

## SHARE YOUR FAVORITE **HOLIDAY LIGHTS**



Get your cell phones ready CUE! Peer Wellness is creating a Holiday Lights video and we need your help! Submit a video of your favourite (or any!) holiday lights to [slhenry@student.concordia.ab.ca](mailto:slhenry@student.concordia.ab.ca) by Dec 20th.

Videos should be less than 30 seconds. Please include, in the video or email, your name and city (no addresses please!). The final video creation will be posted on social media Dec 23-25th. Let's spread some holiday cheer!

## INSIDE THIS EDITION:

- Co-Curricular Record
- Exam Stress Resources
- Face COVID Video
- Book an Appointment with Career Services
- Live Your Dreams Award
- Movies on Mental Health
- Ted Roger Management Conference
- Peer Support Program
- Join the CPA
- Skirt A Fire- Volunteer Opportunities
- Students-Submit Health Claims on Line

## MÉTIS ANARCHY

Research talk by Molly Swain (PhD student)

Thursday, Dec. 1 | 11AM

Register at <https://tinyurl.com/metis-swain>



The IKRC is hiring!

## INDIGENOUS KNOWLEDGE & RESEARCH CENTRE ASSISTANT

Application Deadline: December 3th 11:59PM MST  
Please visit [tinyurl.com/ikrc-assistant](https://tinyurl.com/ikrc-assistant)

Apply here: <https://concordia.ab.ca/careers/part-time-indigenous-knowledge-and-research-centre-assistant/>

 GET THE CUE INVOLVED APP TO GET STARTED



# CO-CURRICULAR ★ RECORD ★

APPLYING TO  
GRADUATE  
SCHOOL? OR  
SEEKING  
EMPLOYMENT?



GET CREDIT FOR  
CAMPUS  
INVOLVEMENT!  
VISIT CAREER  
SERVICES FOR MORE  
INFORMATION!

<https://concordia.ab.ca/student-services/career-services/>

## NEW EXAM STRESS RESOURCES!

Peer Wellness has developed some timely and useful resources. Take a few minutes to check them out and share with students, peers and colleagues!

[How to Deal with Exam Stress](#)

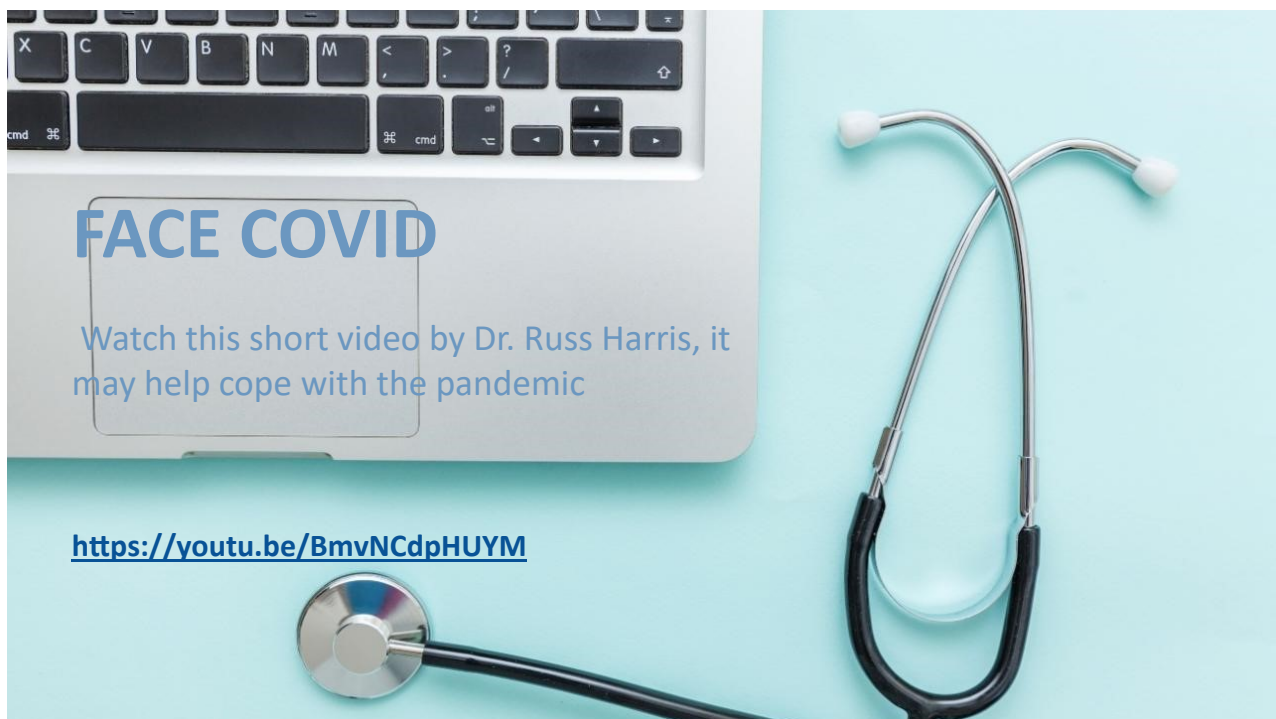
[How to Deal with Holiday Blues](#)

