

11 NOVEMBER
REMEMBRANCE DAY

Lest we forget



INSIDE THIS EDITION:

- European Summer School
- Research Talk-The Science & Psychology of Nature
- Parking Restrictions Near Campus
- Glow Christmas Event– Dec. 3rd
- Pleasure Palace
- Live your Dream Award
- Paintball Event
- Health & Dental
- Women’s Self Defense Seminar
- Concordia connects
- Financial Aid
- Financial Literacy Month

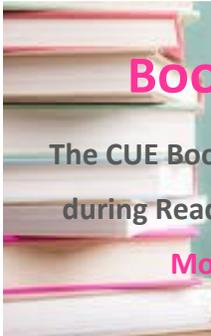


CONCORDIA UNIVERSITY OF EDMONTON

**LOIS HOLE
HUMANITIES &
SOCIAL SCIENCES
SCHOLARSHIP**

VALUE: \$5,000
DEADLINE: DEC 1

FOR INFO & TO APPLY:
financialaid.concordia.ab.ca



BOOKSTORE CLOSURE

The CUE Bookstore will be **CLOSED Nov. 9-12**, during Reading Week, but will remain **open Monday, Nov 8, 9am– 4pm**

CUE LIBRARY'S FALL BREAK HOURS

NOV 6 & 7: CLOSED
NOV 8 -10: 8:30 - 4:30
NOV 11: CLOSED
NOV 12: 8:30 - 4:30



CONCORDIA UNIVERSITY OF EDMONTON | Indigenous Knowledge and Research Centre

CELEBRATING MÉTIS WEEK 2021
NOVEMBER 14-20

MARILYN DUMONT

A READING & DISCUSSION

NOVEMBER 15
10AM-11AM MST
REGISTER: WWW.TINYURL.COM/DUMONT-CUE



**Come
and discover
Europe!**

European Summer School on European Business and Culture May 16 thru June 24, 2022

Two Courses

- European Culture and Cross Cultural Management
- European Politics and Business

Additional labs

- Learning another Language (French/Spanish/German)
- Research project, paper, presentations

