

WORRIED ABOUT YOUR NEXT MEAL?



Let the CUE Foodbank help provide emergency food support and resources for future meals.

Email: foodbank@concordia.ab.ca

[REGISTER HERE](#)



INSIDE THIS EDITION:

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- Films For Thought
- mywellnessplan.ca

BATHROOM SELFIES/VIDEOS

Video phoning in a public washroom is not a good idea, please refrain from using any video function in a washroom.

People have an expectation of privacy in a washroom and are concerned by any video use in any area of a washroom including the hand washing facilities.



THE JAPAN EXCHANGE AND TEACHING (JET) PROGRAMME

is an initiative funded by the Government of Japan with a two-fold mission: to promote grass-roots internationalization among local communities in Japan as well as improve English language education in Japanese schools. The two types of roles on JET that Canadians can apply for are the Assistant Language Teacher (ALT) and the Coordinator for International Relations (CIR). The ALT role only requires that you have completed your bachelors degree (in any field) and are a Canadian citizen.

The CIR role has, in addition to the above two mentioned requirements, a need for applicants to be proficient in professional level Japanese (roughly equivalent to the JLPT N2 level). Both of these positions are on a 1-year long contract basis with opportunity for renewal resulting in a total length of up to 5 years.



CONCORDIA
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Getting Our S*%& Together Workshop

Student Life and Learning is excited to bring you the Getting Our S*%& Together Workshop Series. We're focusing on mental health and academics with topics such as Perfectionism, Managing Stress, Handling Failure, and Attention.

All workshops take place in the Design Thinking Space, located on the 2nd floor of the Allan Wachowich building.

- ⇒ Managing Stress & Overwhelm: Tuesday, October 19 at 2pm
- ⇒ Handling Failure: Monday, October 25 at 11am
- ⇒ Attention: Monday, November 1 at 3pm

Registration Form

<https://docs.google.com/forms/d/e/1FAIpQLScbFrWZ9vflf9dAdYTTj9F1xCsJKw18XZnZXOcoZzwohpoxgQ/viewform>



ETHICAL HACKING WITH CRISTIAN CORDEIRO

MANAGER, CONSULTING
SERVICES IN OFFENSIVE
SECURITY AT TELUS



OCTOBER 21 AT 11 - 11:50 AM

Learn about a career in offensive security, the day to day realities of the industry, and other career tips from Management Instructor Cristian Cordeiro!



This Concordia Commitment Research Talk is open to all CUE students. Register here (<https://forms.gle/nuw4LPHacH84zv2d9>) to receive the link to join the virtual presentation via Google Meet.

LED Happy Lights

CUE Wellness & CUE Library have partnered together to provide more resources for campus mental health.



Borrow an LED light therapy Happy Light from the Library Service Desk.

Happy Lights can be borrowed for 4 hours at a time.

This mental health initiative is brought to you by CUE Wellness & CUE Library.



Are you a woman with primary financial responsibility for yourself and your dependents?

APPLY TODAY FOR THE LIVE YOUR DREAM AWARD

The Soroptimist International Club of Edmonton provides cash grants for women enrolled in undergraduate degree programs who are working to better their lives.

DEADLINE: NOVEMBER 15TH

**FOR INFORMATION & TO APPLY VISIT
SIEDMONTON.ORG**

Questions? Contact Anna Der
email anna.der@siedmonton.org

For further details visit:
LiveYourDream.org

Weekly Teaching Circle

Join CUE's Cultural Knowledge Keepers every Wednesday evening at 5pm for cultural and educational teachings. Circles will be virtual and open to everyone. Join at www.tinyurl.com/IKRC-WCIRCLE

PROTOCOL TEACHINGS

SMUDGE/MEDICINE TEACHINGS

7 SACRED TEACHINGS

rites of passage

PIPE LAWS

LODGE TEACHINGS

OCT. 6

OCT. 13

OCT. 20

OCT. 27

NOV. 3

NOV. 10



CONCORDIA
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OF EDMONTON

Indigenous Knowledge
and Research Centre

Questions? Email indigenous@concordia.ab.ca

We need help!

we're studying the relationships among various
sounds, narratives, and emotions

* online study * 225 CUE students accepted * takes about 30 minutes * could be fun! *

Compensation:

\$5 gift card to a
local retailer
(6 to choose from)

What's involved:

- you'll log-on to the study website
- answer some questions about your own attitudes and emotions
- listen to some audio files or read a few narrative paragraphs
- select your gift card

Open to: 225 currently enrolled CUE students

Open to:

225 CUE students
(but you can only
participate once!)



6510 112 Ave (near CUE)



any location



6427-112 Ave (near CUE)



any location



any location



any location



Interested?

