WELCOME TO



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Land Acknowledgement

We acknowledge that Concordia University is located on unceded Indigenous lands. The Kanien'kehá:ka Nation is recognized as the custodians of the lands and waters we now call Montreal. Tiohtiá:ke (Montreal) is historically known as a gathering place for many First Nations. Today, it is home to a diverse population of Indigenous and other peoples. We respect the continued connections with the past, present and future in our ongoing relationships with Indigenous and other peoples within the Montreal community.

https://www.concordia.ca/indigenous/resources/territorial-acknowledgement.html





WELCOME FROM THE DIRECTOR OF RESIDENCE



Lauren Farley Director, Residence Life Grey Nuns E-102 514-848-2424 ext, 4236

lauren.farley@concordia.ca

Attending university for the first time, moving out on your own, arriving in a new city or country can be very daunting. Our Residence Life team is here to help you make that transition as smooth and enjoyable as possible.

We are so pleased that you have made the choice to live with us this year, and we are excited to welcome you to Residence Life. We look forward to sharing this once-in-a-lifetime experience with you, and helping you navigate your way through a new city, university and your new home in residence. Our team is committed to helping you grow, learn and create lasting memories – not to mention make lifelong friendships.

Residence has so much to offer. Over the years, we've found that participation, engagement and communication are paramount to enjoying the Residence Life experience.

Our community is founded on the key principles of cooperation and mutual respect. This provides us with a safe, comfortable and enjoyable experience, for our residents and staff.

We look forward to welcoming you to our community!



THE RESIDENCE LIFE TEAM

Residence Life Managers



Kaeleigh D'Ermo Manager, Loyola HA-150 kaeleigh.dermo@concordia.ca



Ryan Douglass Manager, Grey Nuns West D-107 ryan.douglass@concordia.ca



Sarah Houle Manager, Grey Nuns East D-106 sarah.houle@concordia.ca

Managers are responsible for ensuring that each resident has a safe and enjoyable experience while living in residence. They oversee all of the programming and supervision carried out by the resident assistants, are responsible for upholding the Code of Community Living Standards and Discipline, and are available to support residents during their time at Concordia.

Managers are available to assist you. Don't hesitate to stop by!

Residence Life Support Staff



Christopher Straub Operations Assistant, Loyola, hingston.residence@concordia.ca



Olga Vega Operations Assistant SGW, olga.vega@concordia.ca



Fiona Donovan Residence Life Admissions Coordinator, fiona.donovan@concordia.ca

Support staff assist with the everyday running of residence. They coordinate building and room maintenance and mail delivery. They are there to answer any of your questions, so if you need information on how things work in residence, the support staff are your go-to people!

The cleaning and maintenance teams work with Residence Life, and are committed to keeping the common spaces of the residence buildings clean and in good condition. Make sure to say hi!





THE RESIDENCE LIFE TEAM

Resident Assistants (RAs)

Resident assistants (RAs) are upper-year students who help guide residents through their transition from home to university.

Throughout the year, RAs regularly plan events and activities to create a sense of community and provide residents with an opportunity to meet new people, learn about services on campus and get to know Montreal.

RAs also ensure that every resident feels comfortable within residence. They are available to mentor residents and help make the experience the best it can be!

Meet some of the RAs:



Andrea Loyola



Jad Grey Nuns



lke Grey Nuns



lsabel Loyola



Micheal Grey Nuns



Sam Grey Nuns



Tala Grey Nuns



MOVE-IN WEEKEND

Welcome Home!

How does move-in work?

MOVE-IN WEEKEND IS SATURDAY AUGUST 24th & SUNDAY AUGUST 25th 2024.

Contact Residenceinfo@concordia.ca if you are unable to make the move in weekend.



Move-In Calendar For Loyola



Move-In Calendar For Grey Nun's

Book your move-in appointment.

Please advise the Residence Life team of your expected arrival by signing up for your move-in date and time using the move-in appointment calendar sent to you.

Where can I park?

Loyola Campus: Parking spaces are located in front of the HA/HB/JR Residence buildings. After unloading your vehicle, drivers will then be asked to find parking on the street or in nearby parking lots. (\$)

Grey Nuns Residence: Enter the gate at 1200 Guy St., where you can briefly park to unload your vehicle. Drivers will then be asked to find parking on the street or in nearby parking lots. (\$)

Where do I check in once I arrive?

Loyola: HA Residence building, accessible through the driveway at 4455 West Broadway.

Grey Nuns: 1190 Guy St., room E-104

Can guests stay overnight during move-in weekend?

A guest is any non-resident of a specific room and/or building. Residents are not permitted to host a guest during Welcome/Orientation week or Move-In weekend. The people helping you must leave the residence building once your belongings are in your room.

