

YOU CAN HELP SAVE LIVES



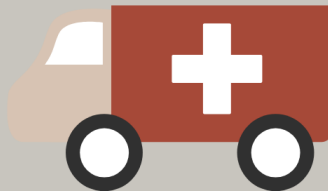
Attend a free **virtual naloxone training** session!

Training will be offered from **2-3pm** on Monday **January 31**.

Register here:

<https://tinyurl.com/CUENaloxone>

Register [here!](#)



INSIDE THIS EDITION:

- Youth & Cannabis Use
- CSA Health & Dental Opt Out Date
- Housing Services is Hiring
- Let's Talk Cannabis
- Campus Recreation Schedule
- Booking a Career Services Appointment
- Ubuntu – Volunteer Opportunity
- CPA Awards
- Financial Aid & Awards
- \$15 Food Fridays
- Gary McPherson Leadership Award
- Laurence Decore Award

CUE CAREER WEEK BEGINS!

Wellness is Here!

Events This Week

<p>Monday</p> <p>Motivation Mondays 11:00-12:00 Career Week Information & Questions Drop In</p>	<p>Tuesday</p> <p>Board Review 12:00-1:00 Campus Rec Zumba 4:00-6:00 Career Week Alumni Panel 6:00-8:30 Building Resilience</p>	<p>Wednesday</p> <p>Wellness Workout Wednesday 11:00-3:30 Volunteer Fair 5:30-6:30 Elder Teachings</p>
<p>Thursday</p> <p>10:00-3:30 Career Fair 12:00-1:00 Campus Rec Yoga</p>	<p>Friday</p> <p>Food Friday 11:00-12:00 ATB Session: How to Stand Out</p>	

Wellness is [HERE](#)

Wellness is Here!
Support for You

Over the course of January, Wellness and several other departments are working together to offer a variety of events/activities for students and staff to help promote well-being. This is in acknowledgment of the rising stressors of everyday life.

All events and details can be found at:
<https://tinyurl.com/wellnessishere>

Also follow @CUEPeerWellnessSupport (FB & IG) to stay updated!

Wellness is [HERE](#)

Youth and Cannabis Use: Landscape in Canada

January 27th 2022
@ 12:00PM –
1:15PM



This free webinar is presented by the Youth Cannabis Awareness Program (YCAP), an education and prevention initiative funded by Health Canada to educate young people about cannabis use in Canada.

This webinar extracts findings from recent Canadian national surveys and addresses FAQs such as:

- Do young people use cannabis in Canada?
- How youth's cannabis use differ from adults' demographics?
- How does cannabis use compare with use of other substances (i.e alcohol, tobacco) amongst young people in Canada?
- How has legalization of cannabis impacted youth in Canada?
- Does initiating use at a younger age increase the likelihood of developing problem cannabis use?
- What are potential risks of cannabis use during early adulthood?

Learn more about YCAP:

www.youthcannabisawareness.ymcagta.org

Or contact emma.schmitz@ymcagta.org



Programme de sensibilisation des jeunes au cannabis du YMCA



SCAN ME





Hey new students! Enroll, opt out, or add your family to your student health & dental plan for this year.

Deadline: January 20th, 2022.



mystudentplan.ca



Housing Services is Hiring!



tinyurl.com/CUEHousing



2022-2023 Academic Year

4 Resident Assistants
1 Resident Assistant, LLC



CONCORDIA
UNIVERSITY
OF EDMONTON | Residence

Our Housing Services team is hiring student workers for the 2022-2023 Academic Year! Our Residence Life Staff team live in residence and work together to build a supportive and fun community environment in their designated building. Application review will commence on February 1st, more information including the full job descriptions and application form can be found by visiting tinyurl.com/CUEHousing



WINTER 2022

PEER SUPPORT

Check our schedule for this semester while we're **ONLINE**. Just click on the link that matches the time slot you want to talk to one of us and you're good to go! Pretty simple, eh?



