



**CAU BY-ELECTIONS**

JOIN US NOW!

We are looking for...

- VP Finance
- VP Marketing

Apply for your positions by sending an email to book an interview...

[csavpfinance@student.concordia.ab.ca](mailto:csavpfinance@student.concordia.ab.ca)

The poster features an illustration of a woman with long dark hair wearing a grey face mask, sitting at a desk with a laptop and a coffee cup. A speech bubble above her says 'JOIN US NOW!'.

## **INSIDE THIS EDITION:**

- World Environmental Health Day
- Write for the Bolt
- Career Café-Sept. 28 & 29
- Yoga On Campus!
- Resources & Supports
- Buddy Up Program
- Understanding Govt. Grants-Oct. 4
- Muslim- Pakistani Society
- Library Study Space
- Getting Your S\*& Together Workshops
- Tutor Wanted
- Safe Talk
- Peer Support Program
- Canada Grad Scholarship
- Facing Difficult Circumstances



**INTERNATIONAL STUDENT SOCIAL CLUB**

**JOIN OUR TEAM**

- VP FINANCE
- VP EXTERNAL
- VP MARKETING

APPLY TODAY BY EMAILING THE [CSAVPFINANCE@STUDENT.CONCORDIA.AB.CA](mailto:CSAVPFINANCE@STUDENT.CONCORDIA.AB.CA) FOR AN INTERVIEW SLOT

The poster has a bright yellow background with a large white speech bubble containing the main text. At the bottom right, there is an illustration of a red chili pepper in a blue mortar and pestle.



**ORANGE SHIRT DAY**

**SEPTEMBER 30**

**CAMPUS CLOSED**

The poster features a stylized orange t-shirt on the left and a large white '30' on a yellow background on the right.



Do you have what it takes to be a CEOx1Day?



Applications open on September 27.  
Learn more:  
[www.ceox1day.ca](http://www.ceox1day.ca)

# WORLD ENVIRONMENTAL HEALTH DAY

26 SEPT 2022

## ENVIRONMENTAL PUBLIC HEALTH WEEK

26 SEPT – 2 OCT 2022



CUE's Public Health department invites you to celebrate the start of Environmental Public Health (EPH) week and World Environmental Health Day in TEGLER on:

Date: Monday 26 September  
Time: 12-1pm

EPH week celebrates the important work of Environmental Public Health Professionals (such as Public Health Inspectors (PHIs)) across Canada. As part of their work, PHI's perform inspections in personal service facilities, restaurants/hotels, healthcare facilities, rental housing, and public recreation sites.

This year's theme is "Strength through Collaboration", which recognizes how PHI's work collaboratively with partners to collectively control disease, hazards, and injury, and help Canadians stay out of hospitals.

Come and visit our booths and learn more about the PHI Profession and CUE's Environmental Health after-degree program that trains future PHI's.

Contact: [publichealth@concordia.ab.ca](mailto:publichealth@concordia.ab.ca)

# WRITE FOR US

**Get  
Published!**

**Get Paid to  
Write!**

## **ATHLETES!**

We are looking for an individual to write about Athletics here at Concordia University of Edmonton.

## **COACHES!**

We are looking for an individual who would be interested in writing a 'Coaches Corner' for each issue!

**THIS IS ALSO AVAILABLE TO ALL ED  
STUDENTS!**

Please email

[bolt.editorinchief@student.concordia.ab.ca](mailto:bolt.editorinchief@student.concordia.ab.ca)



# THE BOLT NEWS

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2022

## CAREER CAFE

You are invited to attend our exciting new event. Career Café will provide you with a chance to interact with service providers who can support your journey toward career success.

### SCHEDULE OF EVENTS



**SEPT. 28 + 29**

11am - 1pm  
Services Fair  
Tegler



**SEPT. 28**

2pm  
Job Search 101  
Presentation  
HA 238



**SEPT. 29**

2pm  
Career Exploration  
101 Presentation  
HA 238

REGISTER HERE





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# RESOURCES & SUPPORTS ON AND OFF CAMPUS

Whether you're a Concordia University of Edmonton student, faculty or staff member, you'll find useful contact information for on and off campus resources in this document.

<https://concordia.ab.ca/wp-content/uploads/2022/09/CUE-Wellness-Supports-Sep-12-2022.pdf?x6516>



# Understanding Government Grants

**WHEN: OCT 4 @ 3PM**

**WHERE: VIRTUAL - GOOGLE MEET**

**RSVP: VISIT <https://forms.gle/45KrV8tcdt2lrETj8> TO REGISTER.**

*You will be sent the google meet link once you have registered*

**Join Financial Aid & Awards to learn more about Government Grants.**

*This session is for AB residents only*

QUESTIONS? EMAIL [FINAID@CONCORDIA.AB.CA](mailto:FINAID@CONCORDIA.AB.CA)

## JOIN OUR TEAM

Muslim-Pakistani Society

- VP Finance
- VP Marketing
- VP External

**Apply Now**

Email the [csavpfinance@student.concordia.ab.ca](mailto:csavpfinance@student.concordia.ab.ca) with a statement of why you are interested in under 150 words @ourcsa.clubsunions



