

How to Book a Library Study Space

<https://concordia.ab.ca/library/> > Book A Study Space



<https://concordia.ab.ca/book-club/>

INSIDE THIS EDITION:

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- Join Our Book Club
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- Need a Doctor?
- Peer Support on Break
- CSA Health & Dental Opt-Out: Jan. 20/23
- New January students only

Good Luck
on Finals!

Campus
Closure

Closed: Dec. 23 @ 4:00 pm Reopens: Jan 9 @ 8:00 am



**ANXIOUS AND STRESSED WITH FINAL
EXAMS & ASSIGNMENTS?**

**FREE COUNSELLING
FOR STUDENTS!**

"Finals" is a student's most psychologically-taxing period, so Insight Psychological is sponsoring 150 hours of FREE counselling for post-secondary students across Alberta with our Master's level practicum therapists.

780-461-1717

WWW.INSIGHTPSYCHOLOGICAL.CA

INSIGHT
Psychological.

CUE PRIDE ASSOCIATION! Bake Sale!

**December 13, 8 am-8 pm
In Tegler!**

If you are interested in
volunteering or baking, please
contact us at
cueprideassoc@student.Concordia.ab.ca



Join Our Book Club!



Meeting Info

Date /Time: Jan 12, 2-3 pm

Location: Online



**Meet &
Discuss
Online!**

How to Book a Library Study Space Link:

<https://concordia.ab.ca/wp-content/uploads/2022/12/Room-Booking.pdf>

LOOKING FOR SCHOLARSHIPS?

The 2022-2023 [CUE Scholarships](#) online application is now open. Submit one online application to be considered for all 50+ donor-funded awards! Undergraduate students enrolled full-time for both fall & winter may apply.

Here are just a few unique scholarships included in CUE Scholarships...

CONCORDIA UNIVERSITY OF EDMONTON STAFF ASSOCIATION AWARD VALUE: \$500

Awarded to a student who is a dependent of a member of the Concordia Staff Association, is registered in a minimum of 24 credits at the university level, has maintained a minimum GPA of 2.3 and demonstrates financial need.

The recipient must display leadership abilities and be active in campus life or the community.

EDMONTON GLENORA ROTARY CLUB BURSARY VALUE: \$1000

Awarded to a student enrolled in an Arts, management, or Science degree program. The recipient must present a minimum GPA of 2.7, contribute to volunteer service in campus life and/or community, and demonstrate financial need.

Preference will be given to a single-parent mother who is seeking entry or re-entry into the labour market.

CONCORDIA STUDENTS' ASSOCIATION SCHOLARSHIP VALUE: \$1000

Awarded to an undergraduate **student who has participated in student activities (e.g. student clubs and associations, athletics) and has had a significant and positive impact on campus life.** The recipient must present a minimum GPA of 3.0.

DEREK PERSSON MEMORIAL SCHOLARSHIP VALUE: VARIABLE

Awarded to a full-time Concordia student who presents a minimum GPA of 2.3 and who **participates in Music department activities and/or courses.** The recipient should display strong musical ability and have made a positive contribution to the life and spirit of Concordia and its community.

GERALD WOULDSTRA MEMORIAL AWARD IN BUSINESS VALUE: \$1000

Awarded to a student enrolled in the Bachelor of Management degree program (BMgt). The recipient must present a GPA of 3.0, participate in the **student activities related to the BMgt program**, and demonstrate financial need.

THE ROTARY CLUB OF EDMONTON NORTHEAST SCHOLARSHIP VALUE: \$1000

Awarded to a **graduate of M.E. Lazerte Composite High School, Archbishop O'Leary Catholic High School, or Eastglen Composite High School** who is enrolled in their first or second year of study in a Bachelor of Arts or Science degree program. The recipient must be registered in at least 24 credits, present a minimum GPA of 2.3, be committed to volunteer service in campus life and/or the community, demonstrate financial need, and intend to return to Concordia in the subsequent year of study.

DEADLINE TO SUBMIT THE ONLINE APPLICATION: JANUARY 15TH, 2023

For More Information and to Apply, visit *Online Services / Requests / Awards Application*

QUESTIONS?

Contact a financial aid advisor at finaid@concordia.ab.ca or book an [advising appointment](#) with us.