9am - 10am

<https://bit.ly/3qswB4X>

12pm - 1pm

<https://bit.ly/3l8YbKq>

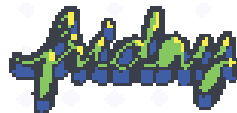


9am - 10am

<https://bit.ly/3qswB4X>

12pm - 1pm

<https://bit.ly/3l8YbKq>



10am - 12pm

<https://bit.ly/3KeDGhg>

1pm - 2pm

<https://bit.ly/3rcuamk>



11am - 1pm

<https://bit.ly/3Fs1iLN>

2pm - 4pm

<https://bit.ly/3nsSQ8>



12pm - 1pm

<https://bit.ly/3rcuamk>

12:30pm - 1:30pm

<https://bit.ly/3fsLDS5>



Please remember to log in using your **CUE** email, ok? Otherwise we can't admit you into the meeting.





Let's Talk About Cannabis

An interactive workshop

Join us as we explore...

- Factors influencing a young person's decision to use or not use cannabis
- Why cannabis affects everyone differently
 - THC dosage in edibles and beverages
 - THC bioavailability
- Popular methods of cannabis consumption amongst young people
- Risks of cannabis use for young people and strategies to lower risks
- When cannabis use becomes a problem
- Where to find information and support and what to expect from support services in Alberta

YCAP takes a harm reduction approach and does not make value judgments regarding cannabis use.

January 25th, 2022

5:30-6:45PM

SCAN ME



Presented by the Youth Cannabis Awareness Program

To learn more, contact emma.schmitz@ymcapta.org

Or visit www.ymcapta.org/ycap



Campus Recreation Schedule - January.

Zumba (Tuesdays)
12:00 – 1:00 PM
meet.google.com/vob-cyot-vvp

Yoga (Thursdays)
12:00 – 1:00 PM
meet.google.com/shb-mmmb-gsw



Free for CUE Students
and Staff!



Building Resilience: From Surviving to Thriving

This 2.5 hr online workshop is geared to developing and building your own resilience plan. It is **FREE** and open to all CUE students.

January 18, 2022
6:00-8:30pm

Register Here!

<https://tinyurl.com/CUEResilience>

If you have any questions or concerns, please contact
wellness@concordia.ab.ca



Wednesday Workouts

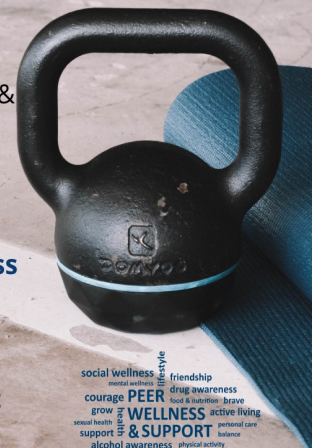
Don't miss weekly workouts posted by your peer wellness & support team!

Past workouts can be found here:

<https://tinyurl.com/WellnessWedWorkouts>

Follow Follow
@CUEPeerWellnessSupport
(FB&IG) to never miss a post!

[Wednesday Workouts](#)



NEW!

HOW TO BOOK A

CAREER SERVICES

APPOINTMENT ONLINE

- Go online to Concordia University of Edmonton website > CUE Online Services. Log In with your CUE account and click the “Resources” tab. Select “Career Services Help” from the drop down menu.
- On the “Career Services Bookings” page, select “Book an appointment”.
- Select “Career Services” and then identify whether you would prefer to meet in-person or online.
- You will see all of the available in-person or online appointments available over the next two weeks. Select the time that works best for you, then select the topic of your appointment.
- Add an explanation of your questions and concerns. The more specific you are in the description, the more prepared your advisor will be to support you.
- Press “Submit”.



