

CAREER SERVICES WORKSHOPS

Sept. 15-Resume Writing

Sept 17- Cover Letter

To register email:

careerservices@concordia.ab.ca



INSIDE THIS EDITION:

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- How to Wear a Mask
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- Historian Award Available

THE WRITING CENTRE IS NOW OPEN

Are you looking for help with
an essay?

Have you got questions about
academic writing?

Book an online appointment today!



THUNDERFEST DRIVE IN-MOVIE

Friday Sept. 18th
Hole Academic Centre Parking Lot
Doors Open at 6pm / Dreamworks Shrek Starts at 7:30pm

Free Popcorn & Snacks

Giveaway Event



CAMPUS RECREATION CLASS SCHEDULE

September 15

CORE CRUSHER FITNESS CLASS

11:00 AM – 12:00 Noon

meet.google.com/kkb-jjdq-ntd

September 16

YIN YOGA

12:00 – 1:00 PM

meet.google.com/edy-dnqs-fvy

September 17

BARRE FITNESS CLASS

1:00 – 2:00 PM

meet.google.com/udg-kkxb-yvm



FACE MASKS
SHOULD FULLY COVER YOUR
NOSE AND MOUTH
PLEASE WEAR IT PROPERLY



PEER SUPPORT PROGRAM

We're students trained to provide a confidential, nonjudgmental, safe space for you to talk about anything. We can offer you referrals to other services and help you figure out your next steps. We're here to listen!

1:1 Support. No appointment needed. Just follow the link: <https://concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services/> during the following hours:

Fall Term Schedule

MONDAYS 1:00 – 5:00 PM

TUESDAYS 10:00 AM – 12:00 PM

WEDNESDAYS 2:00 – 4:00 PM

THURSDAYS 12:00 – 2:00 PM

FRIDAYS 10:00 AM – 12:00 PM

peersupport@concordia.ab.ca

[f](#) [@](#) [peersupportconcordia](#)

Financial Aid & Awards Office



**Do you have questions about student loans, grants or scholarships?
Contact a Concordia financial aid advisor today!**

Email: finaid@concordia.ab.ca

Phone: 780.479.9220

To book a Google Meet virtual advising appointment: visit financialaid.concordia.ab.ca

Website: financialaid@concordia.ab.ca

Financial Aid and Awards will provide counter service in Enrolment Services on Thursdays
10:00 to 12:00 and 13:00 to 15:00 only



CONCORDIA
UNIVERSITY
EDMONTON

Office of
Extension and Culture

Contact us at

extension@concordia.ab.ca

FALL 2020

Program Evaluation for Professionals

Benefits

- LEARN TO CREATE AND APPLY EVALUATION PLANS
- MAXIMIZE IMPACT OF PROGRAMS AND POLICIES

**Stephanie Gazzola,
Credentialed Evaluator**

**October 6th - December 1st
6:00 pm to 9:00 pm
on Tuesdays (8 weeks)**

Course fee: \$450 + GST

[REGISTER HERE](#)

mystudentplan.ca

Opt-in, opt-out, or add family
to your health and dental plan!

Deadline:
September 20th, 2020



Quickly and easily register
at www.mystudentplan.ca.





Introducing a new,
self-directed online workshop:

Recognizing & Responding to Sexual Violence

Sept 21 -
Oct 9

9 hours of course material.
Registration closes Sept 14, 2020.

Register at <https://tinyurl.com/srsvcue>
For questions contact
William.Logan@concordia.ab.ca



Thank you so much for your interest in the SRSV course being offered at Concordia University of Edmonton (online) by the Sexual Assault Centre of Edmonton (SACE).

This course is being offered online at no cost to participants. You will need to be able to commit 2-3 hours per week for engaging with the content from September 21st to October 9th (3 weeks).

The content will be provided in three modules:

- 1) Sexual Violence Core Facts & Definitions, Sexual Assault & Consent, and Sexual Harassment
- 2) The Context of Rape Culture & Sexual Violence and "Myths", Pyramid, Safety Tips, and Victim Blaming
- 3) Trauma Impacts, Responding to Disclosures, Community Resources

If you have any questions about the training being offered, please contact William Logan (William.Logan@concordia.ab.ca).



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Indigenous Knowledge
and Research Centre



IN RECOGNITION OF ORANGE SHIRT DAY

RHYMES FOR YOUNG GHOULS:

FILM SCREENING AND DISCUSSION

UNCOVERING THE INDIAN RESIDENTIAL
SCHOOL LEGACY, INTERGENERATIONAL
TRAUMA AND THE PATH TOWARDS HEALING

SEPTEMBER 30, 2020 | 5 PM
VIRTUAL EVENT

REGISTER BY EMAILING
INDIGENOUS@CONCORDIA.AB.CA





I can't pay
my bills



I don't know
who to talk to



I need mental
health support

211

Help starts here

Chat | Text | Phone | ab.211.ca
24/7 | Confidential | Free | 170+ Languages



Alberta



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NEDIC Support ... X

Hello! Thanks for contacting NEDIC.
How can I help you today?

Hi, I'm losing control of what
and how much I eat...I don't
know what to do...

I'm glad that you reached out.
Would you like to tell me a bit more
about what's going on?



CONCORDIA
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OF EDMONTON | Student Life
and Learning

Concerned that food or exercise dominates your life
or a loved one's life?

