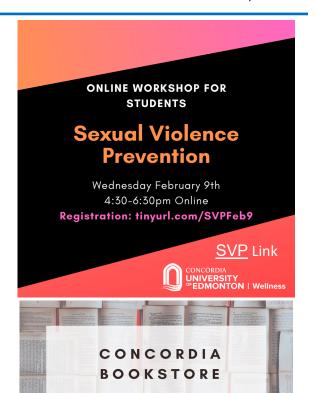
CUE WEEKLY NEWSLETTER

INSIDE THIS EDITION:

- Indigenous Psychological Services
- Become A Mental Health First Aider
- Housing Services is Hiring
- Oil Kings Game-Feb. 25
- Healthy Relationship Week
- Ask a Sexologist
- HIV and STBBI Basics
- Career Transitions
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- Chris Benedict Award
- Looking for External Scholarships?
- Financial Aid & Awards
- Writing Centre & Tutoring is Available.
- My Wellness Plan Information



OPEN TO STUDENTS

FOR IN-PERSON SALES
BETWEEN

10:00am-2:00pm

ONLY Monday to Friday

*ONLINE SHOPPING AVAILABLE 24/7

JOIN US FOR PROCRASTINATION AWARENESS WEEK ACTIVITIES-MARCH 7-11



As we enter the end of semester crunch, CUE is joining over 20 academic institutions from across Canada (and even one from across the border) to offer comprehensive procrastination awareness support for students.

March 7-11th, students are invited to attend remote workshops to learn strategies related to focus and concentration, motivation, time management, writing, studying, and exam preparation.

The Procrastination Awareness Week (PAW) programming will also feature a virtual study hall for students who are looking to work alongside others and make progress on their end-of-term to do lists. Programming runs 11am-3pm MST each day. Registration information coming soon.

INDIGENOUS PSYCHOLOGICAL SERVICES

Contact Us:

587-594-9855 (Call or Text) IndigenousServices2021@gmail.com We offer services to both Indigenous and non-Indigenous clients, including BIPOC and LGBTQ2S+ Demographics. Our services include cultural diversity, trauma informed practices and holistic approaches. Our services start at \$50.00 and up, to book please contact our admin or vistit our website.

- o Master's of Counselling Interns offer free first 3-8 sessions
- Flexible availability
- o For all ages Adults, Adolescents, and Youth.
- o Individual, Couple, or Family sessions
- o Specialized services such as EMDR, CBT, and Somatic
- o Accepting all insurances including FNIHB for individuals with Treaty Status.

For information regarding our psychologist's and counsellor's services and range of fees please visit our website:

Click here





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.

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.

Cost: Free (\$250 value!)

When: Tuesday, February 22nd from 9:00am-4:00pm; plus a 2-hour self-directed module that must be completed by February 21st. Click here to register.



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 14th, more information including the full job descriptions and application form can be found by visiting tinyurl.com/CUEHousing





Ask the Sexologist!

Join sexologist Dr. Brian Parker for this live Q&A session where he will answer all of your sex related questions!

Ask an anonymous question at onlinequestions.org with the code 220209

Feb 9 from 12-1pm - Google Meet info: meet.google.com/ypi-whju-jfi

Sexologist Q&A



HIV and STBBI Basics

Ever wanted to know more about HIV and Sexually Transmitted and Blood Borne Infections (STBBIs) including-



Transmission
Treatment
Prevention
Symptoms
Stigma



Join us- Friday Feb 11th at 1PM meet.google.com/yhp-zsid-ifm





HIV Basics

Have a burning question about sexually transmitted and blood borne infection (STBBI) testing?

"How often should I get tested?"

"What kind of test is it?"

"What happens if it's positive?"



FAQ

Watch HIV Edmonton answer some of their frequently asked questions about testing on Feb 7th.







Career Transitions

X-SKL 01

Career Management & Action Planning Section

X-SKL 02

Professional Communication & Branding

X-SKL 03

Networking &
Building Professional
Relationships

These courses are

delivered online

asynchronous

Section C:

February 1 - 28

Section D:

March 1 - 31

Section E:

April 1 - 30, 2022

Questions? Contact us at extension@concordia.ab.ca For more information and to register visit here.





X-MGT 52

Getting It Right On Renewables

Tuesdays, February 1 - March 22, 2022

For more information and to register, visit tinyurl.com/CUE-X-MGT-52



: https://concordia.ab.ca/external-affairs/office-of-extension-and-culture/extension-programs/getting -it-right-on-renewables/







CHRIS BENEDICT AWARD

Awarded to an undergraduate student who has a positive outlook towards school and life and has demonstrated perseverance in the face of adversity while inspiring others to also succeed when facing adverse conditions.

The recipients must be registered as a part- or full-time student and present a minimum GPA of 2.0.

Donor: Concordia Students' Association

For more information and to apply,

visit: financialaid.concordia.ab.ca





Looking for External Scholarship Opportunities?

Sam Bull Memorial Scholarship

Value: \$1000

Application Deadline: February 15, 2022

Awarded to students studying Political Science and Law. Applicants are required to submit a 100-to-200-word statement of personal and academic objectives, which should emphasize how their proposed course of study will contribute to First Nation community development in Canada. Recipients will be chosen using such criteria as strong academic performance, chosen area of study in relation to First Nation community development, and future career aspirations. Visit the <u>Alberta Indian Investment Corporation website</u> for more information and application details.



Value: \$5000

Application Deadline: March 1, 2022

This \$5,000 scholarship is awarded annually to a young Albertan writer who shows extraordinary talent in an eligible literary genre and who demonstrates clear educational or training goals. Applicants must be 25 years or younger as of the application deadline and be enrolled in any level of undergraduate studies with a minor or major in literary arts or creative writing. Visit the Alberta Foundation for the Arts website for more information and application details.

The Leonard Foundation

Value: \$1500

Application Deadline: March 15, 2022

The Leonard Foundation scholarships are awarded to students enrolled or enrolling full time in their first accredited undergraduate degree program in a college or university in Canada. Applicants must be Canadian citizens or landed immigrants. Preference may be given to daughters or sons of ordained clergy, licensed elementary or secondary school teachers, Canadian military personnel, graduates of a Canadian Military College, members of the Engineering Institute of Canada and members of the Mining and Metallurgical Institute of Canada. Applicants must demonstrate financial need.

Value: The value of the award is \$1,000 for those who do not need to set up a second residence to attend university and \$1,500 for those who do. Visit www.Leonardfnd.org website for more information and application details.

Manulife Life Lessons Scholarship

Value: \$10,000

Application Deadline: March 21

The Manulife Life Lessons Scholarship program is available to Canadian students between the ages of 17 and 24 years who have experienced the death of a parent or legal guardian who had little or no life insurance coverage. The Scholarship Program helps combat the financial burden of paying for post-secondary education during an emotional time and recognizes the perseverance that so many youth show in such adversity. Visit the Manulife Life Lessons Scholarship Program website for more information and application details.

These are external scholarship opportunities which are not administered by Concordia University of Edmonton.

Visit our Financial Aid and Awards <u>website</u> https://concordia.ab.ca/student-services/financial-aid/ Resources page to find provincial and federal scholarship search-engine sites, plus our Scholarships & Award Listings page. finaid@concordia.ab.ca



Financial Aid and Awards

Tax Season is almost here – are you ready?

Check out our upcoming Canada Revenue Agency webinar events:

Digital Services for Individuals – My Account, Online Services for individuals, Netfile and Auto-fill my return, Express NOA (Notice of Assessment) Wednesday, Feb 23, 2022 @ 1:00 p.m.

Students/Youths - What are taxes, Levels of Government, Do you need to file, How do you file? Monday, Feb 28th, 2022 @ 12:00 p.m.

Scams: How to recognize a scam, examples of Fraudulent communications, How to protect yourself from Identity Theft *including new COVID-19 Scams Wednesday, March 16th @ 12:00

It's Tax Season! 2021 - T4A Tax Information

Did you receive government funding for the 2021-2022 academic year? If you received student loans or grants, you may be sent forms for your taxes. Learn more about the types of tax forms html

A T4A is a statement of income for grants, scholarships and awards related to your education. You'll receive a T4A if you got \$500 or more from a combination of these sources the previous tax year. For example, if it's 2022, your T4A reflects the period of January 1, 2021 to December 31, 2021.

You may receive separate T4As from Alberta and Canada, depending on where your funding comes from.

Where to get your T4As:

T4A for **Alberta grants or awards**: You can view your T4A in your online account with AB Student Aid (if your email address is not verified with Alberta Student Aid, your T4A will be mailed to you)

T4A for Alberta scholarships you applied for on a paper application will be mailed to you

T4A for Canada Student Grants can be viewed by logging into your NSLSC online account.

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

Concordia Bursary Program – deadline has been extended to Feb 15th, 2022

<u>GSA Scholarship Award</u> and <u>GSA Bursary Award</u> – deadline has been extended to Feb 15th, 2022 (GSA: for Graduate level students only)

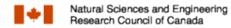
<u>Dr. Gary McPherson Leadership Scholarship</u> – deadline Feb 15th, 2022 <u>Laurence Decore Award for Student Leadership</u> – deadline Feb 15th, 2022

Scan the QR code to learn more 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

Financial Aid and Awards



Conseil de recherches en sciences naturelles et en génie du Canada



NSERC – Undergraduate Student Research Awards Program (USRA)

CUE's Financial Aid & Awards Office is now inviting eligible students and their faculty supervisors to apply for this year's NSERC Undergraduate Student Research Awards Program (USRA).

These awards are intended to:

Stimulate student interest in natural sciences and engineering research; Encourage students to undertake graduate studies in the natural sciences and engineering; and Encourage students to pursue research careers in these fields

Application deadline: April 1, 2022

Faculty of Science students interested in applying to the USRA program should contact CUE's Financial Aid & Awards Office at finaid@concordia.ca for more details.

More information can also be found on the official <u>USRA website</u> as well as its <u>FAQ page</u>, along with <u>CUE's Financial Aid & Awards Website</u>.





Need help putting your feelings into words?

Take a **free mywellnessplan** mental health **assessment** today!





Take care of yourself, use your paramedical practitioner coverage.

Visit **mystudentplan.ca** for information on **student savings** for **health services**.

