

PSSA First Year Student Resources

Your transition into university should be an easy one. Luckily, Concordia offers several services to assist students in any needs they might have.

The full list of resources can be found at this link:

<https://www.concordia.ca/students/campus-services.html>

We have also taken the time to outline some of the most prominent ones below:

Concordia Resources:

I. Accessibility Center for Students with Disabilities

Concordia's Accessibility Center assists students who require particular accommodations. Such services include exam accommodations, sign language interpretation, transcribing, accessible materials in alternate formats (e.g., braille, large print), hygiene and/or mobility attendants, textbook/coursepack conversion services, etc. In order to get accommodations, you must book an appointment through the center and have your request approved.

Link: <https://www.concordia.ca/students/accessibility.html>

II. Advocacy Office

The Advocacy Office aims at providing free additional help to students who have been unjustifiably accused of behavioural or academic misconduct.

Link: <https://www.concordia.ca/offices/advocacy.html>

III. Counseling Services

This service provides professional mental health help to students. Every session is personalized to the student needs and can offer one-on-one appointments, psycho-educational workshops and/or community support.

Link: <https://www.concordia.ca/students/counselling.html>

IV. Dean of Students Office

The Dean of Students Office aims at enhancing the experience of university students. This service seeks out to get students involved in the community and take advantage of benefits offered by the school. This can include offering recognition of student involvement, providing access to special funding for projects, and assisting students to get involved in numerous opportunities on and off campus.

Link: <https://www.concordia.ca/offices/dean-students>

V. Financial Aid & Awards

The Financial Aid & Awards Department promotes financial stability amongst students. They offer one-on-one meetings tailored to create a personalized budget and provide strategies to ensure financial wellness.

Link: <https://www.concordia.ca/offices/faao.html>

VI. Health Services

Concordia provides many services to ensure the mental and physical wellbeing of their students. Their services include mental health support, medical care, health advocacy and community support.

Link: <https://www.concordia.ca/students/health.html>

VII. Indigenous Directions' Resources for Students

The Indigenous Directions Action Plan is a program created in response to the Calls to Action of the Truth and Reconciliation Commission (TRC).

Link: <https://www.concordia.ca/indigenous/action-plan.html>

VII. International Students Office

The International Students Office provides aid to international students. Such services include individualized help with immigration documents, health insurance, living and working in Canada and financial support. They also provide a tuition fee calculator, events and workshops.

Link: <https://www.concordia.ca/students/international>

VIII. Mental Health Services

As part of the Concordia Health Services, the campus offers mental health services. There are various approaches to helping students such as providing self-help tools, mental health helplines & textlines, diverse treatment options and addiction and substance abuse resources. Those affiliated under this service are licensed psychologists and strictly follow the guidelines outlined under l'Ordre des Psychologues du Québec (OPQ) guidelines.

Link: <https://www.concordia.ca/students/health/mental-health.html>

IX. Sexual Assault Resource Center (SARC)

The SARC offers confidential and non-judgemental support to those affected by sexual violence. This center specifically holds 45 minute drop-in Zoom meetings as well as trainings and workshops.

Link: <http://www.concordia.ca/students/sexual-assault.html>

X. Student Hub

The Student Hub is a generic center for students to access quick links to different resources such as academic and financial support, health and wellness services, IT support, commuting help, library information, etc.

Link: <https://www.concordia.ca/students>

XI. Student Success Centre (SSC)

The Student Success Centre provides the necessary tools to help students succeed. Such resources include time management and study strategies and helping students build a network as a means to take their studies one step further.

Link: <https://www.concordia.ca/students/success>

Concordia Student Union Resources:

I. Concordia Students Union

Concordia's Student Union seeks to represent student rights and needs. This organization offers various services, such as an advocacy center, a daycare, a housing and job resource center, a legal information clinic, as well as student benefits including a health and dental plan and a free lunch program (The Hive Loyola).

Link: <https://www.csu.qc.ca/>

II. CSU Advocacy Office

The CSU Student Advocacy Office promotes and preserves the rights of Concordia students. They provide assistance with issues related to student requests, complaints, issues of misconduct and other.

Link: <https://www.csu.qc.ca/services/advocacy/>

III. HOJO (Off-Campus Housing and Job Bank)

HOJO is a service that provides support for housing issues and workers' rights.

Link: <https://www.csu.qc.ca/services/housing-and-job-bank-hojo/>

IV. Legal Information Clinic

The legal clinic offers free bilingual legal information and referrals to students, CSU clubs, and other associations. The issues they target can include immigration, racial injustice and discrimination, family law, consumer issues and small claims proceedings.

Link: <https://www.csu.qc.ca/services/lic/>

V. CSU Daycare & Nursery

The CSU daycare and nursery offers child care services to students who are balancing school and family obligations. For more information, contact them directly.

Link: <https://www.csudaycarenursery.com/>

VI. Health and Dental Plan

The CSU health and dental plan offers students insurance for a wide range of health, dental, vision and travel benefits. The cost of the insurance plan is included in the yearly tuition. Students can also choose to opt-out of the plan between September 7th - September 23rd.

Link: <https://www.csu.qc.ca/services/health-and-dental-plan/health-and-dental>