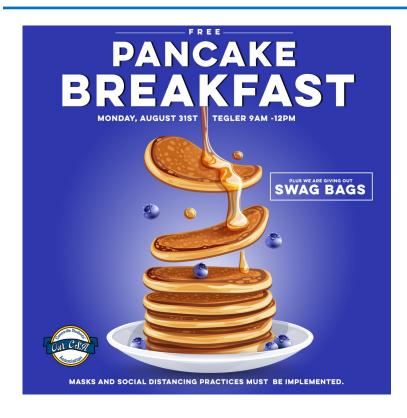
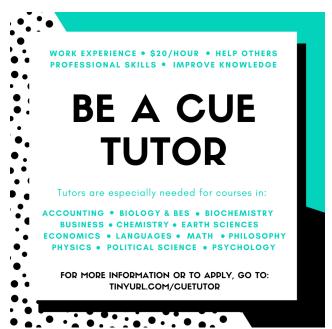
# **CUE WEEKLY NEWSLETTER**



# **INSIDE THIS EDITION:**

- Student Fees Information
- Arabic Classes Available
- Thirty Days of Self Care
- Virtual Internship Info Session
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- Need Info?-211
- Photo Competition Open to All Student!
- CUE Extension Programs
- Drama Auditions -CUE Online Production
- MUS295-Music Therapy





## **IMPORTANT DATES**

- ⇒ August 31: First day of classes
- ⇒ **September 8:** Last day to add or drop Fall courses by 12:00 pm
- ⇒ September 30: Last day for domestic students to pay Fall fees without penalty

# Fall 2020 Term TUITION INFORMATION NOW ONLINE



### Fees are due the first day of classes— August 31, 2020

Fall 2020 tuition fees are available to view online. Please check your account information online through Concordia's website http://onlineservices.concordia.ab.ca/student/

The Concordia Students' Association Benefit Plan may have been charged to your account. If you already have comparable coverage and want to opt out of the CSA Student Benefit Plan then you will need to do this online before September 20, 2020. Students can opt out at: <a href="http://www.ourcsa.ca/health-and-dental.html">http://www.ourcsa.ca/health-and-dental.html</a>

If you opt out of the student benefit plan your student account will be credited after September 20, 2020. If you have previously opted-out then you do not need to opt-out again. Please ensure that you receive a confirmation email that indicates you have applied to opt out.

### **HOW TO PAY YOUR TUITION FEES:**

- Cash payments will not be accepted during the Covid-19 Pandemic.
- 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
- By Credit Card through Plastiq (processing fees apply) by accessing online student services through Concordia's website: https://onlineservices.concordia.ab.ca/ Please allow 5– 6 days for credit card payments to be receipted to your account.
- \*Students are encouraged to pay their tuition online by the above methods.
- Debit, cheques and bank drafts are accepted at the Student Accounts Office.
   Tuesdays and Fridays 10:00 a.m. -12:00 noon and 1:00 p.m. 3:00 p.m. ONLY

If you have questions regarding your student loan, please contact: finaid@concordia.ab.ca

\*For full reduction of tuition and fees, withdrawals must be done by September 8, 2020, 12:00 p.m. MDT for the Fall term. "Non-payment of fees and/or non-attendance does not constitute official withdrawal from Concordia, section 5.5.4 Academic Calendar 2020/2021."

If you have any questions, please do not hesitate to contact our office at studentaccounts@concordia.ab.ca



- Are you interested in learning a new language or enhancing your Arabic language skills?
- ♦ Come on and join us HERE
- ✓ Arabic is the 6th largest spoken language in the world and one of the six official languages of the UN which undoubtedly makes you stand out when hunting a job.
- ✓ A hard-won way to help educate yourself more about the world.