Preparing for your move-in

A list of recommended items that you should bring to residence is available online. The list also includes details on room dimensions (based on room type), and bed size, as well as a list of furniture.

Please take note of items **NOT** allowed in residence; these include heating and cooking appliances (kettle, rice cookers, hot plates, coffee machines), humidifiers and diffusers, as well as smoking paraphernalia. The full list can be viewed online.



(<u>What do I bring</u>? What does my room have?

What about mail?

You cannot send items to residence before you arrive. We will not receive them.

We suggest you wait until you've moved in to purchase items for your room!



MOVE-IN WEEKEND

Zoom Information Sessions

Questions? Want to meet the team before you move in?

Join us for a virtual info session for essential tips and information to ensure a smooth move-in and transition to residence life.

Our team will be hosting these sessions to help you prepare for your arrival and address any questions or concerns you may have.

During the session, we will present important details and considerations for your move-in process.

Following the presentation, our team will be available for a live question and answer session to address any uncertainties and provide you with the information you need.

To participate, simply click on the Zoom link to join your preferred session.

Join Zoom Meeting https://concordia-ca.zoom.us/j/81192297098

Meeting ID: 811 9229 7098

Virtual session times:

Monday August 5 - 9 a.m. (Canadian Eastern Time)

Wednesday August 7 - 7 p.m. (Canadian Eastern Time)

Thursday August 8 - 2 p.m. (Canadian Eastern Time)



PAYING RENT

Paying Rent Paying Rent and Financial Resources

As per your Quebec lease, rent is posted to your account during the first week of the month, every month of your lease. You will see it appear in the financial tab of your student account.

To access it:

- I. Visit the Student Hub's My CU Account page
- 2. Click on the Financial tab
- 3. Select Manage tuition fees & fee payments.

The first rent charge will include your pro-rated days for August 24 to Aug 31 (8 days) and May I to May 5 (5 days). They are calculated as a daily charge since you will not live in your room for the full month of August and May.

Once your rent is posted, you can make the payment using online banking or a credit/debit card in the same way you pay other fees in your account.

See step-by-step instructions on how to use different payment methods here.

If you have any questions about your account or need assistance, contact <u>Birks Student Service</u> <u>Centre</u>.

Budgeting & Financial Aid

Managing your finances and planning ahead are crucial for a smooth transition to university life and living on campus. Check out the links below for resources and supports available to you.

Learn about resources for on campus employment, loans, scholarships & funding, and managing your finances while living on campus <u>here</u>.

Review resources and information about budgeting here.

GETTING AROUND MONTREAL

OPUS CARD

Get a student OPUS card with photo

The Société de transport de Montréal (STM) uses your student ID card photo to create your transit pass, the OPUS card.

- You may submit an OPUS card request 24 hours after the university issues your student ID.
- To qualify for an OPUS card, you must have a home address in Quebec saved in your Student Centre and you must be enrolled in full-time studies. Note that wait-listed courses do not count towards enrolment.
- The STM will mail your OPUS card to your home address.
- <u>Request a student OPUS card</u>. You can also request a student OPUS card by logging in to the Student Hub and going to <u>My CU Account</u>.
 - Follow the instructions and make a payment of \$15 to the STM via the OPUS platform.
- Another option: print an OPUS attestation letter (per the <u>attestation letter</u> instructions, specifying OPUS letter) and then take it to the <u>STM photo studio</u> at Berri-UQAM metro station. Note that you may need an appointment.
- If you run into any problems, feel free to contact Birks staff.

Concordia Shuttle bus

Have classes on both campuses?

The shuttle bus offers Concordia students a free ride between the SGW and Loyola Campuses.

- Shuttle buses run Monday through Friday.
- The ride is approximately **30 minutes.**
- Your ID card is required. Present your Concordia student ID card to the driver. Respect the priority boarding seating area.
- Buses depart as soon as they reach **capacity**, even if earlier than scheduled.
- Departure and travel times can vary due to unexpected circumstances, like traffic and/or weather.
- Check out the schedule <u>here</u> to plan your commute.

RESIDENCE CHECKLIST

Things to complete before leaving for Montreal

Residence

- Book your move-in appointment
- Determine how you are going to get to residence
- Attend a move-in info session
 - Details have been emailed to you and are on the zoom info session page of this handbook
- Make sure you have signed your lease and paid all fees
- Review your home insurance plan to ensure you are covered and/or purchase renters insurance valid in Quebec
- Read the Community code and this Residence Life Handbook
 - Review what items you can and cannot bring to residence
- Make sure your e-mail and cell phone number on file in eRez is updated
 - o make sure your e-mail isn't an old school/academic e-mail
- \circ Double check the size of bedding you need to bring or buy for your room
- Review our residence life packing list
- Follow us on Instagram @curesidence
- Keep an eye on your emails, this is how we'll be communicating with you, and sending you the information for Welcome Week activities!

