

Lighting Up Ada Boulevard

Join us on Saturday, November 26 to enjoy some Christmas activities and to celebrate as we light up our main campus and the Magrath campus.

The events run from 3:00-6:00pm at the main campus and from 6:00-7:00pm at the Magrath campus.

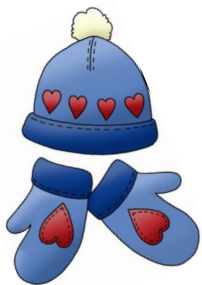
Please RSVP [HERE](#) if you plan to attend.

If you are interested in volunteering, please indicate your interest [HERE](#)



INSIDE THIS EDITION:

- Food RX program
- Binge Eating Workshop
- My Legal Plan
- Manage Your Debt
- CUE Scholarships
- CSA Health & Dental Claims Online
- Gary McPherson Scholarship
- Laurence Decore Award
- Internship Opportunities
- Peer Support Program
- Mackenzie Scholarship Opportunities



WINTER CLOTHING DRIVE: November 1-21

CUE wants to ensure all students have access to warm winter clothing

We are accepting the following clean, gently used items:

- Winter Coats/Jackets
- Sweaters
- Mittens/Gloves
- Hats/Toques
- Scarves

There are several drop off boxes located on Campus:

- Academic Admin Offices(HA213)
- CUE Wellness (Library)
- International (Library)
- CSA Offices
- Student Success Centre
- Ralph King Building

Cash donations are gratefully accepted.
Scan the QR code to donate!

Questions? Email cuecupboard@concordia.ab.ca



The Food RX program

Helping people manage their diabetes

Do you have type 2 diabetes AND worry about getting enough food?

The FoodRx Program may help you!

Why join?

- You could get a weekly financial boost for 12 months to buy foods at a local supermarket
- You will get \$300 total if you finish all data collection during the program

What would you do?

- A survey, blood and urine test, and physical measurements at four different times
- Be randomly assigned to 1 of 2 groups to get:



Healthy food prescription

OR



Healthy food prescription + food incentive



Visit our website, www.foodrx.alberta.ca, and fill out this short survey to see if you are eligible!



Scan me!

Your participation is voluntary and confidential



This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (Ethics ID: REB20-0543)

Contact us at 1-888-215-5189

Befriend Binge Eating

FREE 2 DAY WORKSHOP

With Registered Dietitian and Certified Intuitive Eating Counsellor, Selene Yan

- Learn practical tools to manage the urge to binge
- Understand how the diet-binge cycle keeps you stuck and move away from the cycle.
- Get support from others who understand + experience binge eating



TUES NOV 22 + WED NOV 23
6:30-8PM MDT

Register online: embodiedRD.com/workshop



**Get legal assistance
and support through an
online legal portal,
phone hotline, and
a national legal
network.**



my legal plan.ca





MANAGE YOUR DEBT

When interest rates are high, pay down the debt with the highest interest rate first to **pay less interest**.



canada.ca/financial-literacy-month

Canada

Managing your debt in a changing world

As the cost-of-living increases and interest rates rise, you may find yourself in a financially difficult situation. If paying down your debt is becoming a challenge, small actions can make a difference!

Review your budget - Revisiting your budget is always a good idea. Look carefully to see where you can cut costs to rebalance what you spend versus what you put towards your debt. If you don't have a budget, you can try the Financial Consumer Agency of Canada's online budget planner to get started.



Set a timeframe - Set a payment timeframe that is reasonable, yet still affordable for each debt you owe. If your timeframe is too long, you may lose focus. You'll also end up paying more money in interest. If your timeframe is too short, you may not be able to keep up with your payments.



It's also a good idea to separate the "good debts," which are usually investments such as a mortgage, and the "bad debts" that are usually something that immediately goes down in value after purchasing. In general, try to prioritize paying down your debt that has the highest interest rate.

Seek advice - If you're struggling to keep up with payments, work directly with your creditors or bank to find solutions. They could decide to lower the interest rate on your debt, extend your payments over a longer period and reduce your minimum monthly payment. They could also offer to consolidate your debts into one loan.



Find more tips and free, objective resources at canada.ca/financial-literacy-month.

*80% of success is just showing up.
Apply for scholarships!*

CUE SCHOLARSHIPS

50+ SCHOLARSHIPS,
1 ONLINE APPLICATION

APPLY ONLINE BY JANUARY 15
MORE INFO AT CONCORDIA.AB.CA/FINAID



concordia.ab.ca/financial-aid

Have you paid for something that you
now need to submit a claim for?