Instructor: Skandar Helwah Course fee: Free Total Hours: 26 hours

#### — Fall 2020 —

X-ARB 01 Modern Standard Arabic I — 4:00 pm - 6:00 pm on Mondays (August 31-December 3, 2020)

X-ARB 03 Modern Standard Arabic III - 1:00 pm - 3:00 pm on Mondays (August 31-December 3, 2020)

#### — Winter 2021 —

X-ARB 02 Modern Standard Arabic II — 4:00 pm - 6:00 pm on Mondays (January 11-April 14, 2021)

X-ARB 04 Modern Standard Arabic IV — 4:00 pm - 6:00 pm on Tuesdays (January 11-April 14, 2021)



It's important to take care of yourself. Especially during these times of change and transition.

To help, Peer Wellness has created 'Thirty Days of Self-Care' to provide you with daily self-care ideas for September.



# Thirty Days of Selfcare



	•				
Plan your goals for this semester	2 Go on a walk	3 Read/start a book	4 Take a Bath	5 Cook your favourite meal	6 Write in a journal
7 Have a study session	8 Compliment a stranger	9 Listen to a podcast/TED talk	10 Exercise for 30 minutes	11 Unplug for one hour	12 Try a new recipe
13 Go to bed early	14 Write out 3 things you're good at	15 Get your favourite beverage	16 Hangout with a friend	17 Learn a new fact	18 Create a Buchet List
19 Make a healthy breakfast	20 Clean out your closet	21 Cuddle your pet	22 Look at old photos	23 Walch your favourile movie	<b>24</b> Wear your favourile oulfil
25 Have a nap/sleep in	26 Call someone you miss	27 Listen to calming music	28 Try a meditation	29 Establish a morning routine	30 Remind yourself you're amazing!

# VIRTUAL INTERNSHIP INFO SESSION

WHEN September 2, 2020 12pm - 1pm

WHERE Online

Join here: <u>meet.google.com/udp-</u>

mouo-oar

Join Career Services and the International office to learn more about virtual internship opportunities available this upcoming fall (2020) semester.

Internships are a great way to add to your resume, learn new skills and network.

