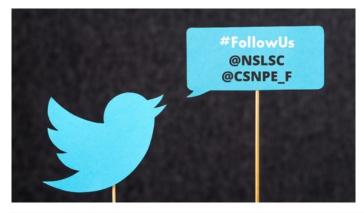
# CUE WEEKLY NEWSLETTER

# **CUE LIBRARY** READING WEEK HOURS

VIRTUAL RESEARCH & CITATION SUPPORT IS AVAILABLE DURING READING WEEK (FEB 16-19)

FEB 13-15: CLOSED FEB 16-19: 8:30 AM - 4:30 PM



## **INSIDE THIS EDITION:**

- Virtual Internship Info Session
- The Washington Centre
- Renewable & Sustainable Energy Management
- CSA Elections
- Financial Aid & Awards
- Financial New Years Resolutions
- Leadership Award
- Pink Shirt Day- Feb. 24
- Talk to a Peer Supporter
- Edmonton Planning Social Council Wants You
- Yoga Beyond the Mat
- Mystudentplan.ca
- English Conversation Club
- Financial Aid Spring/Summer

Are you between 18-24 and a Canadian resident? WHAT DO YOU KNOW ABOUT TYPE 1 DIABETES?



YOU COULD WIN 1 OF 5 \$50 PREPAID VISA CARDS! -

https://bit.ly/32ls2X7

https://mun.az1.gualtrics.com/jfe/form/SV\_0cAn6RUDKgKVX4F

# <u>Virtual Internship</u> <u>Info Session</u>

When: Tuesday, February 16 at 1 pm Where: Google Meets Register here:

http://tinyurl.com/ynsa77bl

Join Career Services and the International Office to learn about upcoming virtual international internships.

Questions? Contact: careerservices@concordia.ab.ca



# RENEWABLE AND SUSTAINABLE ENERGY MANAGEMENT

Gain valuable and in-demand skills to succeed in the field of Energy Management

> Learn about the course and see if it's right for you at our INFO SESSION: Thursday, February 18 from 12:00 PM - 1:00 PM

# **COURSE BEGINS MARCH 1**

Register at tinyurl.com/oec-energymgmt Questions? Email us at extension@concordia.ab.ca

X-MGT 51 Renewable and Sustainable Energy Management Info Session: <u>https://concordia.ab.ca/externa</u> office-of-extension-and-culture/extension-programs/renewable-and-sustainable-energy-management/



# The Washington Centre

Gain internship experience (virtually) this summer!

# Early application deadline: Feb. 17, 2021

To learn more, email: careerservices@concordia.ab.ca

# Or see the TWC website:

https://twc.edu/programs/virtual-internship-program-international-students

The Washington Centre

https://twc.edu/programs/virtual-internship-program-international-students

#### **CONCORDIA STUDENT'S ASSOCIATION**



## Nominations

Feb 8th - 19th

Email: csavpacademic@student.concordia.ab.ca to pick up nomination packages

## Speeches

Feb 25th & 26th IG TV @ 7pm Attend for a chance to win CSA Swag Bags!

## Debates

March 5th Google Meet @7pm Google Meet: https://meet.google.com/oti-qfur-brc

# Voting

March 8th-9th Student will recieve an email ballot.



# Financial Aid and Awards



#### It's Tax Season!

While you are a student, you will receive special tax forms that reflect your income and expenses.

Online Information Session: "Doing Your Taxes – Students: What's In It For You?" February 25, 2021 @ 12:00 pm Email <u>finaid@concordia.ab.ca</u> to request a link!

#### T4A

If you received grant or scholarship money in 2020, you will receive a T4A. A T4A is a statement of income for grants, scholarships and awards related to your education and is applicable if you received \$500 or more from a combination of those sources over the previous tax year. Student loans are not considered income and so T4As are not issued for student loan funding.

Most T4A's are electronic documents which you will need to retrieve.

#### Where to get your T4As:

Scholarships & Bursaries processed through CUE: Online Services for Students

Alberta Grants or Awards/Scholarships: your Student Aid account

Canada Student Grant for Full-time students: NSLSC Online Services

#### **Tax Receipts:**

Tax receipts are issued to students who paid interest on a student loan. A 17% tax credit is available on the interest portion of Alberta Student Loan and Canada Student Loan payments!

Tax receipts for interest paid on your Alberta student loan: <u>MyLoan</u> Tax receipts for interest paid on your Canada student loan: <u>NSLSC Online Services</u>

#### T2202

A T2202 is an income tax receipt issued if you paid tuition fees that are eligible to claim on your income taxes. Log into <u>Online</u> <u>Services for Students</u> to retrieve your T2202.

T2202 & T4A will be available through Online Services for Students by end of day February 28, 2021.

If you need help with your taxes, contact the <u>Canada Revenue Agency</u>.