Academic

- Make sure you have completed all your academic requirements
- o Go through the <u>undergraduate checklist</u>
- Find your personalized student book list by checking the checking the <u>Concordia Book Stop</u> web page

Wellbeing

- \circ $\,$ Transfer prescriptions and set up supports ahead of time $\,$
- Make sure you have copies of all your medical & vaccine records
- Review your <u>health insurance coverage</u> before arriving in Montreal
 - o Review the opt-out policies if needed
- \circ Read about the services and supports highlighted in this Residence Life handbook
- o Check out Concordia's Online Wellness Library
- o Familiarize yourself with Concordia's Health & Wellness Services

PACKING LIST

Important

- □ Medication, prescriptions
- Bedding
- \Box Passport , Visa, ID cards
- \Box Medical & vaccine records
- □ Cell Phone
- \Box Wallet, credit card, debit card

Clothes

- 🗆 Umbrella
- Rain boots
- 🗆 Pajamas
- □ Fall and winter clothes
 - Tip: Wait until arriving in Montreal to purchase.
- □ Mittens and scarves
- 🗌 Rain jacket
- 🗌 Robe
- □ Flip Flops / Shower Shoes
- □ Slippers
- Casual Wear
- □ Workout / Athletic Wear
- Dress clothes
- □ Hats & Accessories

Room Items

- \Box Containers for food storage
- \Box Cutlery & cutting board
- □ Dishes (plates, bowls, glasses)
- □ Mugs
- \Box Can opener
- \Box Dish towels
- □ Sponge
- \Box Dish soap
- Power bar
 - We recommend surge protection
- USB sticks
- Extension cord

Sanitary & Health Products

- Toothbrush and holder
- \square Shampoo and conditioner
- □ Razor & blades
- □ Toiletries and tote bag
- \Box Body wash
- Laundry bag and detergent
- \square Sewing kit for minor mending
- \Box Hand sanitizer
- □ Cleaning products & caddy
- \Box Paper towels, cleaning wipes or clothes
- □ Kleenex
- \Box Hair dryer, curler, iron etc
- □ Bandages
- □ Aspirin, ibuprofen, acetaminophen
- □ Antibiotic wipes, hydrogen peroxide, cotton balls
- □ Antiseptic cream
- □ Sunscreen
- □ Tweezers
- Nail clippers

Extras

- □ White sticky tack
- □ Stapler & Staples
- 🗆 Broom
- Handheld
- Vacuum
- □ Mirror

Printing on campus

We do not recommend that you bring a wireless printer to residence as they cause interruptions to the network.

In addition to the printers on campus, there are printers available in the GN and HA building for you to use through your Dprint account.

WELCOME WEEK

Welcome Week Orientation



Welcome Week is a week filled with activities run by your RAs, that introduce you to fellow residents and the city of Montreal (Saturday August 24th – Monday, September 2nd).

You will be able to sign up for activities during your move-in week or with your RAs ahead of time. Welcome Week is a great way to start off the year, so make sure to sign up for as many activities as you can!

A full schedule of all the events and registrations will be available to you at move-in! Here is an example of some of the activities taking place during Welcome Week:

Move-in ceremony and welcome to Residence Life

BBQ

City tours

Outdoor Movie Nights

Midnight Pizza

Stingers Game

Outside Laser Tag

And plenty of other opportunities to make new friends and hang out.

EVENTS AND ACTIVITIES

RA Programs



Our highly trained RAs host monthly social and educational programs that allow you to become comfortable in your new surroundings. The year-round events will allow you to meet your fellow floor-mates, learn about the services on campus, and provide opportunities to have interesting and engaging conversations, as well as get to know Montreal.

Some past events and programs have included a midnight breakfast, tobogganing on Mount Royal, an art crawl through the city, video game tournaments, coffee houses, clothing swaps, jam nights and so much more!

How to get involved

Events and Leadership Committee

Chaired by the community facilitators, the events committee provides an opportunity for residents to get involved in planning events and activities for their peers. The ELC members are fully involved in deciding the activities and the planning process.



Have an idea for a program?

The Residence Life team is always enthusiastic to hear your ideas! Speak with your RAs and/or managers to propose something you would like to see happen. This can be a club, event, special occasion, community project, etc. We look forward to hearing from you.