Submit your claims online!

Don't know where to start?

Set up your plan member account for direct billing
for paramedical practitioners or you can submit
claims online for things you paid in full for.

Visit
mystudentplan.ca
and choose your
school to get
started!





Dr. Gary McPherson Leadership Scholarship

Recognizes students who have demonstrated outstanding leadership, especially in the area of disability, and/or initiative to improve the conditions and lives of others. Full-time domestic Graduate and Undergraduate students who are Alberta residents may apply.

Award Value: \$2000



Deadline to apply: January 20th

For more information and to apply visit concordia.ab.ca/financial-aid

Questions? finaid@concordia.ab.ca

concordia.ab.ca/financial-aid



Laurence Decore Award for Student Leadership

Recognizes post-secondary students who have demonstrated outstanding dedication and leadership to fellow students and to their community.

Full-time domestic Undergraduate students who are Alberta residents may apply.

Award Value: \$1000



Deadline to apply: January 20th

For more information and to apply visit concordia.ab.ca/financial-aid

Questions? finaid@concordia.ab.ca

concordia.ab.ca/financial-aid



Open to: Students (Biology, Molecular Biology, Environmental Sciences, Life Sciences, Ecology or similar) from the University of Alberta, MacEwan University, Northern Alberta Institute of Technology, Concordia University of Edmonton

Application Closing Date: December 15, 2022

Short information: Duration 6 weeks minimum (8 weeks recommended as a minimum) up to 3 months; starting time negotiable (e.g. May to July 2022); Unpaid (possibility to apply for ERASMUS-scholarship); Supervision and reference letter guaranteed.

Bielefeld University is a young innovative research university with 25,000 students and more than 2,700 employees in Northwest Germany. This modern location for top-level research and education abides by the principle of excellent cross-disciplinary research and teaching.

Bielefeld University's Faculty of Biology has three key research areas: "Individuality & Interaction", "Sustainability & Resource Efficiency", "Networks: from genes over metabolism to diversity" (www.uni-bielefeld.de/fakultaeten/biologie/forschung/profil/index.xml). With its 22 Research Groups (www.uni-bielefeld.de/fakultaeten/biologie/forschung/arbeitsgruppen/index.xml), it is one of Bielefeld University's largest faculties. The following groups are participating in the exchange program

- A) Active Sensing, Animal Behaviour, Biological Cybernetics, Cognitive Neurosciences, Neurobiology
- B) Animal Ecology, Chemical Ecology, Evolutionary Biology, Experimental Ecology & Systems Ecology, Theoretical Biology
- C) Algae Biotechnology & Bioenergy, Cell Biology, Cellular and Developmental Biology of Plants, Computational Biology, Genetics and Genomics of Plants, Genetics of Prokaryotes, Plant Biochemistry and Physiology, Proteome and Metabolome Research, RNA Biology and Molecular Physiology.

About the Internship:

Interns may choose the research group that best suits their interests and have the opportunity to

- gain professional experience and improve their research skills.
- work in a well-equipped laboratory.
- gain insights into research work in Germany.
- advance their own research project or join existing ones.
- collect ideas or material for a paper or thesis.

Requirements:

- Student of Biology, Molecular Biology, Environmental Sciences, Life Sciences, Ecology or similar at one of the above named Canadian institutions.
- Student in the fourth semester and up (at least 3 semesters completed when starting the internship).
- Lab course or other practical experience is obligatory.
- The internship will be in English (no German language skills required)

Application:

Please submit the following documents in a single PDF-file prior to the closing date:

- Letter of motivation (max. 1 page, in English or in German, please indicate your earliest starting date for the internship as well as the desired duration, your main focus and interests within your studies, and which research group would be best suited for you)
- CV in a table
- A copy of your transcript (attended courses and grades) (no German translation needed)

Information about the Alberta OWL Cooperation: www.uni-bielefeld.de/owl-ab

Please contact the International Office of your institution to submit the application and for further questions. Contact details are available at www.uni-bielefeld.de/internship-in-owl



UNIVERSITÄT BIELEFELD

Vacancy Announcement for an Internship in a German school
in Bielefeld within the framework of the Alberta OWL Coop-
eration

Open to: Students of teacher education from the University of Alberta, MacEwan University, Northern Alberta Institute of Technology, Concordia University of Edmonton

Application Closing Date: December 15, 2022

Short information: Duration 4-8 weeks from May to June 2022; Unpaid (possibility to apply for ERASMUS-scholarship); Supervision and reference letter guaranteed.