ALL STUDENTS WELCOME

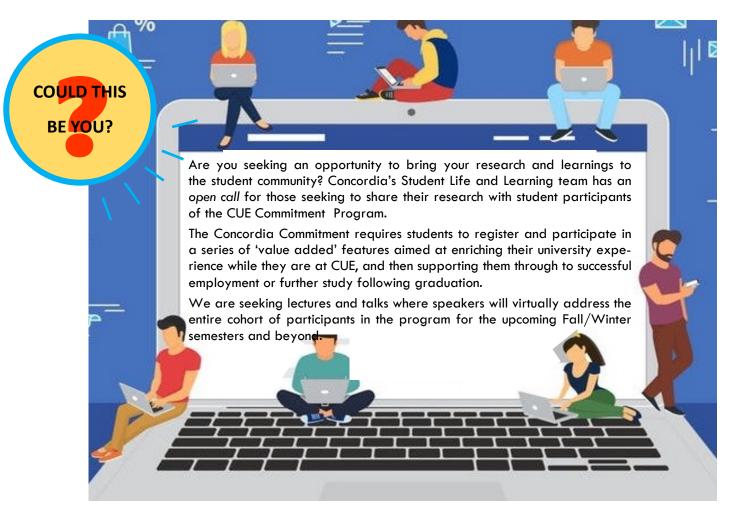
ATTEND FROM YOUR OWN HOME

LEARN NEW SKILLS

ADD TO YOUR RE-SUME

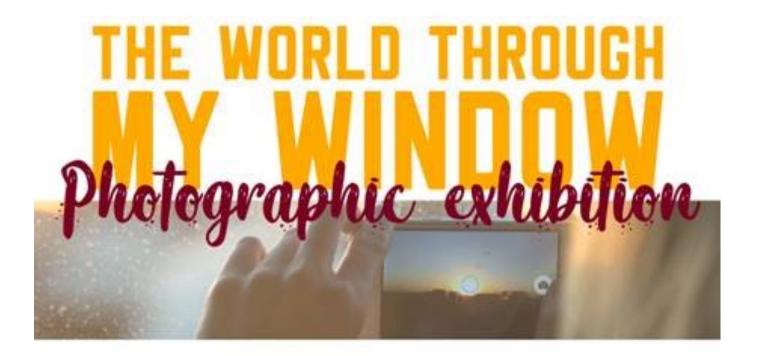
ATTEND TO LEARN ALL ABOUT VIRTU-AL INTERNSHIPS

QUESTIONS? CONTACT— CA-REER. SER-VICES@CONCORD IA.AB.CA OR IN-TERNATIONAL@C ONGORDIA.AB.CA



Please, contact Student Life and Learning through <u>commitment@concordia.ab.ca</u> to express your interest or with any questions.





What is the view from your window?

Photograph taken through a window from home,
work or transportation that portrays your daily life
in this period of social distance.

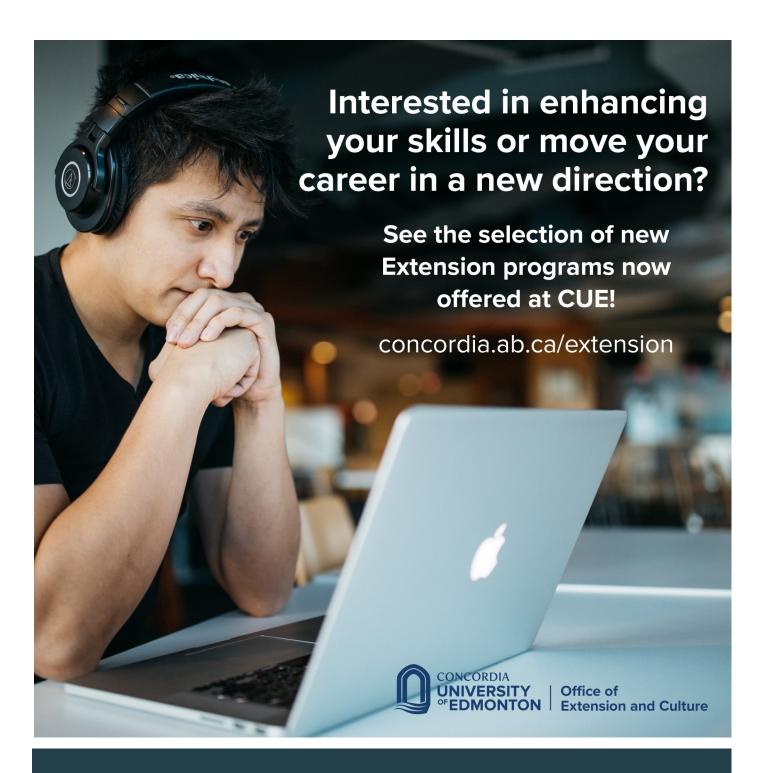
Who can participate? Academics, community, professors and international students. All students can enter

Send the photo from August 17th to 30th, to the e-mail intercambio@feevale.br.

Exhibition: from September 9th, on the link www.feevale.br/omundodaminhajanela.







In HARMONY WITH CUE'S MISSION AND VISION, THE OFFICE OF EXTENSION & CULTURE PROVIDES A DIVERSITY OF LIFE-LONG LEARNING CHOICES OUTSIDE OF OUR ACADEMIC PROGRAMS.

A GROWING VARIETY OF NON-CREDIT COURSES, EXTRA-CURRICULAR AND CULTURAL EVENTS ARE ALL PART OF THE DIVERSE PORTFOLIO OFFERED.

FOLLOW US ON FACEBOOK AND TWITTER!

### **AUDITIONS**

# For the CUE Fall Online Production of... Too Much Zoom Makes All Of Us Go Blind

A creation project inspired by the Neo-Futurists.