Past Examples include; Cinema Club, Dungeons and Dragons Game nights, Resident-led yoga classes, Oscars Party, community-organized cooking events, movie nights, crafts nights, murals and more!



FEATURES IN RESIDENCE

Extra Facilities

Laundry rooms: Use your phone to buy laundry credit and start the machines in the Loyola buildings and at Grey Nuns. Instructions on how to use the laundry machines are located in each of the laundry rooms.

If you don't have a cell phone, ask your RA about how to get a laundry card.

Common rooms: There is a common room located on each floor of the Grey Nuns, HA and HB residences and a main common room located on the 7th floor of the Jesuit Residence. Each room has a kettle, coffee maker, sink, microwave, toaster and TV. These spaces are open 24 hours a day.



Study rooms: There are study rooms located in each of our residence buildings, all with Wi-Fi access.

Printers: There are self serve <u>DPrint</u> machines located around campus. There is one in HA, and in GN. Ask your RA to show you where!

Internet access: Each room is provided with Internet access. All common spaces have Wi-Fi access. Access to the Concordia wireless network with your Concordia NETNAMEE and password.

Storage: Storage for sporting equipment is available upon request with Residence Life staff at Grey Nuns and Loyola. Bike racks are available outside and around campus. We recommend you bring a bike lock. Winter storage of bikes is available through security at Grey Nuns and through the Residence Life office at Loyola.

Games room: There are games rooms available for use on each of the campuses. Games equipment is available to borrow, such as ping pong, pool and Foosball.

How to report maintenance issue: Is something dirty? Is something broken? Whether it's your room or a common area, please report the problem so we can resolve the issue immediately! BE SPECIFIC. You can do one of the following to report a maintenance issue:

Grey Nuns or Loyola

- Log the issue in the maintenance form in your E-Rez profile for all non-urgent items.
- Call the duty Phone for urgent issues (leaks, safety or privacy related requests.



RESOURCES AND WELLNESS

Wellness

Concordia is committed to bringing together mental, physical, and social health, informed by innovative research and preventive health principles. Well-being depends on the health of our bodies and minds and the communities where we live, work, and study.

This is why we take a holistic approach and are here to connect you with resources!

Resident Assistants and Residence Life staff

All the Residence Assistants and Residence Life Staff can provide guidance on available resources and support. If you are struggling personally, or need some extra academic support, we can help you!

During office hours there is always a Residence Life staff member available. In off-hours, there is always an RA on duty.

Vaccines

Adults need vaccines too! Outbreaks of vaccine-preventable illnesses occur on Canadian and U.S. campuses every year, including measles, mumps, chicken pox, meningitis, flu, and of course Covid-19. Keeping your vaccines up-to-date will help you stay healthy all year long. Students living in Residence are at increased risk of contracting and spreading vaccine-preventable illnesses. Getting sick can impair your academic performance.

If you haven't already, get hard copies or photos of your vaccine records: It is important for every university student to have this vital information easily accessible. Whether or not you can find your records, a Concordia Health Services nurse can help you figure out if you are up to date. Concordia students have the easiest access to vaccination while they are at Concordia: these services are more difficult to get in the community after you graduate.

For reliable information about vaccines, see our Vaccination page.

International students: while your insurance does not cover vaccines, there are some free vaccines available which the nurses will discuss with you during your appointment at Health Services.

Canadian students: you may be eligible to receive some vaccines for free. You also have some vaccine coverage through your Concordia health plan!

Other Resources



Sexual Assault Resource Centre Sir George Williams Campus 514-848-2424, ext. 3353 H-645



HOJO Sir George Williams Campus 514-848-7474, ext.7935 H-224



Birks Student Service Centre Sir George Williams Campus 514-848-2424, ext. 2668 LB-185



Student Success Centre SGW & LOY 514-848-2424, ext. 3921/7345 H-745 & AD-103



Otsenhákta Student Centre Sir George Williams Campus 514-848-7474, ext.7935 H-224



Dean of Students

SGW & LOY 514-848-2424, ext. 3517/4239 H-659 & AD-115

POLICIES AND PROCEDURES

Code of Community Living Standards and Discipline

Guiding Principles of living in Residence:

I. Safety

2. Respect

At the time you signed your lease, it included the Code of Community Living Standards and Discipline. This code helps ensure that each resident is provided with a comfortable and safe living space. The spirit of the Residence community is one of cooperation and mutual respect. It is the responsibility of each Resident to contribute in positive ways to the development and maintenance of this spirit. It is recommended that each resident familiarize themselves with residence policies prior to arrival.

Some Code basics:

Cannabis Use in Residence — Students must abide by all federal and provincial Cannabis laws and Concordia policies. Cannabis is not permitted in any common areas. As per provincial law, Cannabis consumption is prohibited on campus. The legal age to purchase Cannabis in Quebec is 21.