Our friends at NorQuest College also have a great self-guided workshop on [Tackling Test Anxiety](#) that's worth a look!



**\*\*Please note:** some of the campus resources listed in the workshop are specific to Norquest but CUE's resources are listed in the How to Deal with Exam Stress link above.

**Questions?** Contact [wellness@concordia.ab.ca](mailto:wellness@concordia.ab.ca)



*CUE CAREER SERVICES*

# Book an appointment with Career Services

**Students & Alumni can book  
Career Services appointments  
online!**

Book your virtual appointment or  
drop-in advising spot [here](#).

Develop strategies for your job  
search, resume, cover letter, LinkedIn  
profile, job interviews, career  
exploration and more!

**Learn more about how Career  
Services can support you** by emailing  
[careerservices@concordia.ab.ca](mailto:careerservices@concordia.ab.ca)

## SOROPTIMIST INTERNATIONAL CLUB OF EDMONTON

### ~ LIVE YOUR DREAM AWARDS



A scholarship opportunity for women who are caretakers for their families. The Live Your Dream Awards offers three levels of cash awards. Ultimately, a Live Your Dream Awards finalist has the potential to receive up to \$16,000 to help offset tuition costs, purchase books, get transportation, or find reliable childcare so she can worry less about how to pay her bills and focus on reaching her dreams.

The Soroptimist online portal is only open until November 15, 2020 but our Edmonton club will continue to accept applications by email until **December 30, 2020**. Visit the [Soroptimist International Club of Edmonton](https://www.soroptimist.org/Edmonton) website for more information and to apply.

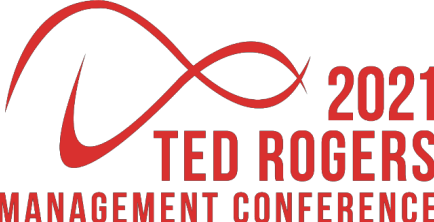
For accessibility-related accommodations or questions: amy@artwithimpact.org

<https://bit.ly/CUE-m4mh-online>

ONLINE  
Wednesday December 2, 2020 12-1:30pm MT

MOVIES FOR  
MENTAL  
HEALTH





# 2021 TED ROGERS MANAGEMENT CONFERENCE

The Ted Rogers Management Conference (TRMC) is organized by a team at the Ted Rogers School of Management at Ryerson University in Toronto. It is one of the most prestigious undergraduate student conferences in North America and typically takes place in Toronto during the month of March. In 2021, however, TRMC will be taking place **virtually (online)** from **March 4th - 6th, 2021!**

At the conference, the world's brightest undergraduate students and many high-profile professionals come together for 3 days of workshops, networking, keynote speaker events, a case competition, and other exciting activities!

**Undergraduate students from all faculties** are welcome to apply regardless of their program of study as long as they will be **at least 19 years of age at the time of the conference.**

Delegate applications are open until November 30th, 2020 for Canadian delegates, and until **January 10th, 2021 for international delegates**, through the following link: <https://ryersontrmc.ca/apply/>

When applying, it will ask you to indicate an External Campus Ambassador referee in the drop-down menu. Select "**Christian Potolicki**", who is CUE's External Campus Ambassador for TRMC 2021.

There are a limited number of delegate positions available for the conference, and all applications will be evaluated through a blind application process to remove any biases in delegate selection. The quality of your application will be the only thing that the 3rd party application reviewers will be considering, not who you know or your school.

