



## LET'S GET SOCIAL!



**JOIN US FOR A WALK  
EVERY WEDNESDAY IN JUNE  
12:00 – 12:30 PM**

**NO REGISTRATION REQUIRED  
MEET OUT FRONT OF HAC ENTRANCE  
WALKS WILL GO AHEAD RAIN OR SHINE!**

QUESTIONS? CONTACT [WELLNESS@CONCORDIA.AB.CA](mailto:WELLNESS@CONCORDIA.AB.CA)

## INSIDE THIS EDITION:

- Study Philosophy on your own Schedule
- WECAN Food Baskets
- SLL Open for Summer
- Financial Abuse
- Looking for External Scholarships?
- Financial Aid & Awards
- ASIST Training
- Drama-Summer Course
- Generating Warm Leads & Revenue

## IMPORTANT DATES

- July 1st: Canada Day– Campus Closed
- Aug. 1st: Heritage Day-Campus Closed



JOIN US

## COUNSELLING INFO SESSION

**JULY  
20,  
12PM**

HA 208

Learn more about  
mental health and what  
our CUE Counselling  
team has to offer

Wondering if you need professional support? You will learn to distinguish between mental health and mental illness and when it is appropriate to seek professional help.

Wondering if you may be suffering from anxiety and/or depression? You will learn about the symptoms and when it is appropriate to seek professional help.

Wondering if it's a good idea to talk to a counsellor about your problems? You will learn about the other evidence-based and reliable options available.

Please join Caroline Belanger and Kerri Severin, for this free drop-in info session, to learn more about mental health, and what our CUE Counselling team has to offer. Questions? Email [studentlife@concordia.ab.ca](mailto:studentlife@concordia.ab.ca)





**WECAN**  
Food Basket  
Society



### CUE Cupboard



#### \$15 Produce Basket

Includes:

- 3 types of fruit
- 3 types of vegetables

#### \$20 Meat Basket

Includes:

- 2-3 fresh frozen meats  
with a no pork option

#### \$35 for both baskets

#### Pick-Up

#### Dates:

- Jul. 21
- Aug. 18
- Sept. 22
- Oct. 20
- Nov. 17
- Dec. 15

Pick up in  
**Tegler**  
**@2pm**

on pickup  
date

To Place an order please email:  
[cuecupboard@concordia.ab.ca](mailto:cuecupboard@concordia.ab.ca)

**Payment is due CASH ONLY on the 1st of each month**

WECAN baskets are monthly baskets of fresh fruit & vegetables and frozen meat at supplier cost! They are \$35 for the whole basket, \$20 for just meat or \$15 for just fruit and veg.

Baskets can be purchased by anyone in our CUE community (students and employees!)



# Open for Summer!

**Career Services**

Appointments  
available in person  
or online  
Book through  
online services

**IKRC**

Appointments  
available in person  
or online

**Wellness & Counseling**

Check out our  
wellness  
workshops  
Appointments  
available in person  
or online  
Book through the  
Jane app

**Learning Services & LAS**

Appointments  
available in person  
or online  
Book through  
online services

**Student Housing**

Housing  
applications for  
the 2022-2023  
academic year are  
now open online!

Website: <https://concordia.ab.ca/student-services/student-life-learning/>

Email: [studentlife@concordia.ab.ca](mailto:studentlife@concordia.ab.ca)



## FINANCIAL ABUSE

Financial abuse occurs when someone tries to take or control what belongs to you for their own benefit, not yours. This can include your money, your property, or your personal information.

Financial abuse is unethical, and in many cases, it is also illegal.

### Financial abusers — who are they?

A financial abuser can be a trusted person in your life: a spouse, adult child, grandchild or other family member, caregiver, friend, or neighbour.

### Signs of financial abuse: A trusted person may be a financial abuser if they:

- put pressure on you to give or lend them money, or to give them access to your financial information,
- use a Power of Attorney for their own benefit,
- force or trick you into signing something, including a contract, Will, letter or guarantee,
- misuse your bank card or credit card, or have you take out a loan to help them,
- misuse joint bank accounts or pressure you to make your existing account a joint account,
- forge your signature on cheques, including pension cheques, or legal documents,
- refuse to return borrowed money or property.

### Some warning signs

- A trusted person takes an undue interest or involvement in your financial matters.
- Your statements show account withdrawals or transfers you did not do.
- A trusted person suggests you have your bank statements sent to them (or you stop receiving your bank statements).
- You start failing to meet your financial obligations, when you've never had problems before.
- A trusted person suggests that you make changes to important contracts – your Will, Power of Attorney, trusts, title to property, deeds or mortgages – that you do not want to make or are not in your best interest.
- You feel afraid of, or pressured by, a trusted person.

### How can you prevent it?

- If you are able, do financial transactions yourself. Take advantage of telephone, online and mobile banking. Many financial institutions offer tutorials and help with setting up online banking.
- When planning for your possible inability to manage your finances yourself, allowing a trusted person (or persons) to assist with your financial affairs can be helpful, but you must select your trusted person carefully. More information about how to set up a Power of Attorney document - which allows a trusted person to act and make decisions for you – can be found on the Canadian Bankers Association (CBA) website here: [Powers of Attorney: What Consumers Need to Know](#).

The Canadian Bankers Association's (CBA) has more information financial abuse, including who to call for help here: [cba.ca/financial-abuse-what-you-need-to-know-and-where-to-get-help](http://cba.ca/financial-abuse-what-you-need-to-know-and-where-to-get-help) .

As a consumer, you also have an important role to play. One of the best ways to protect yourself is to be aware of the different types of scams and fraud so you won't be victimized.