For a Guide to student aid tax forms visit Alberta Student Aid



CONTACT US Email: finaid@concordia.ab.ca

Visit financialaid.concordia.ab.ca to book a Google Meet virtual advising appointment

# **Financial Aid and Awards**

# Belcourt Brosseau Métis Awards (BBMAs) support Métis Albertans with scholarships up to \$10,000 each year for post-secondary education

Are you a Métis student from Alberta? The BBMAs can support you by covering between \$1,000 and \$10,000 of your tuition and fees. For more information and to apply, visit the <u>Edmonton Community Foundation website</u> Application Deadline: **March 31, 2021** 

#### Undergraduate Student Research Award (USRA) Value: \$7500

Undergraduate Student Research Awards are meant to stimulate your interest in research in the natural sciences and engineering and encourage you to undertake graduate studies in these fields. If you would like to gain research work experience in an academic setting that complements your studies, these awards can provide you with financial support through your host university. NSERC encourages qualified Indigenous students to apply to this program.

Award Value: \$7,500 (\$6,000 from NSERC + minimum \$1,500 top up)

Application Deadline: April 1, 2021

For more information, please read the USRA Information Sheet or visit NSERC's website.

#### Visit our Financial Aid & Awards website to learn more about...UPCOMING DEADLINES and EVENTS

<u>Canada Revenue Agency's Info Session</u> - "Doing Your Taxes. Students: What's in It for You?" – February 25th, 2021 <u>USRA (Undergraduate Student Research Award)</u> – April 1, 2021

Looking for **External scholarship opportunities** this winter or spring? Visit the <u>Resources</u> section on our website or filter our <u>Scholarships & Award Listings</u> by "External".

#### Budgeting - You can do it!

Download a monthly budget template Look at your spending habits Fill in your monthly budget Review your budget monthly

Stay the course! Staying on budget gets easier with regular, consistent practice.

CONTACT US Email: finaid@concordia.ab.ca

Visit financialaid.concordia.ab.ca to book a Google Meet virtual advising appointment

## **Financial New Year's Resolutions**

Financial literacy is an understanding of personal finance concepts like budgeting, investing and managing finances. This includes planning what to do with your money, paying off debt, understanding the time/money trade-off, tracking spending, retirement planning and more. Earning money won't get you far if you don't learn how to manage it. People who are financially illiterate can make poor financial decisions that result in losing money or becoming victims of scams.

#### **\$\$** Take control of your finances! **\$**\$

Challenge yourself this year! Make it a priority to focus on taking specific steps towards financial literacy. Once you start making changes, you'll become more motivated and more empowered with every new step you take.

#### AB Online Resources (ALIS)

The Alis website provides career, learning, and employment information resources that help Albertans achieve success.

Online financial literacy resources include: Money 101: Budgeting Basics for Further Education, Stretch Your Dollars: Budgeting Basics , Budget for Student Life and Tips for Saving Money While You're in School.

#### Concordia University of Edmonton

Did you know CUE offers a personal finance course? Finance 220 (FIN 220) is an examination of the knowledge and tools required to manage personal finances and an explanation of the various concepts related to personal finance and wealth management. Topics include financial investments and estate planning, personal taxation, asset management, consumer loans, insurance and investments. Emphasis is placed on the understanding and analysis of financial institutions and strategies. Prerequisites: 2nd year standing required. For more information visit <u>www.concordia.ab.ca</u>.

#### Credit Counselling Society of Canada

The Credit Counselling Society is a registered, non-profit service for consumers. They offer free Credit Counselling, Debt Consolidation Support and Budgeting.

Check out the following online course offerings: <u>https://nomoredebts.org/financial-education/online-courses.</u> and <u>https://www.mymoneycoach.ca/financial-literacy/credit-budgeting-workshop-webinars</u>

#### Financial Consumer Agency of Canada

The Financial Consumer Agency of Canada (FCAC) is a federal government agency that works to protect consumers and inform them about financial products and services.

Online resources: <u>https://www.canada.ca/en/financial-consumer-agency.html</u> (e.g. managing your money, financial tools and calculators, debt & borrowing, savings & investments, managing financial health during challenging times (Covid-19), protection from fraud & scams, etc.)

#### Government of Canada

The Canada Revenue Agency (CRA) administers tax laws for the Government of Canada and for most provinces and territories, and administers various social and economic benefit and incentive programs delivered through the tax system.

Canada Revenue Agency (CRA) – Doing Your Taxes students: What's in it for You? Find out about benefit and credit payments you could get from the Canada Revenue Agency if you do your taxes every year. A representative from the Canada Revenue Agency (Sandra) will be presenting and there to answer your questions. DATE: February 25, 2021 @ 12:00 pm REGISTER: To obtain the link to the session, email finaid@concordia.ab.ca

Financial literacy self-assessment quiz - Take this self-assessment quiz to figure out how your financial literacy skills and knowledge measure up compared to other Canadians.