Smoking — Residence is a non-smoking facility. It is forbidden to smoke in any room including common areas. This includes e-cigarettes/vapes.

Drinking, drinking games — Students must abide by all federal and provincial alcohol laws. Alcohol is not permitted in any common areas. No individual can participate in, promote, or be a spectator of drinking or consumption games within the Residence community.

Noise and quiet hours — A resident's right for quiet study and sleep time takes priority over a resident's right to make noise. Quiet hours begin 11 p.m Sunday through Thursday, and at 1 a.m Friday and Saturday. During exam periods, 24-hour quiet hours are in effect. Consideration hours are in effect 24/7. Make sure you are being mindful of your neighbours!

Damage to property — The individual(s) responsible for damage, when known, will assume complete responsibility.

Key lockouts and key replacements — Residence Life reserves the right to charge for having to grant access to a room. Any lost keys will result in a minimum \$20 replacement charge.

Guests — Guests are not permitted during Welcome Week or during exams. Guests may not stay in residence for a period of longer than three nights without prior approval by the manager. Residents are responsible at all times for their guest and their behaviour, including informing them of relevant policies.

Harm and/or threat to another — Violence or physical aggression will not be tolerated in residence.

Banned Items — A list of banned items can be found in the <u>code</u>. Please make sure you reference it before coming to residence.

Appliances in rooms — Due to the associated risks, appliances such as; kettles, coffee makers, space heaters, diffusers, rice cookers and air fryers are not permitted in residence. Coffee makers, kettles and microwaves are available to residents in common rooms.



Where do I find the Code?



SAFETY AND RESIDENCE

24 Hour Campus Safety and Prevention

Phone number 514-848-3717

Campus Safety and Prevention presence — There is 24-hour campus safety and prevention at Grey Nuns, and Loyola. The Campus Safety Team team is committed to ensuring the safety of all the residents and buildings. They perform regular building surveillance by monitoring the entrance points and completing rounds.

Access cards — Each resident is provided with an access card at the time of check-in that must be swiped each time they enter the building.

Safety tips — Each resident is asked to play an active role in ensuring safety within residence. For instance, holding the door open for someone — although usually the polite thing to do — might actually result in letting in an intruder. Any suspicious activity should be reported immediately to campus safety or a Residence Life staff member.



Safe walk

A Safe Walk Program, also commonly referred to as accompaniment services, is available to members of the Concordia community, 24 hours a day.

You can call Campus safety at (514) 848-3717 to request an agent to accompany you to your vehicle, public transport route, or on-Campus location. This service is subject to assessment and certain restrictions.

If you feel you are being pursued, harassed or threatened by one or several individuals, on campus, please call Campus Safety immediately:

Internal (university) phone: dial 3717, press I External phone: 514-848-3717 option I

We encourage people to call Concordia's Campus safety and prevention before 911, because our agents are familiar with our campuses.

HOMEROOM 🥥

If you are looking to meet fellow new students at Concordia, have fun, and explore the city, this is the place to be! At Homeroom, you can make friends, navigate the university experience and co-develop new skills!

How Homeroom works

- Weekly I-hour sessions with your POD (either in-person or on Zoom) that take place between 10 a.m. and 8 p.m. EST;
- Each Homeroom POD consists of up to 10-15 students;
- Activities include workshops, games, discussions, and ways to get to know your fellow students;
- You will have access to your Student Facilitator during the meetings and office/lounge hours, and via email throughout the semester;
- You will have access to Concordia professionals to help answer any questions you may have along the way;
- Opportunities to connect with the whole community via special events, games, and workshops that Homeroom students have access to!



Registrations for Fall 2024 open on August 15: Register Now!

Find more information on our website: https://www.concordia.ca/students/homeroom.html

Follow us on Instagram to stay in the loop: @cuhomeroom

Otsenhákta Student Centre

<u>The Otsenhákta Student Centre (OSC)</u> is an on-campus resource for First Nations, Inuit and Métis students. Otsenhákta, IPA pronunciation $odz\lambda$ hakda (O-TSEN-HAK-TA), is a Kanien'kéha word meaning "*near the fire*."

The mission of the OSC is to offer a warm place where Indigenous students can find community, support and assistance by creating inclusive and culturally rich spaces for students to study when away from home. We help students succeed and achieve their highest academic potential by working with them to make the most of the many resources available at the university.

The Centre assists Indigenous students at Concordia by offering educational and spiritual support, organizing community-building events and helping to identify and apply for scholarships and bursaries.



