

STANDUP

against street harassment

L'ORÉAL PARIS hollaback!

Join us for an interactive, virtual training to learn how to intervene when you see harassment happening.



October 27
6:00-7:30pm



Register:
tinyurl.com/UniStandUP

[Register here!](#)



INSIDE THIS EDITION:

- Accelerate Her Future Fellowship– Apply Today!
- Open Access Week
- English Conversation Club
- Financial Aid & Awards
- Getting Your S*& Together Workshop
- Cyber Security Awareness Month
- Deferring a Final Exam
- Period Poverty Project Program
- Mental Health First Aid Course
- Selfies in a Public Bathroom
- ASIST Training

CANADA COVID-19 SURVEY

Student Led Research: Please take the survey



<https://forms.gle/ZPBEudaF6EFKdiSo7>

Complete the survey gets an chance to win a \$5 gift card, it takes less than two minutes !



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	OCT. 6	
SMUDGE/MEDICINE TEACHINGS	OCT. 13	
7 SACRED TEACHINGS	OCT. 20	
rites of passage	OCT. 27	
PIPE LAWS	NOV. 3	
LODGE TEACHINGS	NOV. 10	

CONCORDIA UNIVERSITY OF EDMONTON | Indigenous Knowledge and Research Centre

Questions? Email indigenous@concordia.ab.ca

STATE of the UNIVERSITY ADDRESS

Everyone is invited to join us as President Tim Loreman presents the annual State of the University Address on Thursday, October 28 at 12:00 noon. It will be a virtual event, so we look forward to seeing you online at: meet.google.com/ysy-vetc-npq.

ACCELERATE HER FUTURE FELLOWSHIP CIRCLE

Applications open for AHF's Winter 2022 Cohort

AHF's Fellowship Circle is 10-week by-application program designed by self-identifying Black, Indigenous and other women of colour– a tailored and highly curated experience for providing small group mentorship circles, Career Learning Labs, a supportive community and networking with leaders from business and STEM.

Benefits to Applying to Become a Fellow:

- Participate in virtual small group mentoring circles with access to AHF tools and resources
- Attend virtual Career Learning Labs
- Grow your career development and leadership skills
- Develop your gender and racial equity knowledge
- Expand your network of peers and industry leaders
- Attend a virtual wrap-up networking event upon program completion
- Gain access to AHF's online alumni community

WINTER 2022 COHORT APPLICATIONS
CLOSE: NOVEMBER 21, 2021

10-WEEK FELLOWSHIP CIRCLE RUNS
JANUARY 20-MARCH 24, 2022

For more information: info@accelerateherfuture.com

To apply visit us at <https://accelerateherfuture.com/>



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

Register here at: <https://my.canadalife.com/sign-in>

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



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



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/>



LOIS HOLE HUMANITIES AND SOCIAL SCIENCE SCHOLARSHIP

Value: \$5000

Application Deadline: December 1

An annual \$5,000 award to an undergraduate student enrolled full-time in the Faculty of Arts. The recipient must have completed a minimum of 30 credits at Concordia, be enrolled in the second or subsequent year of the program, demonstrate academic excellence, leadership and community service. The recipient must be a Canadian Citizen, Permanent Resident or Protected Person and an Alberta resident. This program was made possible by funding from the Government of Alberta.

How to Apply: Complete the [application form](#) and submit it along with all supporting documentation to the Financial Aid and Awards Office HA120 by the December 1, 2021 deadline.



GET READY!!

THE [CUE SCHOLARSHIPS](#) ONLINE APPLICATION OPENS IN NOVEMBER (undergraduate awards)

FINANCIAL AID and AWARDS at CUE

Visit our Financial Aid & Awards [website](#) to learn more about student awards and Events 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

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.

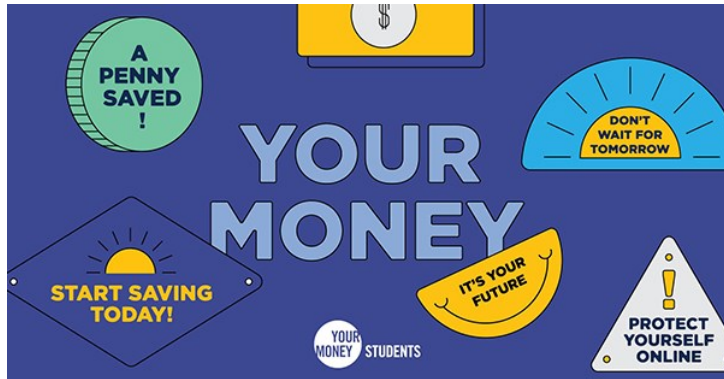
All workshops take place in the Design Thinking Space, located on the 2nd floor of the Allan Wachowich building.

- ⇒ Handling Failure: Monday, October 25 at 11am
- ⇒ Attention: Monday, November 1 at 3pm

Registration Form

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

HELPING STUDENTS UNDERSTAND HOW SOCIAL ENGINEERING WORKS IN CYBER SCAMS



October is Cyber Security Awareness Month and banks in Canada and the CBA are participating in this international effort to help everyone learn how to protect themselves from online threats.

Staying **cyber safe** means knowing who to trust online. Even the strongest security systems can be vulnerable when people are tricked into giving away sensitive information like login credentials or account details.

In the Canadian Bankers Association’s Your Money Students financial literacy seminar, they talk about the importance of protecting against fraud. One key way to protect against online threats is knowing the tactics that cyber criminals will use to try to trick you.