Field trips

- Berlin, Frankfurt, Rotterdam, The Hague, Amsterdam

**Contact your local
international office
or directly:**

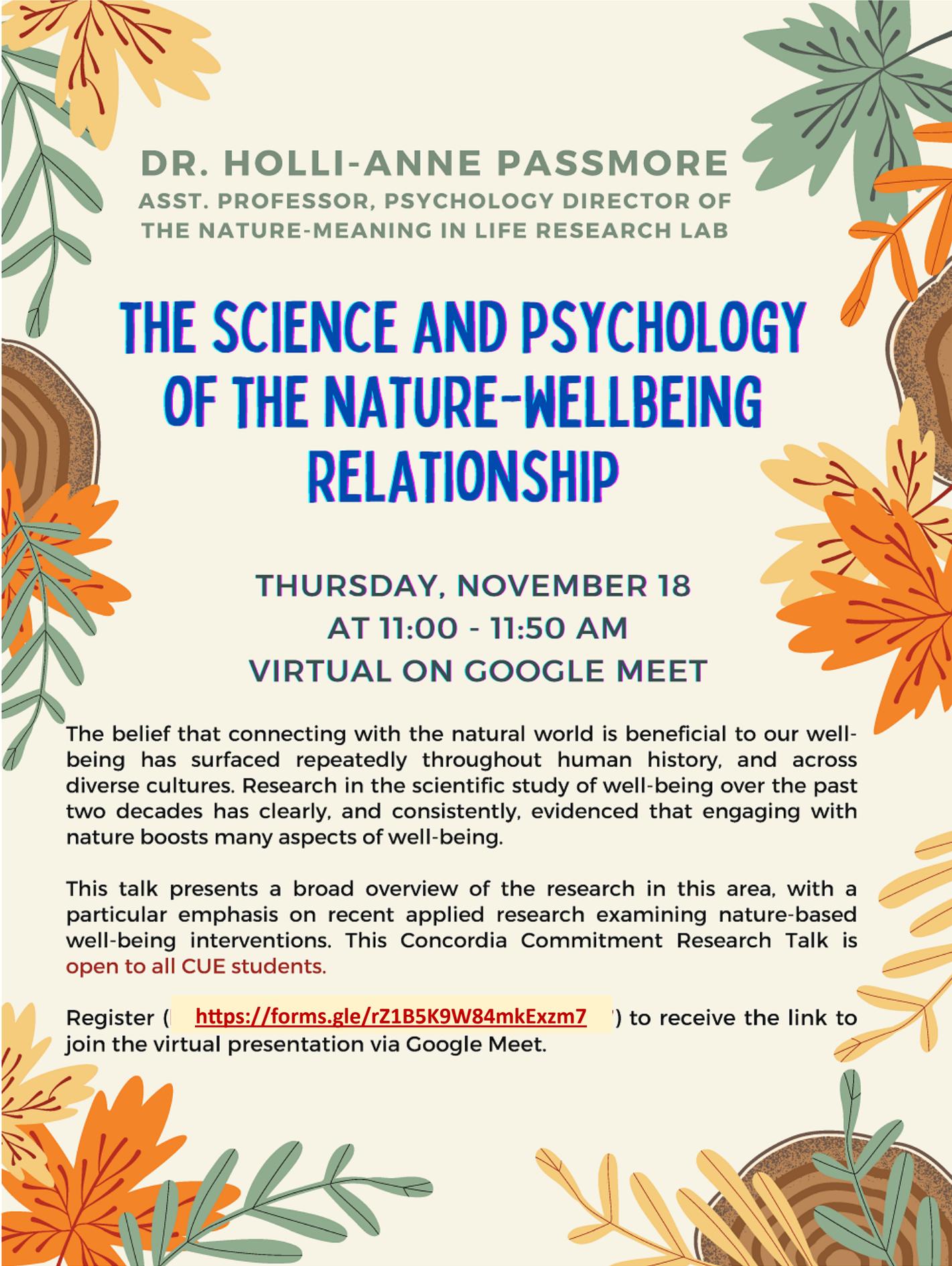
**Bielefeld University
of Applied Sciences**
International Office
Interaktion 1
33619 Bielefeld
Germany

international.office@
fh-bielefeld.de
Phone +49.521.106-7709



FH Bielefeld
University of
Applied Sciences





DR. HOLLI-ANNE PASSMORE
ASST. PROFESSOR, PSYCHOLOGY DIRECTOR OF
THE NATURE-MEANING IN LIFE RESEARCH LAB

THE SCIENCE AND PSYCHOLOGY OF THE NATURE-WELLBEING RELATIONSHIP

THURSDAY, NOVEMBER 18
AT 11:00 - 11:50 AM
VIRTUAL ON GOOGLE MEET

The belief that connecting with the natural world is beneficial to our well-being has surfaced repeatedly throughout human history, and across diverse cultures. Research in the scientific study of well-being over the past two decades has clearly, and consistently, evidenced that engaging with nature boosts many aspects of well-being.

This talk presents a broad overview of the research in this area, with a particular emphasis on recent applied research examining nature-based well-being interventions. This Concordia Commitment Research Talk is **open to all CUE students**.

Register (<https://forms.gle/rZ1B5K9W84mkExzm7>) to receive the link to join the virtual presentation via Google Meet.

IMPORTANT INFORMATION — PARKING IN RESIDENTIAL AREAS NEAR CONCORDIA UNIVERSITY OF EDMONTON

The attached plan shows the area of the residential parking program to the west and east of Concordia University of Edmonton. Should students choose to drive to attend campus, please be advised that the areas in green do not permit all day parking. The violation fine for parking in these areas and overstaying the time restrictions is \$100.00.

Residential Parking programs were installed to provide the availability of on street parking for the use of *residents and non-residents alike*. In the Concordia Campus area, the parking programs mainly operate with a time restricted parking limit during the day from 08:00 to 22:00 hours, 7 (seven) days a week.



RESPECT THE PARKING RESTRICTIONS IN OUR NEIGHBORHOOD.