Questions? Contact careerservices@concordia.ab.ca



ubuntu

STUDENT ADVISORY COMMITTEE MEMBER

Ubuntu Background

An anthropologist proposed a game to the kids in an African tribe. He put a basket full of fruit near a tree and told the kids that whoever got there first won the sweet fruits. When he told them to run, they all took each others' hands and ran together, then sat together enjoying their treats. When he asked them why they had run together when one person could have had all the fruits for himself, they said: "Ubuntu! How can one of us be happy if all the other ones are sad?" (The original source has not been found) 'Ubuntu' in the Xhosa culture means: "i am because we are". The Ubuntu logo is inspired by an African mandala. It depicts a sun as the outer circle, rendered in an Indigenous haida art style representing life giving abundance/environment/world, encompassing a circle of people (prong shapes) standing in conjoined solidarity, with a common heart at the center.

Core Purpose: To Inspire Thriving Communities Locally and Globally.

Core Values: Authentic - Be Yourself
We - Achieving Goals Together
Inclusion - Creating bonds between individuals, groups and organizations
Determination - We need to do better

Ubuntu, driven by educational institutions, is a community of organizations and individuals working together to achieve focused socially responsible outcomes. The platform will set criteria to meet in order to qualify organizations and individuals as socially responsible. Information will be uploaded to a website/app and then audited. The impact on the community will be measured.

Advisory Committee Role Description

This start-up is looking for passionate leaders with an entrepreneurial spirit to join the Student Advisory Committee (SAC) as a volunteer. The SAC will be comprised of one student that is in their 2nd or 3rd year of studies and two students in their 4th year or a Masters Program. The SAC will have a great opportunity to come into a social start-up at the grassroots level, lead the way in Individual Social Responsibility for students, and learn about the business of entrepreneurship and social responsibility.

- ⇒ Participants will provide input and feedback on the platform during development and testing phases, as well as advise on criteria for Individual Social Responsibility requirements
- ⇒ Monthly commitment will be 3-4 hours, including monthly meetings

Requirements:

- ⇒ Individuals who are dedicated to community and working in collaboration with others
- ⇒ An active listener with strong communication skills and a great attitude; even better if you appreciate a good 'dad joke'
- ⇒ CUE Student in 2nd year or higher for the upcoming year with a GPA of 3.0 or higher (must be maintained during the term)

If you want to be a part of a fast-paced start-up environment with a strong commitment to social responsibility and gaining real world experience, we encourage you to apply for a position on the SAC. A successful incumbent will be expected to align with the Company Core Purpose and Values.

Email a copy of your resume to keely.cronin@concordia.ab.ca and request a transcript to be sent to this email as well.

Only successful candidates will be contacted for an interview.

DEADLINE FOR APPLICATION IS MONDAY JANUARY 31, 2022

You've got goals. We've got support.

Awards for Post-Secondary Students



The CPA Education Foundation offers a range of scholarships and awards for students at all stages of their academic career—from post-secondary through to the CPA Professional Education Program.

Whatever your path, the Foundation can help you get there with awards to help you fund your future so you can concentrate on your studies.

To learn more about our scholarships, award criteria, application deadlines, and details on how to apply, visit: cpaalberta.ca/Scholarships.

Application deadline: **January 31, 2022**

QUICK FACTS

The CPA Education Foundation provides approximately **\$80,000** annually to fund more than **60 awards** for post-secondary students.

The Foundation funded more than **\$160,000** in student awards in 2020/21.

More than **100 scholarships** awarded annually for a wide range of students:

- High school
- Post-secondary
- Indigenous
- BIPOC
- LGBTQ2S+
- And more!

Financial Aid and Awards



Want to develop an understanding of how the Canadian tax system works? Getting ready to file your taxes? Get started [here](#). This easy to access online course information from the Government of Canada covers the following topics:

1. **Starting to work** - Why you need a social insurance number (SIN), when to fill out a TD1 form, and what's on your pay stub and T4 slip.
2. **Preparing to do your taxes** - Find out what you'll need to know before doing your taxes and the different ways to do them.
3. **Completing your taxes** - An introduction to a basic income tax and benefit return. What you need to report, how to claim deductions and tax credits, and finding out whether you will get a refund or owe tax.