# Aberta Leaders in Equality Award of Distinction (LEAD) Program

Alberta Culture, Multiculturalism and Status of Women is happy to announce the new **Leaders in Equality Award of Distinction (LEAD) Program** to assist women and gender-diverse Albertans to pursue fulfilling careers. The program will provide more opportunities for under-represented Albertans to apply their talents in a wide range of pursuits – from science, technology and trades to the arts – helping to build the workforce of the future in Alberta.

Value: \$2500

Who can apply?

- students registered (full or part-time) in an undergraduate or graduate program at an approved Alberta post-secondary institution
- students who are residents of Alberta and are a Canadian citizen, Permanent Resident or Protected Person (visa students are not eligible)
- Indigenous students, racialized students and students living with a disability are strongly encouraged to apply
- Students of any gender

The Leaders in Equality Award of Distinction (LEAD) Program is now accepting applications from students eager to make a difference in their communities.

The scholarship program consists of two funding streams:

- 1. Women in STEM Award stream open to women under 30 years of age pursuing studies in science, technology, engineering and mathematics, and
- 2. **The Persons Case Scholarship stream** for anyone pursuing studies to advance gender equality.

The first intake deadline for the scholarship is February 21, 2021

To view the complete scholarship criteria and to apply, visit the program website.

# Bullying stops here!

Being bullied at any age can have a severe impact on your mental health.

## Pink Shirt Day is February 24<sup>th</sup>, 2021.







#### Feeling stressed? Overwhelmed? Going through some stuff or just need someone to talk to?

# **TALK TO A PEER SUPPORTER!**

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: **concordia.ab.ca/counselling-services** during the following hours:

> Mondays - 3pm to 5pm Wednesdays - 1pm to 3pm Thursdays - 10am to 12pm Fridays - 3pm to 5pm



You can use the "Chat with us here" box to talk to one of our Peer Supporters. Feel free to also follow our social media accounts. We are here for you!



#### Reach out and connect with us at:

@peersupportconcordia 🧿

CUE Peer Support Program

peersupport@concordia.ab.ca @







#### Are you interested in poverty reduction, food security, housing and homelessness, livable incomes, and other issues that affect vulnerable populations?

#### **Edmonton Social Planning Council Wants YOU!**

ESPC conducts social policy research to deepen community understanding of social planning issues, influence decision-makers, and spark collaborative actions that lead to positive social change. We are dedicated to encouraging the adoption of equitable social policy. Our work speaks to the local context and has been of particular interest to academic researchers, policy analysts, elected officials, and the general public at large. Since 1940, we have been a leader in rigorous research and advocacy that has helped build strong communities.

Edmonton Social Planning Council (ESPC) is always on the lookout for volunteers to get involved! This could include volunteer assistance with research projects, contributions to our *Research Update* and/or *fACTivist* newsletter, and many other opportunities.

The research and writing you would contribute provides an invaluable opportunity for your exposure to practical applications. You will also have the chance to work closely with our experienced staff, providing you with research support, editing, and mentorship. ESPC work is often cited by academics, advocates, and other experts, increasing your potential for professional exposure. This is great experience you can add to your resume.

#### We Have Resources You Can Use

Our reports can even help guide your research! Check out our recurring publications such as the *Alberta Child Poverty Report, Tracking the Trends*, and *A Profile of Poverty in Edmonton*. We've also published important research on topics such as long wait times for tenants seeking rental assistance, robust public engagement strategies for affordable housing developments, and ways to reduce social isolation among Indigenous seniors.

#### Want to Find Out More?

Please visit www.edmontonsocialplanning.ca or contact us at info@edmontonsocialplanning.ca



Office of Extension and Culture

# Yoga Beyond the Mat

## MONDAYS 7:30-8:45 pm MST

1<sup>ST</sup>-29<sup>TH</sup> MARCH, 2021



INSTRUCTOR: MARINA HUTTON FOR MORE INFORMATION CLICK <u>HERE</u> ! REGISTER <u>HERE</u>!

https://concordia.ab.ca/external-affairs/office-of-extension-and-culture/extension-programs/yogabeyond-the-mat/

#### Your Student Plan is Active! Mobile and online claims for GroupNet by Canada Life.

Register here at: gwl.greatwestlife.com/MyRegistration For plan details and benefits card: mystudentplan.ca/csa/en/home To contact the Plan Coordinator email: concordiaplan@mystudentplan.ca Plan number = 166175 Member ID = Student ID

#### mystudentplan.ca



Need Government Student Aid (loans/grants) for Spring term classes?

#### NOW is the time to apply!

Contact the Financial Aid and Awards Office at

#### finaid@concordia.ab.ca if you have questions

or need help applying.



finaid@concordia.ab.ca