CHRISTMAS
Glow



Student Night

FRIDAY DEC 3RD, 6-10PM

STUDENTS WILL EXPERIENCE:

- DJ SPINNING TUNES
- FOOD TRUCKS/BARS
- ARTISAN CHRISTMAS MARKET
- DOOR PRIZES AND MORE

GLOWYEG.CA

Use the code **GLOWSTUDENT20** to
receive 20% off tickets



THE
CANADIAN
BREWHOUSE

CUE Wellness-Pleasure Plaza

Welcome to **Pleasure Plaza** where the CUE community can access free sexual health resources in addition to condoms (internal & external), dental dams and lube. The sexual health display can be found on the **main level of the library** outside of the CUE Wellness office (L-265).

More info can be found on the CUE Wellness site [here!](#) Or scan the QR code





Apply for the Live Your Dream Awards!

This is a **unique education award for women who provide the primary financial support for their families**. The [Live your Dream Awards](#) give women the resources they need to improve their education, skills and employment prospects.

The Live Your Dream Awards offers three levels of cash awards. Ultimately, a Live Your Dream Awards finalist has the potential 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.

Donor: Soroptimist International Club of Edmonton

Deadline to apply: November 15, 2021

Application:

https://soroptimist.imgix.net/05-for-members/Program_Resources/live-your-dream-awards-club-resources/lyda-application.pdf

Reference Form:

https://soroptimist.imgix.net/05-for-members/Program_Resources/live-your-dream-awards-club-resources/lyda-reference-form.pdf

This is an external scholarship opportunity and is not administered by

Concordia University of Edmonton.



**CUE SELF Defence Club &
CUE Management Union
Invite you to an event of**

PAINTBALL

\$20 a ticket

November 19, 2021

7pm at Paintball Action Games

4804 90 Ave NW, Edmonton, AB T6B 3J7



Concordia Self Defence



Concordia Management Union

To purchase tickets, E-transfer to csavpfinance@student.concordia.ab.ca,

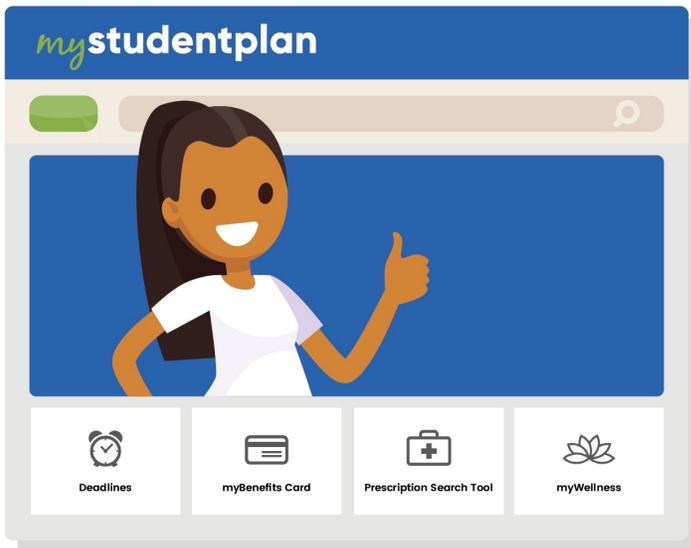
provide your Name, Email, and Quote **PAINTBALL 2021** tickets

QUESTIONS? Email Maclub@student.concordia.ab.ca



Submit your claims online!

Visit mystudentplan.ca.



mystudentplan.ca



CUE SELF DEFENCE, KAMIKAZE GYM,
AND CUE PEER WELLNESS & SUPPORT

WOMEN'S SELF DEFENCE SEMINAR

At Kamikaze Punishment Foundation Gym

"BE AN OPPONENT,
NOT A VICTIM"

NOVEMBER 21,
2021, 5PM

6740 121 AVE NW, EDMONTON, AB T5B 0Y6

5\$ A TICKET, LIMITED SPOTS FOR
TWENTY PARTICIPANTS

TO PURCHASE YOUR TICKET, E-TRANSFER
CSAVPFINANCE@STUDENT.CONCORDIA.AB.CA

AND PROVIDE YOUR NAME, EMAIL, & THE PHRASE OF "WOMENSEMINAR 2021"



WWW.KPFIT.CLUB

Self Defense Tactics Workshop

social wellness
mental wellness
courage
grow
support
alcohol awareness
sexual violence prevention
friendship
drug awareness
food & nutrition
brave
active living
personal care
balance
physical activity
learn
peer support
strength
lifestyle



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.