Register with the OSC

The OSC is located in <u>H-653</u> and is open from 9 a.m. to 5 p.m. Monday to Friday.

To access the OSC, First Nations, Inuit and Métis students need to register. To register, email us.

Contact the OSC

Phone: 514-848-2424, ext. 7327

The NouLa Black Student Centre

The NouLa Black Student Centre offers programming, services, and resources for Black Concordia students to support student's success and wellbeing.

Make sure to <u>register with our centre</u> to access all our services and resources and stay in the loop!

NouLa Lounge

The NouLa Student Lounge is located on the seventh floor of the Henry F. Hall Building, H-773. Come by to study, grab tea or coffee, meet new friends or just to hang out!

Academic Success Advising

Meet with Shalani Bel, our Student Success Coordinator. Whether you're looking to review your progress towards graduation, discuss program requirements, explore a program change, learn more about student resources and opportunities, or discuss a sensitive issue, Shalani is here to help.

NouLa X Homeroom Pod

Homeroom pods are weekly gatherings led by an upper-year student where you'll discuss topics that will help ease the transition to Concordia all while meeting new people and developing skills to propel you through your university experience. Space is limited, so join now!

NouLa Ambassador Program

Are you passionate about Black student life here at Concordia? Become a NouLa ambassador!

Questions? Contact us. Email <u>noula@concordia.ca</u> Instagram @noulaconcordia





The International Students Office (ISO)

If you're one of the thousands of international students starting your journey at Concordia University, you'll find resources and services here to support you throughout your time at Concordia.

Immigration

The ISO can help you renew your immigration documents, clarify policies and keep you informed of the latest immigration updates. Don't forget to upload your immigration documents by the DNE deadline of your first term!

Health insurance

The ISO is the place to gather information regarding international students' compulsory health and accident insurance plan with Blue Cross. Please download and review your Blue Cross Health Insurance Policy Booklet carefully for details of your coverage. You can also register and print your Blue Cross card online.

We also host information sessions that dig deeper into your health plan. You can find out when these sessions take place in our events calendar.

Working in Canada as an international student

International students can find many opportunities to work in Canada while they study or after they graduate. ISO Immigration Advisors can clarify the rules and provide updates about working on- or off-campus, working as a Co-op student, and how to apply for a post-graduation work permit once you have completed your studies.

Throughout the year, the ISO regularly holds information sessions about working in Canada as an international student. Take a look at our events calendar for dates and times!

Social events

When you feel you've learned all you can in a day and that there's no room left in your brain for any new information, maybe it's time to take a break and attend a social event. Not only is it a welcome break from all that studying, but you can meet new friends from all over the world and enrich your university experience.

From Explore Montréal walking tours to art classes, movie nights to games afternoon, and so much more, join us and your fellow Concordians for some well-deserved fun! Our Fall 2024 social events calendar is available <u>here!</u>

We can't wait to meet you! The ISO team Questions? Contact us. Click here to find your ISO Advisor Call 514-848-2424 ext. 3515



Centre pour étudiant-es francophones

Le Centre pour étudiant es francophones a vu le jour pour aider les personnes étudiantes à s'acclimater à la vie à l'Université Concordia et pour favoriser leur réussite au sein d'un établissement d'enseignement de langue anglaise.

Nous voulons offrir un lieu où les francophones pourront obtenir du soutien, accéder à diverses ressources et tisser des liens avec d'autres étudiantes et étudiants d'expression française.

- Inscris-toi avec le Centre pour avoir accès à une infolettre mensuelle, des activités sociales et une communauté francophones : <u>https://forms.office.com/r/rGJGGV4UUY</u>.
- Passe-nous voir dans notre espace lounge au Pavillon Hall 608.02
- Écris-nous par courriel <u>francophone@concordia.ca</u>
- Suis-nous sur Instagram : @franco.concordia



Nous avons hâte de vous rencontrer !

Thriving & Learning in Action



(Illustration based on a talk delivered by Dr. Diana Brecher, ThriveTMU)

Thriving & Learning in Action is based on the successful <u>Thriving in Action</u> (TiA) program developed by Dr. Diana Brecher and Dr. Deena Kara Shaffer at Toronto Metropolitain University.

Through a collaboration between **Campus Wellness & Support Services and the Student Success Centre**, TiA has been adapted for our students at Concordia through **Thriving & Learning in Action**.

Thriving and Learning in Action is a program like no other--it brings mental health, wellbeing, equity, and learning strategies together in a unique intervention that will help students feel more hopeful, resilient, and successful. Combining elements of positive psychology (e.g. building motivation, optimism, resilience, grit) and learning strategies (e.g. time management, effective studying and note taking), TiA aims to provide students with skills to help them thrive, academically and personally.