Please visit: <https://nature-mill.org/research/snef/> for all the details
or email Dr. Holli-Anne Passmore at: Holli-Anne.Passmore@concordia.ab.ca



Environmental science club



Do you like:

- volunteer opportunities
- promoting environmental responsibility
- plants

JOIN CUE's

ENVIRONMENTAL SCIENCE CLUB

Executive positions available.

Contact President Courtney at

cchester@student.concordia.ab.ca

ATM Do's and Don'ts



- **DO** protect your PIN when you're entering it
- **DO** change your PIN from time to time
- **DO** monitor your account regularly
- ⇒ **DON'T** let others use your card
- ⇒ **DON'T** tell others your PIN

finaid@concordia.ab.ca



Internship Opportunity
with the Writing Center
at Paderborn University, Germany
within the framework of the Alberta OWL Cooperation

Open to: Students from the University of Alberta, MacEwan University,
Concordia University of Edmonton, Northern Alberta Institute of
Technology
Posting Date: October 12, 2021
Duration: 2-3 months, Spring 2022

Paderborn University is a high-performance and internationally oriented campus university with around 20,000 students. In interdisciplinary teams, we shape future-oriented research, innovative teaching and the active transfer of knowledge to society. As an important research and cooperation partner, the university also shapes regional development strategies. We offer our more than 2,300 employees in research, teaching, technology and administration a lively, family-friendly working environment with short decision-making paths and a wide range of opportunities.

About the Internship:

The intern gets the opportunity to get an insight into the work environment of the Writing Center:

- Everyday business in a University writing center (e.g. organizing workshops and writing consultations)
- Taking part in the Peer-Tutor training seminar
- Conducting workshops on academic writing in English (e.g. for international students)
- Co-Organization of a large digital writing event in March 2022 ("Lange Nacht des Schreibens")

Requirements:

- German language skills are required
- Student of language studies, psychology, education or similar at one of the above named Canadian institutions.
- At least one year of study left at the home institution
- Interest in getting an insight into the activities of the Writing Center

Application:

Please submit the following documents in a single PDF-file prior to the closing date:

- Letter of motivation (max. 1 page, please state your earliest starting date for the internship as well as the desired duration, please state your main focus and interests within your studies).
- CV
- A copy of your transcript (attended courses and grades) (no German translation needed).
- A proof of German language skills (e.g. evidence of attended German classes or written explanation).

Information about Paderborn University's Writing Center: www.upb.de/schreiben

Information about the Alberta OWL Cooperation: www.uni-bielefeld.de/owl-ab

Please contact the International Office of your institution to submit the application and for further questions.

HOW TO REQUEST A DEFERRED FINAL EXAM

A Deferred Final Exam request may be granted based on extenuating circumstances (eg. illness, family emergency), and the deferred exam's format may be different than the original exam. Exam deferral requests are subject to deadlines.

Review [section 9.2.3 of the Academic Calendar](#).

Please apply using an [online form](#) for the appropriate course.

Vote for CUE's Period Poverty Project

Field Law is providing funding for various community projects and you can vote for the period poverty project at: <https://tinyurl.com/2wpsehsh> voting ends November 5th.



CONCORDIA
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ENGLISH CONVERSATION CLUB

Halloween Costume Contest!

Oct 29, 1-2pm - Google Meet

Dress up for a chance to win a prize!

FIND MEETING LINKS:

<https://concordia.ab.ca/english-conversation-club/>



How is
school
going?

Hello!
Nice to
see you!



That's
great
news!

How is
your day
going?



OPEN ACCESS WEEK 5 DAY CHALLENGE

BUILDING STRUCTURAL EQUITY

OCTOBER 25 - 29, 2021

ENTER TO WIN A PRIZE BY
COMPLETING ONE CHALLENGE!