If you are successful in your application for a delegate position, the cost for the conference will be about **\$45 CAD for students attending Canadian universities**, and **\$25 USD for students attending international universities outside of Canada.**

It is rumoured that the delegate packages TRMC is preparing for domestic delegates will surpass this dollar amount in terms of value, so the conference will definitely be worth it in that sense, never mind the unique activities and networking opportunities involved in the conference itself!

**Applying is FREE**, and if you are a successful applicant but change your mind about attending the conference later on, **acceptance can be declined without penalty!**

**Partial reimbursement of the conference fee may also be available through the CSA.** Please contact Christian Potolicki for further information on this, or with any other questions about the application process or the conference itself, via the following email: [managementreps@student.concordia.ab.ca](mailto:managementreps@student.concordia.ab.ca)



<https://ryersontrmc.ca/>



Christian is also available to answer any questions on Google Meet from 4 - 5 PM every Tuesday and Thursday for the remainder of the Fall semester using the link provided here:

<https://meet.google.com/btm-frbg-tzw>

Best of luck and we hope to see you there representing CUE at TRMC 2021!



# 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



peersupportconcordia



Are you an undergraduate or  
graduate student in psychology ?

Join the



CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION

## Become a Student Affiliate of Canada's Premier National Psychological Association!

CPA offers its Student Affiliates a variety of benefits, including:

- Reduced membership and annual convention fees;
- Professional development at a reduced rate;
- Eligibility for CPA student awards;
- Opportunities to be published in student publications;
- and access to CPA journals.

### Become part of CPA's Student Section!

- Join the largest CPA Section – over 1,800 Student Affiliates – at no extra cost
- Receive a complimentary Student Price Card (SPC)
- Network with professionals and students
- Receive Section News updates
- Learn about networking, publishing, and career opportunities
- Help promote psychology in Canada

Visit [www.cpa.ca/membership](http://www.cpa.ca/membership)  
to apply today!





## **Board of Directors and Committee opportunities (volunteer)**

### **Description of Charity:**

SkirtsAfire is Edmonton's only multidisciplinary arts festival featuring and elevating the work of women and those who identify as women in the arts. Each year we continue to expand our festival and grow as a team: we ask ourselves how we can do better, think bigger, and empower artists and audiences through the community we've created.

**Role:** Make a difference! Consider joining the Board of Directors and/or one of our Committees. You'll be working with a dynamic, fun and inclusive team to help advance governance, structures, and processes that will guide the organization in its growth. As a Committee member, you'll be supporting the Board in planning and executing various strategies.

Time commitment is approximately 6 hours per month for meetings, committee work and events.

### **Qualifications:**

- Leadership, management or professional background in either finance, accounting, human resources, legal, marketing, fundraising, communications or public relations. Individuals working toward a designation are welcome to apply.
- Experience with non-profit Board governance and funding is an asset, or an interest to grow experience in this area.
- Ability to fulfill the time commitment and responsibilities of the role.
- Motivated and inclusive team player.

**Term:** Two-year term.

**Contact:** To apply, submit your resume, and cover letter to: [hr@skirtsafire.com](mailto:hr@skirtsafire.com). In your cover letter, we invite you to describe the actions or abilities you've demonstrated in your volunteerism and/or work and life that would support the SkirtsAfire vision and mission.

Visit the rest of our website to learn more about SkirtsAfire, and to review the job descriptions for the Board and each of our committees.

[Board Member Job Description](https://skirtsafire.com/board-member-job-description/)

[Casino Committee](https://skirtsafire.com/casino-committee-job-description/)

[Membership Committee](https://skirtsafire.com/membership-committee-job-description/)

[Fundraising Committee](https://skirtsafire.com/fundraising-committee-job-description/)

[Human Resources Committee](https://skirtsafire.com/hr-committee-job-description/)

<https://skirtsafire.com/board-member-job-description/>

<https://skirtsafire.com/casino-committee-job-description/>

<https://skirtsafire.com/membership-committee-job-description/>

<https://skirtsafire.com/fundraising-committee-job-description/>

<https://skirtsafire.com/hr-committee-job-description/>

Thank you for your interest! We're excited to learn more about you.

# Submit your claims online!

Visit [mystudentplan.ca](https://mystudentplan.ca) for more details.



[mystudentplan.ca](https://mystudentplan.ca)