Bielefeld is a medium sized city in northwestern Germany, a region with an industrial focus, in which business and science are closely connected. The Bielefeld School of Education (BiSEd) is responsible for teacher education at Bielefeld University and is thus in close contact with schools in the area. Bielefeld University is a young innovative research university with 25,000 students and more than 2,700 employees in Northwest Germany. This modern location for top-level research and education abides by the principle of excellent cross-disciplinary research and teaching.

The internship will take place in a German school to prepare the intern for his/her working life. There are primary schools (grades 1-4, approx. age 6-10) and secondary schools (grades 5-12/13, approx. age 11-18).

About the Internship:

Related to his/her teacher education studies the intern will get the opportunity to gain experience in a German primary or secondary school. Possible tasks:

- observing and reflecting classroom management, teaching and learning, school life and culture
- teaching activities (in cooperation and/or on their own)
- organizing and preparing tasks, activities, and lessons

Requirements:

- Student of teacher education at one of the above named Canadian institutions.
- Student in the third semester or above.
- The internship will be in English (no German language skills required).
- A social fee (315€) must be paid at Bielefeld University, the fee includes a semester ticket for regional public transport and reduced-price meals at the University canteen.

Application:

Please submit the following documents in a single PDF-file prior to the closing date:

- Letter of motivation (max. 1 page, please state your earliest starting date for the internship and the preferred type of school for your internship (primary or secondary school))
- CV in a table including language skills
- A copy of your transcript (attended courses and grades)

Further information about the Alberta OWL Cooperation: www.uni-bielefeld.de/owl-ab

Please contact the International Office of your institution to submit the application and for further questions.

Contact details are available at www.uni-bielefeld.de/internship-in-owl

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UNIVERSITÄT BIELEFELD

Internship at Bielefeld University's Chair of Educational Science with focus on Theory and History of Inclusive Education (Germany)– Within the framework of the Alberta OWL Cooperation

Open to: Graduate and Undergraduate Students preferably from the fields of educational studies, teacher training, social studies, literature, English/German studies and other philologies or similar fields of study, from the University of Alberta, MacEwan University, Northern Alberta Institute of Technology, or Concordia University of Edmonton; having knowledge of German is not compulsory

Application Closing Date: December 15, 2022

Short information: Hybrid (online/offline) Internship; duration: at least 4-6 weeks (up to 15 weeks) between 04th April until 15th July 2022 at Bielefeld University (fulltime); you may propose a time frame most suitable to you; unpaid (possibility to apply for ERASMUS-scholarship); you work a particular number of hours each week/flexible working hours possible; Certification from Bielefeld University guaranteed

Where: Research Group for general educational science; Chair of Educational Science with a focus on Theory and History of Inclusive Education

Are you looking for a mixture of a metropolitan atmosphere and almost village-like sociability? Then come to Bielefeld, a medium-sized city in northwestern Germany where Bielefeld University resides. This innovative research university is the location for top-level research and education that abides by the principle of excellent cross-disciplinary research and teaching. The Chair of Educational Science focuses on Theory and History of Inclusive Education and will home your internship. This department is part of the research group for General Educational Science at Bielefeld University's Faculty of Educational Science. The department of Theory and History of Inclusive Education deals with basic theoretical questions of educational science, including the historic development of inclusive education in a comparative international perspective.

About the Internship: Does the insight work environment of the faculty pique your interest? Then this internship is meant for you! You will be included (digitally if travel is not possible) in the department teaching team, where the preparation of seminars and their materials will be your responsibility. Furthermore, you may also attend the different given courses by the department and experience firsthand how and what we teach. Given that this internship takes place within an international framework of collaboration between two countries, you will also participate in the International Committee-sessions of the faculty.

Requirements:

- Student at one of the above-named Canadian institutions.
- At least one year of study left at the home institution or a specific semester
- Interest in getting an insight into the German administrative and teaching system at a university level.
- Skills (IT, social etc.)
- Basic German language skills are not required, but it is a plus if you have some knowledge
 - o Are you interested in learning German? Bielefeld University offers German courses. Let us know in your application if you are interested!

Application:

Please submit the following documents in a **single PDF-file** prior to the closing date:

- Letter of motivation (why should we choose you for this internship?)
- CV
- A copy of your transcript (attended courses and grades) (no German translation needed).