ALL CUE FACULTY, STAFF, &
STUDENTS ARE ELIGIBLE TO WIN.

**FIND DAILY
CHALLENGES**
(STARTS OCT 25)

→ INSIDE CUE
WWW.CONCORDIA.AB.CA/LIBRARY
WWW.CUELIBRARY.BLOG



OPEN  ACCESS

THE INQUIRING MIND



NOVEMBER 5-IN PERSON TRAINING

HEALTHY

REACTING

INJURED

ILL

The Inquiring Mind Post-Secondary (TIM PS) is an evidence-based program designed to address and promote mental health and reduce the stigma of mental illness in an educational / student setting.

The 3-hour workshop was created with the input of students, faculty and staff, from the University of Calgary, with mental health-related expertise.

The workshop covers three main components: stigma reduction, resiliency skills, and the Mental Health Continuum Model.

For more information, please go to the [website](#).

To [register](#) for November 5th in-person training

Alex Decoteau Award of Honour

The Alex Decoteau Award of Honour recognizes the sacrifice of Canada's brave veterans and their families and supports them in their post-secondary pursuits in Alberta.

Valued at a one-time amount of \$5,000, this award helps meet the Alberta Government's commitment to make it easier for Canadian veterans and their families to transition from service to the next steps in their careers.

Canadian Armed Forces members must be returning soldiers who:

- actively served in designated military operations in the Canadian Armed Forces (Regular or Reserves), or
- were permanently disabled as a result of participation in Canadian Armed Forces training.

Applicants who are family members must be spouses/common-law partners, or children of Canadian Armed Forces soldiers who are deceased or permanently disabled:

- while serving or as a result of a designated military operation, or
- as a result of participating in Canadian Armed Forces training.

How to Apply: Applicants must submit the completed application form and all supporting documentation to Alberta Student Aid by **October 31, 2021**. For more information on eligibility and how to apply for the Alex Decoteau Award of Honour, visit: [Alex Decoteau Award of Honour](#)



CRA Webinar: "Scams: How to Recognize a scam, examples of fraudulent communications and how to protect yourself from identity theft *including new Covid-19 scams"

When: Tuesday, November 16, 2021 @ 12:00 pm

Where: Online & by Telephone via WebEx

REGISTER: To get a link where you can join the session email finaid@concordia.ab.ca

Student Loan Repayment!

If you have previous student loans and are NOT receiving government funding for 2021-2022, **you will enter repayment in November**. If you are enrolled in classes, ask us how to keep your previous student loans interest-free and payment-free.

FINANCIAL AID and AWARDS at CUE

Visit our Financial Aid & Awards [website](#) to learn more about student awards and events that are coming up.

Have questions about student loans, scholarships or bursaries? Ask us!

[Click here](#) to book a Google Meet online advising appointment with a Concordia financial aid advisor.

Financial Aid & Awards Office (located in Student & Enrolment Services, HA120)

Email: finaid@concordia.ab.ca

Website: financialaid.concordia.ab.ca



safeTALK

Suicide Alertness for Everyone

**A half-day workshop to learn
the signs and how to get help
for someone at risk of suicide.**

Register:

<https://docs.google.com/forms/d/e/1FAIpQLSfrVk6z5sJV6vLwh1n2Gk49idX3-NYArJmWuLqZlCh5Mmnykw/viewform?vc=0&c=0&w=1&flr=0>

Learning objectives:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to suicide first aid intervention caregivers

October 23, 2021

9:00am-12:30pm

Location: AW207

Cost: FREE!

Contact: wellness@concordia.ab.ca

[Register here!](#)



centre for
suicide prevention

Centre for Suicide Prevention
T 403 245 3900
csp@suicideinfo.ca

suicideinfo.ca
@cspyyyc

FILMS FOR THOUGHT

EXPLORING MENTAL
HEALTH THROUGH THE
POWER OF FILM

October 21, 12pm-1:30pm
Online via Blackboard Ultra
Register at: tinyurl.com/CUEF4T



A FREE EVENT





Get the **mental help support** you need from on **campus resources**.

Visit **mywellnessplan.ca** for more details.



 **mywellnessplan.ca**

