the pandemic and also to students who are not eligible for Government of Canada supports. The funding has been provided as a result of a partnership between Concordia, the Concordia Students' Association (CSA) and the Graduate Students' Association (GSA). Funding is limited and applications will be ranked based on financial need and award preferences. **Deadline to apply is June 8th.**

Undergraduate students are eligible for bursaries of \$500.  
Graduate students are eligible for bursaries of \$750.

For more information and **how to apply**, visit Online Services for Students or contact Financial Aid and Awards by phone +1 780 479 9220 or by email [finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca).



CUE CAREER SERVICES

# CAREER CONVERSATIONS

## 5 Questions to ask before submitting your resume:

1. Is my resume **easy to read** quickly?
2. Is the formatting of my resume **clear and consistent**?
3. Am I following all **application instructions** and **tailoring the resume to the job posting**?
4. Does my resume demonstrate my **skills, experiences**, and the **value** that I can add?
5. Have I had **someone else review my resume**?

**Get your resume reviewed!**

Email Career Services at  
**[careerservices@concordia.ab.ca](mailto:careerservices@concordia.ab.ca)**



Jessica Tomasik, the new lead for the Break It Off campaign at the Canadian Cancer Society is working to help young adults quit smoking and stay smoke-free!

To support **World No Tobacco Day (May 31)**, the Break It Off campaign, which is a collaborative between Health Canada and the Canadian Cancer Society, will be challenging Canadians to pick a date to quit smoking and create a quit plan.

We are looking for organizations and individuals to support us in building awareness.

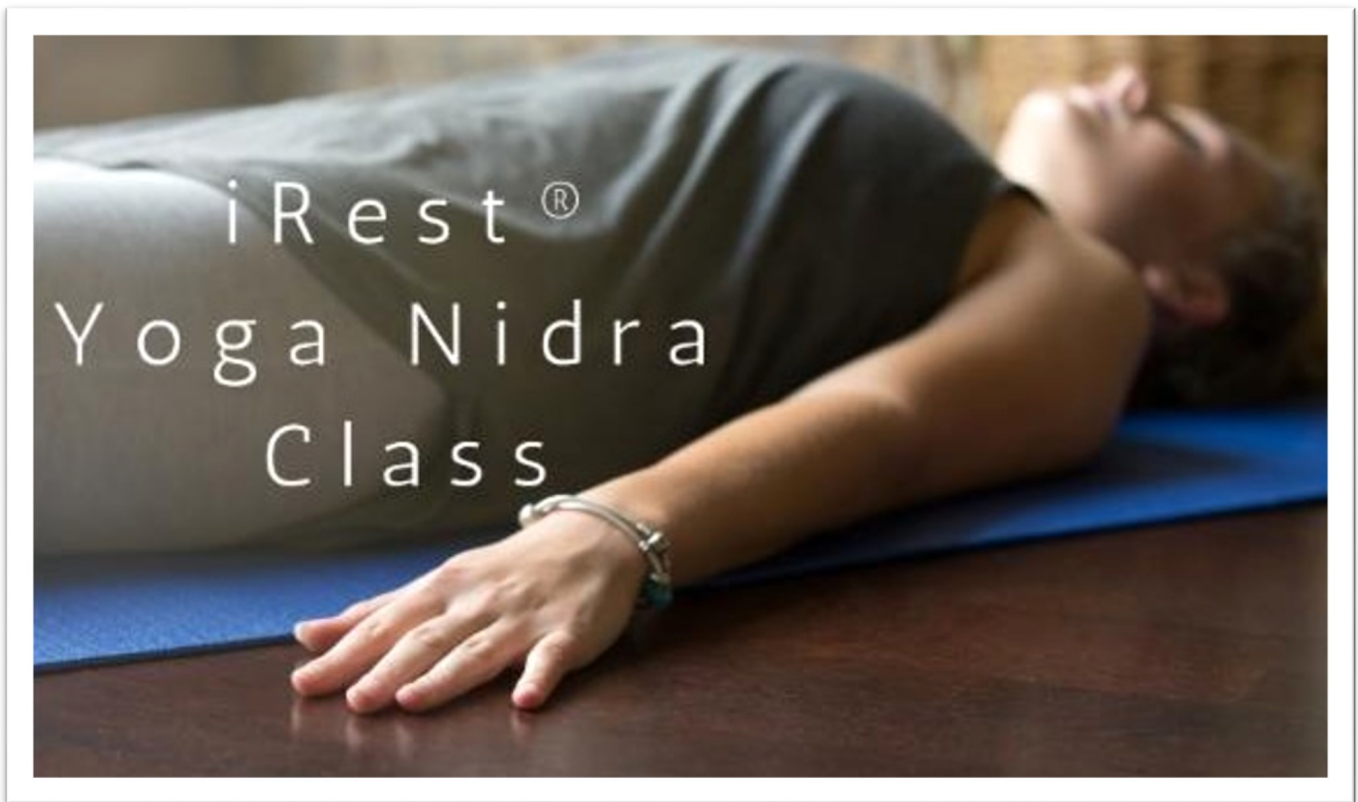
On May 31, people and organizations can visit our Facebook and Instagram pages @BreakItOffCA or @JetelaisseCA, to like and share our post.

A video and series of social media posts have been developed to help spread this message. Attached you will find the social media content calendar with posting dates, social handles, messages and video thumbnails.

[Video: Don't wait to quit smoking](#)

[Vidéo : N'attends pas pour cesser de fumer](#)

For more information about the campaign, please visit [www.breakitoff.ca](http://www.breakitoff.ca).



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 29<sup>th</sup>, 2020

Hi CUE! Welcome to *Fab Friday*, an initiative of CUE Wellness Connection.  
#cuelwellness #wegotthis

Do plants make you happy? Check out this week's video: <https://youtu.be/lzhjJnqpDMk>

Looking for gardening tips? The Edmonton Journal has excellent resources on a variety of gardening topics, including info on container gardening for small spaces! <https://edmontonjournal.com/category/life/homes/gardening/>

Not sure what and when to plant? Check out this annual planting guide for the Edmonton region: <https://prairiegardens.org/garden-center/annual-planting-guide-edmonton-region/>

Maybe you're not a plant person but still want to find other ways to improve your mental health? Check out the Top Mental Health Apps for 2020. \*\*\*This site provides US mental health stats but the reviews on the apps are still useful and relevant. <https://buckeyerecoverynetwork.com/10-best-mental-health-apps/>

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!

Questions? Contact CUE Wellness at [nicole.houghtaling@concordia.ab.ca](mailto:nicole.houghtaling@concordia.ab.ca) for more information.

Have a great weekend!