Information about the Alberta OWL Cooperation: www.uni-bielefeld.de/owl-ab

Please contact the International Office of your institution to submit the application and for further questions. Please find the right contact person under www.uni-bielefeld.de/internship-in-owl

Internship Opportunity at the Unit *Sociology of Gender*, Bielefeld University, Germany

within the framework of the Alberta OWL Cooperation

Open to:	Students from the University of Alberta, MacEwan University, Northern Alberta Institute of Technology, Concordia University of Edmonton with a study focus on gender studies
Posting Date:	October 20, 2022
Application Closing Date:	December 15, 2022
Short information:	Duration 6 weeks between April and July 2022, supervision and work certificate guaranteed, paid (500€ in total)

Bielefeld University is a young innovative research university with 25.000 students and more than 2.800 employees in northwest Germany. This modern location for top-level research and education abides by the principle of excellent cross-disciplinary research and teaching. The research and teaching unit *Sociology of Gender* is part of the Faculty of Sociology, which is one of the largest social science research and teaching institutions in Europe. Women's and gender studies have a long tradition here and have been established since the 1980s. The unit works closely together with the *Interdisciplinary Center for Gender Studies (IZG)*, with which it has acquired the research training group *Experiencing Gender. Constitution and Transformation of Being in the World* in 2021. In this interdisciplinary research training group, students and researchers from 6 different disciplines (American Studies, German Literary Studies, Health Sciences, Sociology, Sports Science, Political Science) investigate the bodily-lived experiences of gendered being in the world.

About the Internship:

The intern gets the opportunity to get an insight into the work environment of the research and teaching unit *Sociology of Gender*, the *IZG* and the research training group *Experiencing Gender*:

- Participation in workshops and research classes
- Support with the organization of events and workshops with international guest researchers
- Translation and copy editing of publications and websites
- Research project possible: We offer panels for discussion and time to work on your own project

Requirements:

- BA or MA student of sociology, women's and gender studies or similar with a focus on gender studies at one of the above named Canadian institutions
- Interest in gaining an insight into the German university system and into German gender studies
- Working language is mostly German, therefore basic German language skills are required

Application:

Please submit the following documents in a single PDF-file prior to the closing date (in English or German):

- Letter of motivation (max. 1 page, please state your earliest starting date for the internship, please state your main focus and interests within your studies, please state if you have a research project you work on)
- CV in a table
- A copy of your transcript of records

Information about Bielefeld University's research and teaching unit *Sociology of Gender*: <https://www.uni-bielefeld.de/fakultaeten/soziologie/fakultaet/arbeitsbereiche/ab8/index.xml#>

Information about the research training group *Experiencing Gender*: <https://uni-bielefeld.de/zwe/izg/grk/profil>

Information about the Alberta OWL Cooperation: <https://www.uni-bielefeld.de/alberta-owl>

To submit the application and for further questions please contact the International Office of your institution. Please find the right contact person under www.uni-bielefeld.de/internship-in-owl

PEER SUPPORT PROGRAM

What is Peer Support?

- Free confidential service
- Highly trained student volunteers helping other students
- Listening without judgment
- Offering referrals to campus and community services
- Providing students with a confidential and safe space to talk about academic and life challenges with other peers

What Peer Support is NOT

- Counselling
- Giving advice

Fall Semester Hours

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

LOCATED in the Student Success Centre

Questions? Peersupport@concordia.ab.ca

tinyurl.com/peersupportcue



ARE YOU A 4TH YEAR UNDERGRADUATE STUDENT INTERESTED IN PURSUING GRADUATE STUDIES?

Two classes of Mackenzie King Scholarship are available to graduates of Canadian universities. Both are to support graduate study. The awards are based on high academic achievements (typically all A's or very nearly so), personal qualities, and demonstrated aptitudes. Consideration will also be given to the applicant's proposed program of study.

The Mackenzie King Open Scholarship (Value: \$8,500)

Open to graduates of any Canadian university who engage in (commence or continue) graduate study (master's or doctoral) in any field, in Canada or elsewhere. One Open Scholarship is awarded each year.

The Mackenzie King Travelling Scholarship (Value: Four scholarships of \$10,500)

Open to graduates of any Canadian university who engage in (commence or continue) postgraduate study (master's or doctoral) in the United States or the United Kingdom, of international relations or industrial relations (including the international or industrial relations aspects of law, history, politics and economics).

Submit your application documents to findaid@concordia.ab.ca by **FEBRUARY 1st, 2023**

You may apply for both scholarships with a single application if the eligibility criteria are met for both.

Concordia hosts an internal competition and recommends one or more candidates to the Mackenzie King Board of Scholarship Trustees.

Visit concordia.ab.ca/findaid for more information and to apply. Questions? Email findaid@concordia.ab.ca