This fall, **Thriving & Learning in Action** will be offered as a **flexible 4-part series**, where students will learn new ways, approaches, and skills to build motivation, optimism, and resilience, along with learning strategy essentials like time management and effective studying.

Here is an overview of the four-part series:

- Thriving & Learning in Action: PERMA Model of Well-Being & Top 5 Learning Strategies
- Thriving & Learning in Action: Self-Care Resiliency & Beating Procrastination
- Thriving & Learning in Action: Character Strengths & Active Notetaking
- Thriving & Learning in Action: Mindfulness & Strategic Exam Preparation

If you are interested in a Residence Life-focused series please fill out this form: https://form.jotform.com/242006483248252

Consult our <u>website</u> for information for additional upcoming dates and registration information:

Jewel Perlin, PhD, Psychologist, OPQ Counselling and Psychological Services jewel.perlin@concordia.ca



Courtney MacDonald, Learning Specialist Student Success Center <u>courtney.macdonald@concordia.ca</u>

STUDY HARD, EAT WELL



Ace Your Appetite

University can be demanding, so your meal plan should be effortless and on your schedule.

ALL YOU CARE TO EAT

Your appetite will meet its match at The Grey Nuns dining hall at the downtown campus, and The Buzz dining hall at the Loyola campus, which serve only the best in variety and value.

DIETARY ACCOMODATIONS

We've made menu navigation easy with our dietary icons. Look for these symbols on our menu to find suitable options according to your dietary restrictions.













gluten



Vegan Vegetarian

ON THE GO

We understand the challenge of balancing everything and getting a good meal. That's why we offer the best quality and convenience in our dining locations and national brands.

Meal Plan Benefits

Concordia Food Services provides both delicious and healthy options with meal plans that enrich your campus experience.



ONLY THE BEST

Fresh, sustainable, and local are just a few of the quality indicators you'll find served up every day in our chef-inspired, on-trend menus that feature vegan, vegetarian, and plant-forward options.



TOOLS TO HELP YOU THRIVE

Our team of culinary and nutrition experts are dedicated to delivering well-balanced nutrition, specialized diet options, and menu transparency so you can focus on your studies.



ALL FOR YOU

Your satisfaction is our highest priority. Through personalized special events, tastings, themed menus, and cooking demos, we foster a studentfocused culture and connected campus community.





MEAL SWIPES

Meal swipes are used to access the Grey Nuns and The Buzz dining halls. Your student ID card becomes your meal swipe pass because fewer cards equal less stress.

FLEX DOLLARS

All mandatory meal plans come loaded with **\$100** flex dollars to spend across our retail locations.

OPERATING HOURS

From 7:30 a.m. to 9:30 p.m., benefit from unlimited access to the dining hall, which offers wholesome meals-for breakfast, lunch and dinner-that cater to diverse needs and tastes. A wide selection of menu items includes comfort food, healthy options, local and international cuisine, as well as snacks, and various hot and cold beverages.

More to Explore

We consider our diners' families and continuously seek new ways to ensure their experiences are memorable.

SPECIAL EVENTS

Our calendar is chock full of student-focused events aimed at bringing the campus community together.

SUSTAINABILITY

We strive to minimize our environmental impact and create opportunities for students to join our efforts.

NUTRITION

Our chefs and registered dietitian are trained and eager to assist with any dietary restrictions or concerns each student may have.





STUDY HARD, EAT WELL



Where to Spend Flex Dollars



On the go? Be sure to stop by one of our retail locations:

LBEE Café in the LB Building, **Starbucks** in the lower level of the LB Building, **Sweet Bees** in the AD building, **Faro** in the lower level of the SP Building, and **Hingston Hall** in the HH Building.

Dining location information and hours of service are available at www.concordiaca.campusdish.com/LocationsAndMenus

Mark These Dates!

FALL 2024:

WINTER 2025:

aug. **24**

DINING HALLS OPEN AT DINNER



DINING HALLS OPEN AT DINNER



FOLLOWING LUNCH, DINING HALLS CLOSE FOR THE HOLIDAYS



FOLLOWING LUNCH, DINING HALLS CLOSE FOR THE SUMMER

For any questions, please contact

mealplans@concordia.ca



HEALTH SERVICES CLINIC

Health Services is your on-campus clinic and health promotion centre, staffed by nurses, doctors and health promotion specialists.

OUR SERVICES INCLUDE:

- Preventative health services
- Treatment for common health concerns
- Sexual health services
- Vaccination and vaccine reviews
- Prescription renewals
- · Gender-affirming care
- Healthy living counselling
- Referrals to specialists

AND MORE!