10 Best Ways to Spend Less at Christmas

1. **Play a gift-giving game** - One easy way to spend less this Christmas is to only buy one gift. Games like [Secret Santa](#), [Left/Right](#), and ['Twas t he Night Befo re Christmas](#) are a great way to still spread the holiday cheer while saving money. You don't need to buy gifts for every family member, as the important thing is the time spent together.
2. **Set a spending limit** - Before you set off to join the herds of people in the mall or scour the internet to shop online, talk to your friends and family about setting a spending limit for gifts. This will help you not go overboard and get creative with the gift-giving.
3. **Make a list** - Once you know who you're buying for, make a list of what you need to buy—and then stick to it! It's all too easy to go crazy while shopping if you don't have anything to follow. (And no, following your heart doesn't count, as the heart is all too giving this time of year.) This also goes for grocery shopping for all your holiday feasts and shopping for holiday décor and attire.
4. **Stick to cash** - Decide how much money you have to spend this season on gifts, food, décor, attire, etc. and then pull that exact amount out in cash, if possible. Once you've done that, divide it up into separate labelled envelopes based on the category. This will help you not overspend and help minimize the surprises in your bank account statements come January. Check out our post on a [cash-only budget](#) for help.
5. **Give your time** - Instead of buying gifts this Christmas, consider gifting your time. Think pet sitting, babysitting, dog walking, house cleaning, car cleaning, lawn mowing, snow removal or even just time spent together helping others.
6. **Re-gift** - We promise there's nothing wrong with giving away a gift you once received and never used. If you have no reason to keep it and you think someone else would appreciate it more, give it away.
7. **Donate** - Instead of buying gifts for your family or friends who already have what they need, suggest a group donation to an organization in your community. You can save some money and feel good about giving back.
8. **Get crafty** - Handmade gifts are always so meaningful and perfect for family members who live far away. Challenge yourself and your family to make something instead of buying a gift using materials you have on hand. This also works for wrapping gifts (like decorating craft paper/newspaper/boxes instead of buying wrapping paper).
9. **Gift experiences** - Instead of purchasing gifts for all your children and spouse, consider combining that money to give a family experience that you are already planning or saving up for. Think: An outing or membership to the zoo, science centre or water park, or a year's subscription to an online streaming site.
10. **E-cards** - If you like to send out holiday cards, consider sending e-cards this year to cut down costs and be a little more environmentally friendly.





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

James Pon Memorial Award 2022

The Foundation to Commemorate the Chinese Railroad Workers in Canada [FCCRWC](#)

The annual James Pon Memorial Award Scholarship is intended to promote a deeper understanding of Chinese Canadian history (about the Chinese contribution to the building of the railroad). Cash awards are awarded to the top three short videos received for this scholarship contest. There will be one winner per category as follows:

- **Post Secondary (College or University): \$500**
- **High School: \$300**
- **Grade School: \$200**

Short Video Contest

The Foundation to Commemorate the Chinese Railroad Workers in Canada (hereinafter referred to as the “Foundation”) is a registered charitable organization. The goals of the foundation include promoting the understanding and awareness of the contribution to Canada by the Chinese Railroad Workers who participated in the construction of the first transcontinental railway (the CPR) that united Canada geographically and politically; promoting the awareness of the government’s legislation of unjust Immigration Acts against the Chinese pioneers and their families; establishing scholarships; and sponsoring other Canadian charitable organizations to promote Chinese Canadian History.

Between September 1 and December 31, please submit a short video (4 minutes or shorter) about the history of Chinese people in Canada and their contributions to the construction of the railroad and to this country. Applicants are welcome to share how this relates to your family’s history and their experience of being in Canada.

Submissions must be sent between **September 1 and December 31**, by email to fccrwc@gmail.com

For more information and to apply, please visit [The Ties That Bind](#) and follow the Submission Guidelines described further below.

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



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

*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
UNIVERSITY
OF EDMONTON



Need a doctor?

Connect directly with a healthcare professional.



Visit
myvirtualdoctor.ca
to learn more
about this service!



Powered by
TELUS Health





PEER SUPPORT IS ON BREAK

Closed as of December 3.
We will return in January with
new availability!

Check our social media and website in the
New Year for new Peer Support hours.



CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness

New January Starts Students ONLY

CSA Health & Dental Plan – must have comparable alternative coverage to opt-out. (Alberta Health care is not comparable alternative coverage)

mylegalplan.ca

myvirtualdoctor.ca

The mylegalplan, myVirtualdoctor and the CSA Health and Dental Plan are separate services; all three programs have independent websites and opt-out forms and need to be opted out of separately.

DEADLINE

New January Starts Students ONLY
January 20, 2023

CSA Health and Dental - Opt-Out & Enroll & Family add-on



Opt-Out/In & Family add-on



myVirtualdoctor

(Student must opt out every year, does not carry forward)



myLegalPlan

(Student must opt out every year, does not carry forward)

Cheryl Johnson
Student Services Coordinator
CSA Benefits Plan Office
1-877-746-5566 ext. 7239

concordiaplan@mystudentplan.ca