Then we're concerned too.

So let's chat.

Visit www.nedic.ca to access our **anonymous** and
confidential instant chat service.

nedic

National Eating Disorder
Information Centre

MEN HAVE A SUICIDE RATE 3× HIGHER THAN WOMEN. GUYS, HERE'S WHAT YOU CAN DO.



1 • PAY ATTENTION

Any noticeable change in his behaviour is a warning sign your friend might not be doing well. These changes could include:

- Drinking more than usual
- Appearing tired or distant
- Talking about how much life sucks
- Being more irritable or angry



2 • START A CONVERSATION

Choose a comfortable setting.

- Over the phone
- Over drinks at a favourite hang out
- While driving in the car
- While working on a project

Mention what you've noticed.

- "I haven't seen you around much these days. Is everything okay?"
- Don't blame or shame him.



3 • KEEP IT GOING

Ask questions and listen to what he's saying.

- "The other day you said your life sucks... what's that like for you?"
Avoid instantly problem-solving.
- Don't make it seem like he's overreacting, and don't change the subject.
- Back him up and acknowledge his feelings: "That sounds really hard."
- If you're still worried about him, ask: "Are you thinking about suicide?" If he says yes, don't panic.
- Let him know you're there for him: "Thanks for telling me. That's really hard to do. Can you tell me more about it? I'm here for you."



4 • STICK TO YOUR ROLE

You're a friend, not a counsellor.

- Ask if he has others he can reach out to for support, and ensure he contacts them.
- Call Crisis Services Canada together: 1-833-456-4566.
- Following the conversation, check in with him often.
- If he has imminent plans to die, contact 911 and ensure he is not left alone.

BUDDYUP.CA



centre for
suicide prevention

WANTED—RESEARCH TALKS

COULD THIS
BE YOU?

Are you seeking an opportunity to bring your research and learnings to the student community? Concordia's Student Life and Learning team has an open call for those seeking to share their research with student participants of the CUE Commitment Program.

The Concordia Commitment requires students to register and participate in a series of 'value added' features aimed at enriching their university experience while they are at CUE, and then supporting them through to successful employment or further study following graduation.

We are seeking lectures and talks where speakers will virtually address the entire cohort of participants in the program for the upcoming Fall/Winter semesters and beyond.

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



FACING DIFFICULT CIRCUMSTANCES?

CONCORDIA'S BURSARY PROGRAM

Fall Term Deadline: October 15th
Winter Term Deadline: February 1st

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

*Join us for any Friday session from
Sept. 4th to Dec.11th
by clicking on meet.google.com/szb-tqgc-ptq
Questions? Contact CUE Wellness
at wellness@concordia.ab.ca"*



Relaxation Practice

Every Friday this Fall

No experience necessary

12:00-12:30

meet.google.com/szb-tqgc-ptq

#CUEwellness



The Washington Center

INTERNSHIP OPPORTUNITY

Application Deadline: October 1, 2020

Have questions about the Washington Centre?

Contact careerservices@concordia.ab.ca

CSA HEALTH & DENTAL REP. ON CAMPUS

⇒ Wednesdays, until Sept 23rd

⇒ 1:00-4:00 pm

⇒ Tegler Centre

Cheryl Johnson, the CSA Health & Dental Representative is on campus for in person visits on Wednesdays until Sept. 24th.

If wish to book an advance appointment, please email : concordiaplan@mystudentplan.ca

The **GSA BURSARY AWARD** and **GSA SCHOLARSHIP AWARD**

online application is now open
for the Fall term

VALUE:

\$1,000 for a degree program,
\$750 for a diploma program,
\$500 for a certificate program;
the value of the award may be prorated
based on enrolment.

HOW TO APPLY:

Submit an [online application](#) through
Online Services for Students

APPLICATION DEADLINE:

October 1, 2020



Interested in games? Hanging out
online? Dungeons and Dragons?
Anime?

then come join the

Concordia Pop Culture Society



Anime Mondays and DnD Saturdays, Online games on Wednesday

Email us at cpcs@student.concordia.ab.ca

or check us out at

<https://www.facebook.com/groups/cuecvcs/>



Apply Now!

ALEXANDER RUTHERFORD SCHOLARSHIP

This scholarship recognizes and rewards academic achievement of Alberta senior high school students who are attending post-secondary.

For more information and to apply go to:

www.studentaid.alberta.ca



Lois Hole Humanities and Social Sciences Scholarship

Donor: *Government of Alberta*

A **\$5,000** award offered annually to a 2nd, 3rd or 4th year full-time undergraduate student in the **Faculty of Arts** who demonstrates academic excellence, leadership skills and active community service.

For More Information and to Apply:
financialaid.concordia.ab.ca

Application deadline: **October 1, 2020**





LIEUTENANT GOVERNOR OF ALBERTA **HISTORIAN AWARD**

VALUE: \$1,500 DEADLINE TO APPLY: OCTOBER 15

A \$1,500 award to a full-time student enrolled in an undergraduate degree program who has completed or is currently taking courses in Alberta's and/or Canada's history and who has demonstrated good character, active community service and potential for leadership. Funded by the History & Heroes Fund at the Edmonton Community Foundation.

APPLICATION AVAILABLE AT: bit.ly/CUE_Historian
QUESTIONS? finaid@concordia.ab.ca

