



Register [HERE](#)

The Mental Health Impact of the Pandemic:
The Added Layers for Student Athletes.

Keynote:

JHANELLE PETERS, Registered Psychotherapist & Mental Health Clinician for the Toronto Raptors

Free live online event

Monday, January 24
7:00 pm ET



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.

INSIDE THIS EDITION:

- Temporary Bookstore Hours
- Learning Advising
- Responding to Suicide
- Winter Tuition Fees Are Due
- New Peer Support Schedule
- Youth & Cannabis
- Join Our Book Club
- CSA Health & Dental Opt Out Date
- Invitation: International Days
- Eating Disorders
- Zumba & Yoga Schedule
- Wednesday Workouts
- Naloxone Training
- Wellness is Here
- Ubuntu – Volunteer Opportunity
- CPA Awards
- Financial Aid & Awards

IMPORTANT DATES

Wednesday, 26 January

Census Day, see Section 5.4 [Fee Assessment](#) -
Regular university program

Deadline to add or drop Winter semester courses
is 12:00 pm MST - Regular university program

Deadline to change from audit to credit for Winter
semester courses is 12:00 pm MST - Regular
university program

Friday, 28 January

Last day to submit applications for CUE Scholarships -
Regular university program

Bell Let's Talk Day is
Wednesday, January 26

Follow [@ourcsa](#) and
[@CUEPeerWellnessSupport](#) to see how you can
participate and keep the conversation of mental
health going.



#BellLetsTalk

CONCORDIA BOOKSTORE

**OPEN TO STUDENTS
FOR IN-PERSON SALES**

BETWEEN

**10:00am-2:00pm
ONLY**

Monday to Friday

***ONLINE SHOPPING AVAILABLE 24/7**

LEARNING ADVISING

If you have questions about your learning,
CUE's Learning Services can help

[tinyurl.com/
CUEadvising](https://tinyurl.com/CUEadvising)
to book an advising
appointment

[tinyurl.com/
CUElearningservices](https://tinyurl.com/CUElearningservices)
to learn more about
how we can help

Questions? Contact us at
learningservices@concordia.ab.ca

How do I
adjust to the
new academic
schedule?

How can I
keep up with
my course
work?

How should
I study for my
exams?





CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness

RESPONDING TO *SUICIDE*

If you or someone you know are experiencing suicide thoughts or behaviours, tell them

you are concerned about them and contact the Vice-President, Student Life and Learning at vpssl@concordia.ab.ca.

If you cannot get in contact with someone from CUE and you do not have adequate training, call the Crisis Services Canada Crisis Line for support

- **24/7 Phone Line:** 1-833-456-4566 SMS
- **Text:** Text 'start' to 45645 from 2-10pm MT
- **Web:** www.crisisservicescanada.ca

To learn more about the steps for responding to suicide thoughts or behaviors, please visit our quick reference guide at:

tinyurl.com/cue-wellness-suicide-reference





WINTER TERM TUITION FEES ARE DUE!

Please check your account information online through Concordia's website
<http://onlineservices.concordia.ab.ca/student/>.

HOW TO PAY YOUR TUITION FEES:

- **Online Banking Bill Payments** – through major banks and credit unions in Canada. Sign into your online banking, under “Bill Payments” add Concordia University of Edmonton as a payee and reference your student ID number as your account number.
- **Credit card payments** can be made through Plastiq by accessing online student services through Concordia's website: <https://onlineservices.concordia.ab.ca/student/> (processing fees apply)
- **In person payments** are not being accepted at this time.

STUDENT LOANS

If you are receiving **student loan funding**, please be aware that Concordia is making a payment request from your student loan to pay your winter term fees and these will be applied to accounts in January. Check your account online to determine whether your account has been paid in full. Students are responsible for any unpaid amounts not paid by Student Loans.

CSA Benefit Plan

New Student's Starting, Winter Term: Opt-out deadline is **January 28, 2022**. Students can opt out at: <https://mystudentplan.ca/csa/opt-out-form> Please ensure that you receive an email stating that you have applied to opt out.

*For **full reduction** of tuition and fees, withdrawals must be **completed** by **January 26, 2022, 12:00 p.m. MST** for the winter term. “Non-payment of fees and/or non-attendance does not constitute official withdrawal from Concordia. Section 5.5.4, Academic Calendar 2021/2022.” <https://concordia.ab.ca/student-services/registrar/academic-calendar/>

If you have any questions, please do not hesitate to contact Student
Accounts: studentaccounts@concordia.ab.ca

WINTER 2022

PEER SUPPORT

UPDATED SCHEDULE!

* Starts on January 24th

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?

monday

9am – 10am

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

12pm – 1pm

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

wednesday

9am – 10am

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

12pm – 1pm

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

friday

9am – 11am

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

1pm – 2pm

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

tuesday

9am – 11am

<https://bit.ly/3nsSQ8X>

11am – 1pm

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

thursday

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.