International Students!

Join us **Thursday, Jan 27th, 2022 @ 12:00 p.m.** for a Canada Revenue Agency (CRA) webinar for International Students: "Canada's tax system, what are taxes, levels of Government" Email finaid@concordia.ab.ca for the webinar link.

Visit our Financial Aid & Awards website (financialaid.concordia.ab.ca) to learn more about UPCOMING DEADLINES and EVENTS:

[Concordia Bursary Program](#) – deadline February 1st, 2022

[GSA Scholarship Award](#) and [GSA Bursary Award](#) – deadline Feb 1st, 2022 (GSA: for Graduate level students only)

[Dr. Gary McPherson Leadership Scholarship](#) – deadline Feb 15th, 2022

[Laurence Decore Award for Student Leadership](#) – deadline Feb 15th, 2022

Student Loans

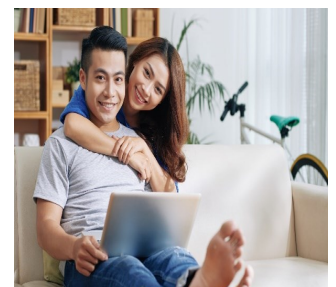
Did you know? Full-time & part-time government student aid is available for the winter, spring and summer terms.

Have previous student loan debt and not applying for more this winter? Be sure to let your student loan lenders know you are back in school full-time by completing the appropriate interest-free forms. We can help!

CONTACT US

Email: finaid@concordia.ab.ca

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





\$15 Food Fridays!

Keep updated with peer wellness' weekly \$15 recipes and budget tips.

View previous weeks tips and recipes here:

<https://tinyurl.com/CUEFoodFriday>

Follow

@CUEPeerWellnessSupport

(FB&IG) to never miss a post!

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

 **CONCORDIA UNIVERSITY OF EDMONTON** | Wellness

Food Fridays



Dr. Gary McPherson Leadership Scholarship

Recognizes students who have demonstrated outstanding leadership, especially in the area of disability, and/or initiative to improve the conditions and lives of others. **Full-time domestic Graduate and Undergraduate students who are Alberta residents may apply.**
Award Value: \$2000



Deadline to apply: February 15th
For more information and to apply visit concordia.ab.ca/financial-aid
Questions? finaid@concordia.ab.ca



Laurence Decore Award for Student Leadership

Recognizes post-secondary students who have demonstrated outstanding dedication and leadership to fellow students and to their community.

Full-time domestic Undergraduate students who are Alberta residents may apply.

Award Value: \$1000



Deadline to apply: February 15th

For more information and to apply visit concordia.ab.ca/financial-aid

Questions? finaid@concordia.ab.ca



Are you a 4th year undergraduate students interested in pursuing graduate studies?

Two classes of Mackenzie King Scholarship are available to graduates of Canadian universities: The Open Scholarship & the Travelling Scholarship. Both are to support graduate study. The awards are based on high academic achievements (typically all A's or very nearly so), personal qualities, and demonstrated aptitudes. Consideration will also be given to the applicant's proposed program of study.

The Mackenzie King Open Scholarship (Value: \$8,500)

Open to graduates of any Canadian university who engage in (commence or continue) graduate study (master's or doctoral) in any field, in Canada or elsewhere. One Open Scholarship is awarded each year.

The Mackenzie King Travelling Scholarship (Value: Four scholarships of \$10,500)

Open to graduates of any Canadian university who engage in (commence or continue) post-graduate study (master's or doctoral) in the United States or the United Kingdom, of international relations or industrial relations (including the international or industrial relations aspects of law, history, politics and economics).

Submit your application documents to finaid@concordia.ab.ca by **FEBRUARY 1, 2022**

You may apply for both scholarships with a single application if the eligibility criteria are met for both.

Concordia hosts an internal competition and recommends one or more candidates to the Mackenzie King Board of Scholarship Trustees.