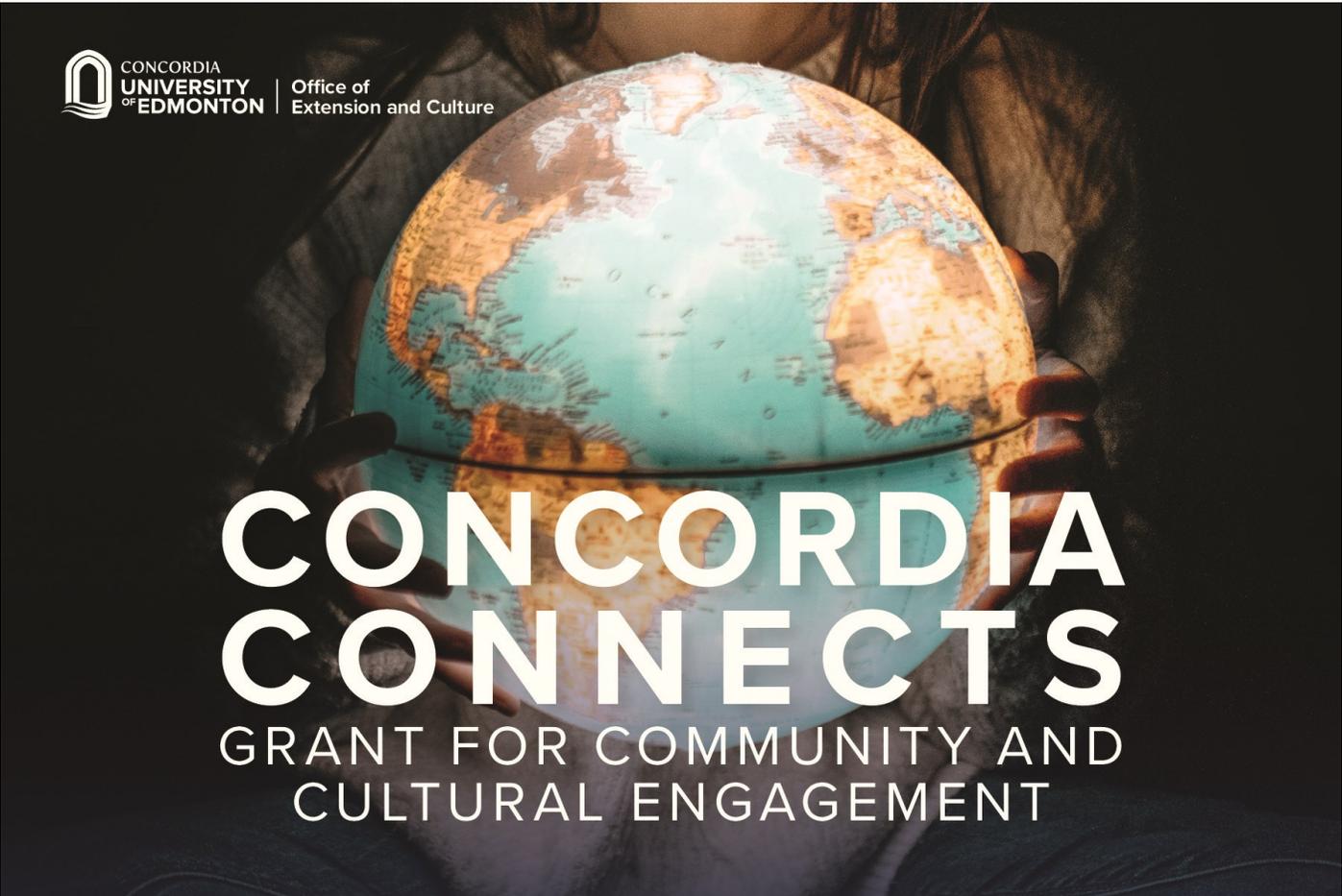
Review [section 9.2.3 of the Academic Calendar](#).

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



CONCORDIA
UNIVERSITY
OF EDMONTON

Office of
Extension and Culture

A person's hands are shown holding a globe of the Earth. The globe is illuminated from the side, casting a glow on the person's face and hands. The background is dark, making the globe the central focus.