# Looking for External Scholarship Opportunities?



## **Pradeep Khare Memorial Scholarship \$2500**

Application Deadline: July 15

If you are an international graduate student from India studying at a Canadian institution, you may be eligible to apply for the Pradeep Khare Memorial Scholarship. The \$2,500 scholarship is awarded to a student who demonstrates leadership, drive, self-reflection, academic excellence, and a desire to use their privileged education in order to give back to their community. The details on how to apply for the scholarship are on the [IC-Impacts website](#).

## **Scott Ferguson Memorial Scholarship \$1000**

Application Deadline: July 15

Bird Industrial established the Scott Ferguson Memorial Scholarship to honour our colleague and friend, Scott Ferguson. Scott passionately devoted his career to bridging the gap between Indigenous communities, government and industry.

The intent of the Scott Ferguson Memorial Scholarship is to provide financial support with a \$3,000 award provided to an Indigenous student that is pursuing post-secondary education to further their career development and growth. This award is based on reconciliation, leadership qualities, community involvement and financial need. The application form is located [here](#). If you have any questions, please email [birdindustrialindigenous@bird.ca](mailto:birdindustrialindigenous@bird.ca).

## **Canada Post Awards for Indigenous Students \$2000**

Application Deadline: August 31

Awarded to students who are Canadian and a member of a First Nation, Métis or Inuit community. Applicants must have been out of school for 1 year or more and are returning or, have returned to school and completed 1 full year of studies. An essay is required. Visit [Indspire website](#) for more information and application details. The online application opens May 1st.

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

Visit our **Financial Aid and Awards [website](#)** ([concordia.ab.ca/student-services/financial-aid/](http://concordia.ab.ca/student-services/financial-aid/))  
**Resources page to find provincial and federal scholarship search-engine sites, plus our Scholarships & Award Listings page.**

Questions? Email us at  
[finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca)

# Financial Aid and Awards



**The 2022-2023 AB Student Loan Application is now open!**

Go to [www.studentaid.alberta.ca](http://www.studentaid.alberta.ca) to apply.

Students can now access the following student aid [applications](#): 2022-23 Full-time & Part-time applications

Whether this is your first time applying, or you are looking for some extra support to complete your student loan application, **booking an online Student Loan appointment with one of our Financial Aid Advisors** can help ensure that your application is submitted without errors. Visit [financialaid.concordia.ab.ca](http://financialaid.concordia.ab.ca) to book your online appointment.

Students can also use the following resources to help them complete the full-time post-secondary application for financial assistance:

[How to Apply  
Loans and Grants Funding Guide](#)

**Did you know?** Students are able to apply for grants only (no student loans). Ask us how. *Some government grant amounts have increased temporarily due to the Covid-19 situation.*

## **\$\$ Alexander Rutherford Scholarship Application**

The 2022-23 Alexander Rutherford High School Achievement Scholarship online application will be available in **August**. Go to [www.studentaid.alberta.ca](http://www.studentaid.alberta.ca) to apply. This scholarship is for students who graduated from High School in Alberta.

*This is an external scholarship opportunity and is not administered by Concordia University of Edmonton.*

**Have questions about student loans, scholarships, or bursaries? Ask us!**

[Click here](#) to book a Google Meet online advising appointment with a Concordia financial aid advisor. Our Financial Aid and Awards office is open throughout the spring and summer months.

Financial Aid & Awards Office Email: [finaid@concordia.ab.ca](mailto:finaid@concordia.ab.ca) Website: [financialaid.concordia.ab.ca](http://financialaid.concordia.ab.ca)





# ASIST

## Applied Suicide Intervention Skills Training

**Suicide first-aid. A two-day, skills-based workshop for intervening with a person at risk of suicide.**

Learning objectives:

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide

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## July 5 & 6, 2022

8:30am-4:30pm

Open to CUE students and employees

Location: Design Thinking Space – AW207

Cost: FREE (\$275 value!)

Hosted by: CUE Wellness

**Registration link:**

[https://docs.google.com/forms/d/e/1FAIpQLSetBW9TNKTB0xEUWo8v0czPiqi\\_WtALRpJRxpNEcUbKaD7NBQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSetBW9TNKTB0xEUWo8v0czPiqi_WtALRpJRxpNEcUbKaD7NBQ/viewform)





# DRAMA IN THE CLASSROOM

## SUMMER COURSE

### **X-DRA 03 Drama In the Classroom for Teachers**

July 4 - 10, 2022: 9am - noon • Course fee: \$350+GST

Using theatre games, speech exercises, movement, improvisation and text, this course will focus on implementing drama activities into the elementary/secondary classroom and enhancing Language Arts, Mathematics, Science, Social Studies and more. Teachers will experience drama activities, have opportunities to present rehearsed scenes and will be able to implement the activities learned in this course directly into their classroom in September. This course is only open to certified teachers, teaching assistants, and students in a qualified post-secondary education program.

**VISIT HERE TO REGISTER**

QUESTIONS? E-MAIL US AT [extension@concordia.ab.ca](mailto:extension@concordia.ab.ca)



CONCORDIA  
UNIVERSITY  
OF EDMONTON

Office of  
Extension and Culture

[extension@concordia.ab.ca](mailto:extension@concordia.ab.ca)

X-SKL 21 - Email Marketing

# Generating Warm Leads & Revenue

**A: May 18, 2022 6:30 – 8:00 pm**

**B: June 15, 2022 6:30 – 8:00 pm**

**C: July 13, 2022 6:30 – 8:00 pm**

**D: August 17, 2022 6:30 – 8:00 pm**

**For more information and to register, visit  
[tinyurl.com/CUE-X-SKL-21](https://tinyurl.com/CUE-X-SKL-21)**



X-SKL 21: <https://concordia.ab.ca/external-affairs/office-of-extension-and-culture/extension-programs/email-marketing-generating-warm-leads-and-revenue/>