# CUE LIBRARY STUDY SPACE

BASEMENT



MAIN FLOOR



MEZZANINE



2ND FLOOR



3RD FLOOR



CONCORDIA UNIVERSITY OF EDMONTON



CONCORDIA  
UNIVERSITY  
OF EDMONTON

Wellness PROGRAM

PEER

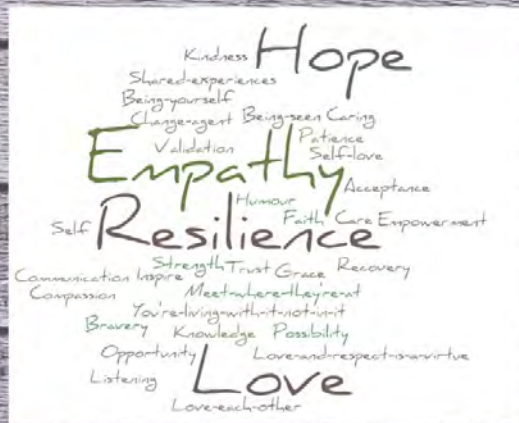
SUPPORT

## What is Peer Support?

- free confidential service
- highly trained student volunteers helping other students
- listening without judgement
- providing students with a confidential and safe space to talk about academic and life challenges with another peer
- offering referrals to campus and community services

## What Peer Support IS NOT

- counselling
- giving advice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12-1 2-3	10-12 2-3	10-11 1-2 3-4	11-12 12-1	12-1 2-3



**Located in the Student Success Centre!**



[tinyurl.com/peersupportcue](https://tinyurl.com/peersupportcue)



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



# GETTING OUR S\*%& TOGETHER WORKSHOP SERIES



Student Life and Learning are excited to bring you the Getting Our S\*%& Together Workshop Series. We're focusing on mental health and academics with topics such as Perfectionism, Managing Stress, Handling Failure, and Attention.

All 4 workshops are taking place in the Design Thinking Space, located on the 2nd floor of the Allan Wachowich building.

- Attention: October 6, 10:00 am
- Managing Stress and Overwhelm: October 13, 2:00 pm
- Perfectionism: October 19, 2:00 pm
- Handling Failure: October 27, 2:00 pm

You can scan the QR to register or drop in to any or all of the sessions offered.



# THINKING ABOUT BEING A CUE TUTOR?

Tutoring is a great way to strengthen your content knowledge, build communication, interpersonal, and leadership skills, and develop connections to the CUE community.

## REQUIREMENTS

- Current CUE student in good academic standing
- Minimum B+/2.7 in tutored courses
- Permitted to work on campus

## BENEFITS

- Training and ongoing support
- Flexible schedule
- \$20/hour pay

## HOW TO APPLY

Submit an application form



Ask two instructors (ideally in subject areas you want to tutor) to submit a reference form



Request a transcript, have it mailed to CUE, and add "Learning Services - Student Life and Learning" to one of the address lines





# safeTALK

## Suicide Alertness for Everyone

**A half-day workshop to learn the signs and how to get help for someone at risk of suicide.**

Learning objectives:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to suicide first aid intervention caregivers

**Register: [HERE](#)**

**[tinyurl.com/safeTALKforCUE](https://tinyurl.com/safeTALKforCUE)**

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**Sep 29, 2022**

**1:00-4:30pm**

**Location: AW207**

**Cost: FREE!**

**Contact: [wellness@concordia.ab.ca](mailto:wellness@concordia.ab.ca)**

**This workshop is open to all CUE students and employees.**



centre for  
suicide prevention

Centre for Suicide Prevention  
T 403 245 3900  
[csp@suicideinfo.ca](mailto:csp@suicideinfo.ca)

[suicideinfo.ca](http://suicideinfo.ca)  
[@cspyyc](https://twitter.com/cspyyc)



Thinking about pursuing a master's degree?

# CANADA GRADUATE SCHOLARSHIP

– INFO SESSION –

This session will provide information on how to apply for the Canada Graduate Scholarship-Master's program through the Tri-Council Agency (SSHRC, NSERC, CIHR). For more information visit [https://www.nserc-crsng.gc.ca/students-etudiants/pg-cs/cgsm-bescm\\_eng.asp](https://www.nserc-crsng.gc.ca/students-etudiants/pg-cs/cgsm-bescm_eng.asp).

September 29, 2022

3:00 p.m. Google Meet  
[meet.google.com/owf-nzgv-drx](https://meet.google.com/owf-nzgv-drx)

LEARN How to Apply for a CGS-M Scholarship  
for Your Master's Degree  
(must be a Canadian Citizen or Permanent Resident)

## FACING DIFFICULT CIRCUMSTANCES?

### CONCORDIA'S BURSARY PROGRAM

Fall Term Deadline: October 15<sup>th</sup>  
Winter Term Deadline: February 1<sup>st</sup>

Apply Online:  
[TINYURL.COM/CUE-BURSARY](https://tinyurl.com/cue-bursary)