Looking for brave performer/ creators who want to challenge themselves and create a unique theatrical experience with an ensemble of artists. The ensemble will be made up of a multifaceted and diverse group of individuals; people of any gender, race, ethnicity, orientation, age, size and ability are welcome to audition. We are also interested in seeing people of all artistic disciplines and at any experience level. Playwrights, actors, poets, singers, musicians, directors, circus performers, athletes, dancers, visual artists, performance artists, technicians, stage managers and anyone with a creative desire to share. The project will be directed/ facilitated by David Horak (www.davehorak.com).

Everyone in the ensemble will be required to take part in the writing, production, performance and direction of the show. The plan is that the show will be a hybrid production with some online performances both live and recorded as well as possible live, in person performances working within Concordia University's and Alberta Health Covid protocols.

For the audition, please prepare an original piece that is less than 2 minutes in length that reflects who you are, how you express yourself and how you experience the world around you. This audition piece can take many forms: it can be done live (online) or recorded, it can be a monologue, song, poem, dance, or any other form that shows you off the best. We want to meet the REAL you! There will also be a live online interview during the audition. Auditions will be held online the week of September 7 - 11.

Online rehearsal/creation process begin September 14th
Schedule TBD when casting is completed, but likely 4:00pm - 8:00pm M-W-F & Saturday 10 - 6PM
Performances online: November 21 - 29, 2020

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To signup for an audition time send an e-mail indicating your interest to:

dave.horak@concordia.ab.ca

Deadline for submissions is September 6.



Looking for a course to enhance your psychology or education studies?

### Consider MUS295 - Introduction to Music Therapy this Fall

An introduction to music therapy, the study of the prescribed, structured use of music to restore, maintain and/or improve individuals' physical, emotional, social, spiritual, cognitive, and psychological well-being. This course is of interest to those working with individuals with special needs.

3 credit course offered online

Wednesday evenings 6:00 to 9:00

**Prerequisites:** MUS 100 (Rudiments of Music) or MUS 111 or MUS 120 (Advanced Rudiments of Music) or MUS 211 (Music Theory I) or Consent of Department if you have some music background but have not taken the pre-requisites. Please contact the music program coordinator Jolaine.kerley@concordia.ab.ca for information.

### **About Music Therapy**

Music therapy is the use of elements of music, such as rhythm and emotional content, to improve the health and well-being of individuals of all ages. At the recent World Congress of Music Therapy (July 7-8, 2020), presented virtually from South Africa, there were a total of 1000 music therapists from 95 different countries. New areas of practice and research are opening up on a regular basis and demand for music therapy in Alberta and throughout Canada is growing. In addition to MT clinicians, we need educators, counsellors, and individuals who are interested in biology, neurology, natural medicine, technology applications in healthcare and quantitative and qualitative researchers. A background in music with a general understanding of music theory is all that is required in order to register for this class. You DO NOT need to be a concert pianist or professional opera singer. An interest in working with persons with disabilities, out-of-the-box thinking, and a creative mind are additional assets for this course. We look forward to welcoming you as participants and co-creators in this exciting learning opportunity.

#### **About the Instructor**

John Lawrence is a Certified Music Therapist with 25 years of clinical experience. His experience includes clients ranging in age from 6 months to 105 years of age, with a variety of physical, emotional, and neurological conditions. In addition to teaching, he is a past member of the Board of Directors of the *Music Therapy Association for Alberta* and is a frequent participant in activities of the *Canadian Association of Music Therapists*. John has published in a number of professional music therapy journals, serves as a reviewer, and he helped to create the *Online Conference for Music Therapy*, a virtual 24-hour conference that will be celebrating its' 10th anniversary in 2021. He is sought

after as a speaker at national and international conferences and workshops and consults



with various organizations regarding technology and issues related to open access journals and research. When he not working and sharing his love of music therapy with others, John enjoys outdoor pursuits and photography.