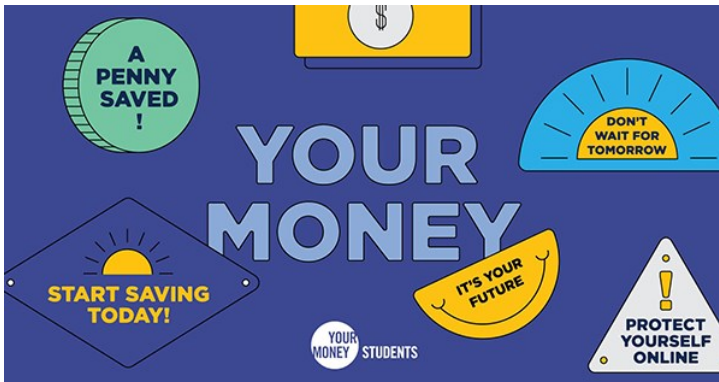
Cyber criminals often use scams to scare, confuse or rush you into taking some sort of action through a process known as social engineering. Social engineering presents realistic messages with urgent requests to trick us into giving away our personal information that scammers can use to commit financial fraud. But these tactics are easy to spot when you know what to look for!

Three social engineering tactics to watch out for – check out the following three 30 second links!

1. [Fear as a motivator](#). Scams that use fear as a motivator often involve threatening or intimidating emails, phone calls and texts that appear to come from an authority figure, such as a police officer, the tax department or a bank. Cyber criminals hope to scare you into giving them your personal information or money.
2. [Urgent requests](#). Scams that use the tactic of an “urgent” request can involve suspicious emails, texts or phone calls that demand that you act quickly or there will be consequences. For example, the suspicious message might say that your bank account will be closed or that you’ll lose out on a deal.
3. [Irresistible opportunities](#). Some scams offer opportunities that are too good to be true. They are designed to trick you into providing sensitive information or downloading malware onto your device. Watch out for offers for free access to an app, game or program in exchange for login credentials. Other common scams include lottery or prize winnings or information about a lucrative job opportunity.

(continued...)

HOW TO PROTECT YOURSELF



- **Slow down and don't let messages of urgency influence you.** Always take the time to review the details carefully, and research the facts before you take any action.
- **Be suspicious of requests for your personal information.** Your bank will never send you an email or call you on the phone asking you to disclose personal information such as your password, credit card number or your mother's maiden name. [Learn how to spot a phishing scam.](#)
- **Limit what you share online.** You probably know that you should be careful sharing personal details about yourself, like your home address or phone number, online. Seemingly innocent information, like the name of your first pet, can also be used to steal your data.
- **Install anti-virus, anti-spyware and firewalls purchased from trusted retailers or suppliers.** Turn on [automatic software updates](#) when they are available in order to protect your devices against [malware](#).
- **Be wary of downloading free apps, files, programs, software or screensavers.** Malicious code, like spyware (that secretly monitors what you do online) and keystroke loggers (that secretly track what you're typing) can be hidden within the download and used to steal your personal information, such as login credentials.
- **Use different passwords for each account.** Using the same password for multiple accounts can lead to hacks across multiple platforms. Using a unique password for each of your accounts may seem like a lot of work, but it's worth the effort to keep your information safe from cyber criminals. Use a [password manager](#) to store login data for all your accounts, so you can access them easily with just one strong [primary password](#). Just make sure you don't store your most sensitive passwords, including your email accounts, your banking and financial accounts, and those used for your work, in any kind of password manager. Always memorize your most sensitive passwords.

More tips!

Check out the [CBA's website](#) for more cyber security tips and resources and [follow them on Twitter](#) for daily reminders. The CBA's [Your Money Students seminar](#) is also a great way for students to strengthen their financial literacy skills and learn how to spot scams.

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.

[VOTE HERE](#)



CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness



BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is important that more Canadians know how to provide help in these situations too.



*If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.*

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

Register now to become a Mental Health First Aider: [Register NOW](#)

COURSE NAME: Mental Health First Aid Standard (Virtual)

DESCRIPTION: Participants will learn how to recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis, and encourage that person to seek supports.

DATE AND TIMES: Monday, November 8, 2021; 9:00am-4:00pm plus a 2-hour self-directed module

VENUE AND ADDRESS: This virtual course is sponsored by CUE Wellness and is open to students, staff and faculty.

COST: FREE (\$250 value!)

TO REGISTER, CONTACT: Registration closes November 5: tinyurl.com/CUENovMHFA

What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.



BATHROOM ETIQUETTE: 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/camera use in any area of a washroom including the hand washing facilities.



ASIST Applied Suicide Intervention Skills Training

Suicide first-aid. A two-day, skills-based workshop for intervening with a person at risk of suicide.

Learning objectives:

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide

Nov 9 & 10, 2021

8:30am-4:30pm

Open to students, staff & faculty

Location: Design Thinking Space – AW207

Cost: FREE (\$275 value!)

Hosted by: CUE Wellness

[REGISTRATION LINK](#)



centre for
suicide prevention

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

suicideinfo.ca
@cspyyc

h_da

Hochschule Darmstadt University of Applied Sciences presents:

German car craze

Find out why Germany is such a car-loving nation and take a virtual tour of one of the largest and most famous automobile manufacturers in the world, Mercedes-Benz, with us! Taking part is free of charge for you.



© Pixabay

When?	Sunday, 28 November 2021 6:00 p.m. local German time (UTC+1) (see what time this corresponds to in your country here).
Place:	online – a Zoom link will be sent to you by email after signing up

Signing up is easy – just write an email to incoming.int@h-da.de.

More info:

