### **CUE WEEKLY NEWSLETTER**

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#### **INSIDE THIS EDITION:**

- FREE MCAT and Medical School Application Support
- Oil Kings Game-Feb. 25
- Paint Ball Event– Feb 18
- Model UN Club Event
- Need a Tutor?
- Procrastination Awareness Week
- Battery Drive—March 11
- Indigenous Psychological Services
- International Summer Program
- Wellness Events
- Peer Support Available
- Financial Aid & Awards
- Renewable and sustainable Energy Course
- Career Transitions
- Chris Benedict Award
- Looking for External Scholarships?

#### Monday, 21 February

- Family Day: Campus closed
- Tuesday, 22 February
  - Winter Break, no classes- regular university program
  - Tuesday, 28 February
    - ETS Route 622 between Coliseum and Concordia resumes

#### NEED GOVERNMENT STUDENT AID (LOANS/GRANTS) FOR SPRING OR SUMMER TERM CLASSES? NOW IS THE TIME TO APPLY!

#### Need help applying?

**IMPORTANT DATES** 

Contact the Financial Aid and Awards Office at <u>finaid@concordia.ab.ca</u> or, visit our Financial Aid and Awards <u>website</u> to book a Google Meet online advising appointment.

#### Are you going to be registered part-time or full-time?

Be sure to use the correct student aid application! Check out our "2022 Spring & Summer Funding for Undergraduate **Students" information page found on our Financial Aid and Awards** <u>website</u>.

finaid@concordia.ab.ca



#### FREE MCAT and Medical School Application Support - Apply by Feb. 28!

**Interested in Medicine?** Looking for free MCAT prep materials and support for your Medical School applications? Are you a post-secondary student from low-income, First Nations/Métis/Inuit, and/or other underrepresented minority backgrounds?

If you answered 'yes' to the above, MD AIDE is the perfect program for you!

<u>MD Admissions Initiative for Diversity and Equity (MD AIDE)</u> works to address inequity in the medical school admissions process that disadvantages students facing financial barriers and students from underrepresented backgrounds.

## Successful applicants will have access to MCAT preparation courses, interview preparation and mentorship from a current medical student!

Apply by February 28th!





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

# PAINTBALL

# \$20 a ticket

# 18th of Februray, 2022

7pm at Paintball Action Games 4804 90 Ave NW, Edmonton, AB T6B 3J7

Concordia Self Defence



Concordia Managament Union

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

provide your Name, Email, and Quote PAINTBALL 2022 tickets

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

Practice public speaking

Represent member states at conferences

### **Upcoming event**

Concordia's

AIMUN March 12-13 Topic: protection of civilians during weapons testing Experience at conferences can go on your resume and other applications

Get in touch with us ! munc@student.concordia.ab.ca Tutors are a great support, whether you're struggling with a course or just want to talk with someone about what you're learning. CUE's tutors are experienced students and the service is free to students.

For more information:

To book an appointment:

# **CUE'S WRITING** CENTRE

Get free help with any writing for any course, online or in person

CONCORDIA UNIVERSITY SEEDMONTON





Meet online or in person, all for free.





The Writing Centre can help you with the writing you do for any of your courses, whether it's an essay, a lab report, or a case study. From understanding your assignment and developing a plan, to organizing your ideas, to doing final checks before you submit, the Writing Centre can help you at any stage of your writing, and all appointments are free.

For more information:

To book an appointment:

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



#### procrasti awareness week



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 endof-term to do lists. Programming runs 11am-3pm MST each day. Registration information coming soon.



# WE WANT YOUR OLD BATTERIES!

Let's make some money by recycling transportation batteries.

**DATE** MARCH 11 2022

TIME 11:00 - 3:00

LOCATION CONCORDIA UNIVERSITY OF EDMONTON

All battery types are accepted but only transportation batteries qualify for the exchange of money. All other batteries will be accepted and recycled by Canadian Energy responsibly.

Earnings start at \$10.00/battery and vary depending on the weight.

**IT PAYS TO RECYCLE.** 

POWERED BY



CDNRG.COM/BATTERYDRIVE



#### INTERNATIONAL SUMMER UNIVERSITY 2022

June 10 - July 02, 2022 in Darmstadt, Germany

Academic Module: \*6 ECTS credits

IN TRANSITION TO A PURE GREEN ENERGY ECONOMY

[including a 4-day academic excursion to Berlin]

Attend a German language course \*3 ECTS credits

#### Enjoy a variety of social & cultural activities:

Excursions to Heidelberg and the Rhine River Valley, riding a solar draisine, high ropes course, Darmstadt city tour, h\_da campus tour, hiking trip, retro games night, and many more fun activities!

Website: https://isu.h-da.de/ Email: isu.int/dh-da.de



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### **ONLINE INFO SESSIONS**

Learn more about the program, academic content of the module, planned excursions and cultural activities by attending one of our online info sessions. During the info sessions, you will have the opportunity to ask any question you might have about the program.

When? Thursday, Jan 27 at 8am and 9pm Central European Time

Tuesday, Feb 22 at 11am and 7pm Central European Time

Friday, Mar 11 at 7am and 11pm Central European Time

Where? https://h-da-de.zoom.us/j/92401234788







### Wednesday Workouts

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

Past workouts can be found here: https://tinyurl.com/Wellness WedWorkouts

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

Workout Wednesdays





### Keep updated with peer wellness' weekly \$15 recipes

\$15 Food

PEER

& SUPPORT

View previous weeks tips and recipes here: https://tinyurl.com/CUEFoodFriday

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

Ask the Sexologist Video

Food Fridays

#### 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?



9am – 10am https://bit.ly/3qswB4X

**12pm – 1pm** https://bit.ly/3l8YbKq



9am – 10am https://bit.ly/3qswB4X

12pm – 1pm https://bit.ly/3l8YbKq



9am – 11am https://bit.ly/3KeDGhg

1pm – 2pm https://bit.ly/3rcuamk





9am – 11am https://bit.ly/3nsSQ8X

**11am – 1pm** https://bit.ly/3Fs1iLN



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.

# **Financial Aid and Awards**

#### Tax Season is almost here – are you ready?

Check out our upcoming Canada Revenue Agency webinar events! Email <u>finaid@concordia.ab.ca</u> for the webinar links.

- 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

#### 7 Money Management Tips to Help Students Budget Better (mymoneycoach.ca)

- 1. Create a realistic budget that also gives you a little money for fun... yes, fun! Review it each month to make sure you stay on track and have time to adjust it as needed.
- 2. If you are using student loans or have enough money saved to get you through, set it all aside in a separate savings account. Then every two weeks, based on your budget, pay yourself what you need to live. Writing your own pay cheque helps you manage your money so that you have what you need. This is called the holding account method and is one great way to <u>budget with irregular income</u>.
- 3. Needs are more important than wants. If you aren't sure which is which, live without it and see if you can manage.
- 4. Look for ways to cut down on your expenses; e.g. scale your cell phone features back, avoid eating out more than necessary, watch your transportation costs. It all adds up and every little bit counts.
- 5. Track where you spend your money and watch for patterns. A little here and there can add up when you least expect it.
- 6. Avoid credit that you can't afford. Putting small items on credit cards repeatedly can add as much as 50% to the cost of the items once interest and fees are added on.



7. Do not commit to long-term contracts while you are studying. So many things can change while you are a student; you don't want to tie yourself down unnecessarily.



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

### Looking for External Scholarship Opportunities?

#### Dr. MacEwan Literary Arts Scholarship

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 <u>www.Leonardfnd.org</u> website for more information and application details.

#### Manulife Life Lessons Scholarship

Value: \$10,000

#### Application Deadline: March 21, 2022

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 <u>Manulife Life Lessons Scholarship Program website</u> for more information and application details.

#### **Belcourt-Brosseau Métis Award**

Value: \$2,000 - \$10,000

#### Application deadline: March 31, 2022

The Belcourt-Brosseau Métis Awards Fund was established to help Métis Albertans realize self-sufficiency through postsecondary education and skills development. This award is intended to cover a portion of education-related costs such as tuition and fees. The award is open to Alberta Métis citizens, and priority is given to students entering their first year of post-secondary education. Students must show financial need and have a connection to the Métis community. For more information on the Belcourt-Brosseau Métis Awards, including eligibility and how to apply, visit: <u>Edmonton Community Foundation Awards</u> (www.ecfoundation.org/grants/student-awards/)

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

Visit our Financial Aid and Awards <u>website</u> (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



extension@concordia.ab.ca

# х-мбт 51 Renewable and Sustainable Energy Management

Gain valuable and in-demand skills to succeed in the field of Energy Management

#### Saturdays, March 5 – April 23, 2022

For more information and to register, visit https://tinyurl.com/CUE-X-MGT-51



https://concordia.ab.ca/external-affairs/office-of-extension-and-culture/extension-programs/renewable-and-sustainable-energy-management/



# **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.



https://concordia.ab.ca/external-affairs/office-of-extension-and-culture/extension-programs/career-transitions/

# 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: <u>financialaid.concordia.ab.ca</u>





### 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.

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