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

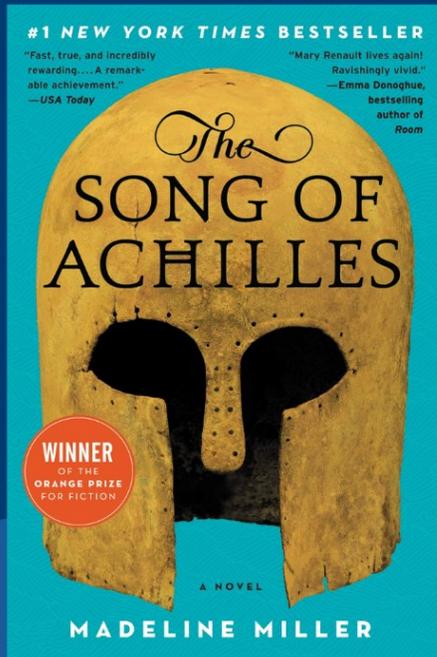


Programme de sensibilisation des jeunes au cannabis du YMCA



SCAN ME





Join Our Book Club!

We're reading
The Song of Achilles
by Madeline Miller

Meeting: Feb 17 11 am - 12 pm

Google Meet 

<https://cuelibrary.blog/2022/01/11/book-club/>

How to borrow a free
ebook copy from EPL's
Freeding database!



Scan with your
phone's camera app.



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

Deadline: January 28th, 2022.



mystudentplan.ca



INVITATION: INTERNATIONAL DAYS

27 28 29 April 2022

Join the Business and Management international days and share your expertise!

Ready to share your experience and expertise during sessions and workshops with our students? Inspire them during these three International Days, broaden your own network while meeting all the attendees and on top of this discover the city of Ghent with its beautiful historic architecture.

Not able to join physically in Ghent? No worries, there is also the possibility to join online.

**JOIN US IN
GHENT OR
ONLINE!**



**SEMINARS
AND WORKSHOPS**



**INTERNATIONAL
NETWORKING**



**EXPERIENCE THE
BEAUTY OF GHENT**

Interested to participate?

[**APPLY NOW**](#)





EATING DISORDERS IN POST SECONDARY: THE IMPACT OF SCHOOL AND SOCIAL MEDIA

Join registered psychologist Dr. Angela Grace, social media influencers, and EDSNA in this webinar as we discuss course load, personal and professional expectations, and social media. Learn practical strategies to support yourself and those around you.

Where: Virtual

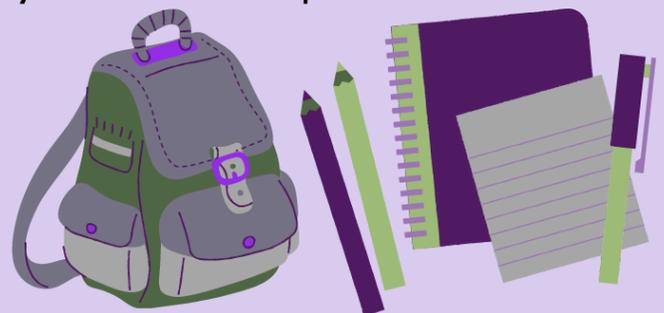
When: February 7, 7:00pm



SCAN ME



Scan here for
more information
and to register



Campus Rec Schedule (Jan. 24-28)

Zumba

Tuesday, January 25 (12-1 pm)

<https://meet.google.com/hwm-dfxf-pba>

Yoga

Thursday, January 27 (12-1 pm)

<https://meet.google.com/shb-mmmb-gsw>



Wednesday Workouts

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

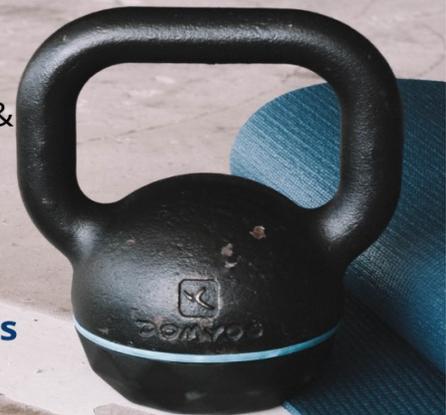
Past workouts can be found here:

<https://tinyurl.com/WellnessWedWorkouts>

Follow Follow

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

[Wednesday Workouts](#)



social wellness lifestyle
mental wellness friendship
courage PEER drug awareness
grow food & nutrition brave
support WELLNESS active living
sexual health & SUPPORT personal care
alcohol awareness physical activity
sexual violence prevention peer support learn
strength safe talk

 CONCORDIA
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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!](#)



Wellness is Here!

Events This Week

Monday



Motivation Mondays

Tuesday

12:00-1:00

Campus Rec: Zumba

5:30-6:30

Let's Talk About Cannabis

Wednesday



Wellness

Workout Wednesday

5:30-6:30

Elder Teachings

Thursday

12:00-1:00

Campus Rec: Yoga

12:00-1:00

Youth & Cannabis Use: Landscape in Canada

Friday



Food Friday

Wellness is [HERE](#)



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 students from all backgrounds are encouraged to apply!** 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.

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

[CUE Scholarships](#) 50+ different donor-funded scholarships, one online application! – deadline has been extended to **Jan 28th, 2022**

[Concordia Bursary Program](#) – deadline has been extended to **Feb 15th, 2022**

[GSA Scholarship Award](#) and [GSA Bursary Award](#) – deadline has been extended to **Feb 15th, 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

Scan the QR code to learn about CUE Financial Aid and Awards



CONTACT US

Email: finaid@concordia.ab.ca

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