CONCORDIA CONNECTS

GRANT FOR COMMUNITY AND
CULTURAL ENGAGEMENT

The Office of Extension and Culture is pleased to call for our 3rd year, applications for the Concordia Connects Grant for Community and Cultural Engagement.

Two grants are available per year: \$3000 for Community Engagement and \$2000 for Cultural Engagement initiatives.

The deadline for 2021 applications is November 15th , 2021, the first Monday after Reading Week during the Fall Semester.

For further information, please visit: <https://concordia.ab.ca/external-affairs/office-of-extension-and-culture/funding-opportunities/> or email us at extension@concordia.ab.ca

CUE Scholarships is now **OPEN**

(Undergraduate awards)

50+ scholarships, 1 online application!

CUE Scholarships are provided by generous private donors and organizations. There are many different types of CUE Scholarships which range in value.

To apply, go to: Online Services / Requests / Awards Application

Questions? Email us at финаid@concordia.ab.ca



JOIN US!

Monday, November 15, 2021 – 3:00 p.m. [Pre-register for virtual event](#)

Talk About Money - Join us for an informal virtual chat on money themed topics and how to build financial resilience in challenging times. Participants get one entry in the main prize draw.

Canada Revenue Agency (CRA) Webinar – Scams

Tuesday, November 16, 2021 – 12:00 p.m.

Email финаid@concordia.ab.ca to register for webinar Canada Revenue Agency (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. Participants get one entry in the main prize draw.

Wednesday, November 17, 2021 – 11:30 a.m. to 1:30 p.m.

Visit our table in Tegner! Spin the Wheel and test your financial knowledge for a chance at winning prizes.

Thursday, November 18, 2021 – 1:00 p.m. [Pre-register for virtual event](#)

Scholarships 101 Session - Everything you wanted to know about getting a scholarship. Participants get one entry in the main prize draw.

Friday, November 19, 2021 – 12:00 p.m. [Pre-register for virtual event](#)

Talk About Money - Join us for an informal virtual chat on money themed topics and how to build financial resilience in challenging times. Participants get one entry in the main prize draw.

Financial Fitness Week Main Prize – \$250 Bookstore Gift Certificate

[Visit the Financial Aid and Awards page here](#)

Make change that counts!



November is Financial Literacy Month in Canada

This month is all about giving you the financial tools and resources you need to confidently face challenging times and a digital economy. Check out the following information!

Managing Expenses

1. **Budgeting** is a powerful way to live within your means, lower your stress levels and build financial resilience. Feel confident about where your money goes with these budgeting tips: <https://www.canada.ca/en/financial-consumer-agency/services/make-budget.html>
2. **Create a personalized budget in 3 steps with the Budget Planner.** This tool provides tips and suggestions, and allows you to compare your spending habits with other Canadians in similar situations. Try it here: <https://itools-ioutils.fcac-acfc.gc.ca/BP-PB/budget-planner>
3. **On a tight student budget?** @FCACan has several resources dedicated to budgeting for student life: <https://www.canada.ca/en/financial-consumer-agency/services/budget-student-life.html>

Managing Debt

- ✓ **Before taking on debt**, always shop around, do your research, and choose credit products that meet your specific needs. You may have more options than you think: <https://www.canada.ca/en/services/finance/debt.html>
- ✓ **Having a plan to repay your debt** will go a long way in reducing your financial stress and build financial resilience. Follow this step-by-step guide to begin to pay down your debt: <https://www.canada.ca/en/financial-consumer-agency/services/debt/plan-debt-free.html>
- ✓ **Paying down debt is hard, but there are resources to help you.** The Financial Goal Calculator will give you a hand in creating a realistic repayment plan. Try it now: <https://itools-ioutils.fcac-acfc.gc.ca/FGC-COF/home-ac-cueil-eng.aspx>
- ✓ **Take a close look at your credit report** at least once a year to see what it says about your financial history, and to catch any errors or signs of fraud. More about credit reports: <https://www.canada.ca/en/financial-consumer-agency/services/credit-reports-score.html>

Learn more: <https://www.canada.ca/en/financial-consumer-agency/campaigns/financial-literacy-month.html>

#FLM2021