CONCORDIA/



ACCESS会報CARE

Health Services offers medical care by appointment, and by walk-in on a first-come, first-served basis. <u>concordia.ca/clinic</u>

SIR GEORGE WILLIAMS CAMPUS

514-848-2424 ext. 3565 GM-200

LOYOLA CAMPUS

514-848-2424 ext. 3575 AD-131

For care when the clinic is closed or full, visit <u>concordia.ca/medappt</u> For mental health services, visit <u>concordia.ca/mhappt</u>





ACCESS CENTRE FOR STUDENTS WITH DISABILITIES

The ACSD facilitates access and reduces barriers to academic participation at Concordia. We provide accommodations and services to promote accessible learning and participation.

Students with a variety of documented disabilities can register with us.

To learn more about our services, visit **concordia.ca/ access** or our office in **GM-300**





HOW TO REGISTER

Registration with the ACSD is a two-step process:

- 1. Visit our website (**concordia.ca/access**) to review your eligibility and the required documentation, and send your documentation to **acsd.intake@concordia.ca**.
- 2. After your documentation is reviewed, you will be contacted for an intake appointment with an ACSD advisor.

Information about eligibility, documentation requirements and registration deadlines for each semester is available online:



T73-83909

MENTAL HEALTH ENTRY



MENTAL HEALTH INTAKE APPOINTMENTS FOR STUDENTS

At an intake appointment, you will meet with a mental health professional who will refer you to services tailored to meet your needs.

FOR DETAILS VISIT concordia.ca/mhappt

QUESTIONS? Contact mhe.info@concordia.ca

CONCORDIA

MORE OPTIONS FOR SUPPORT

We encourage you to make use of all the mental health and wellness services available to you.

Tele-counselling services are available for free through Concordia's broader network of care.

Take part in our wellness programming, visit one of our Zen Dens and talk with a Peer Wellness Ambassador.





FOR MORE INFORMATION AND RESOURCES, VISIT concordia.ca/mentalhealth

RDIA



Activate your way

→ Sports leagues

Come play with us! Sign up a team or as an individual player. We offer hockey, soccer, basketball & volleyball.

▹ Le Gym fitness centre gym membership

Recreation & Athletics offers a discount for all students living in Residence for a 4-month membership if you sign up in September or January. Talk to your manager!

→ Fitness & instructional classes

We offer a wide variety of fitness & instructional classes on both campuses: Yoga, Pilates, Zumba, HIIT, Spinning, Kickboxing, Karate, Kendo, Skating and many more.

> Drop in sports

If you don't want to join a team, sign up and play pick up: badminton, table tennis, basketball & volleyball.

ightarrow Work with us

We hire students for timekeeping, referees, game day staff and youth programming.

\rightarrow Support the Concordia Stingers

Football, Hockey, Basketball, Soccer, Rugby and more.

Follow us on Instagram

@concordiarecreation

CONCORDIA RECREATION & ATHLETICS

Athletics Complex

Loyola Campus - L RA 1.511 7200 Sherbrooke St. W., Montreal, QC, H4B 1R2 www.concordia.ca/recreation camprec@concordia.ca

Le Gym

Sir George Williams Campus - EV-S2.206 1515 Ste. Catherine St. W., Montreal, QC, H3G 2W1 www.concordia.ca/legym legym@concordia.ca

RAVEGuardian HELP AND RESOURCES AT YOUR FINGERTIPS

TEXT CAMPUS SAFETY AND PREVENTION SERVICES

Notify agents discreetly if you see a situation of concern.

CALL FOR HELP

Reach Campus Safety and Prevention Services or connect with 911 emergency services with a single call.

STAY INFORMED

Receive alerts about situations affecting Concordia

WALK SAFER Allow a friend to see your location during a specific walk.

GET SUPPORT Find university and external crisis contacts and resources.

For the Concordia Guardian app:

- 1. Download from an app store.
- 2. Enter your mobile number and watch for your verification code by text.
- 3. Enter your Concordia email and watch for your email verification code.
- 4. Use the Concordia-branded Rave Guardian app when you need help.

CAMPUS SAFETY AND PREVENTION SERVICES:









514-848-3717

concordia.ca/guardian

FutureBound

DEVELOP NEW SKILLS. GROW YOUR NETWORK. BE CAREER READY.



FutureBound is Concordia University's skill development program for undergraduate students. Our low-stakes, high-impact virtual and in-person workshops help students develop the competencies they need to maximize their time at Concordia and successfully navigate the transition from university to professional life.

Workshops and events are grouped under core skill modules based on current workplace realities so students can be confident, adaptable, and forward-thinking in their academic and professional endeavors. At FutureBound, we offer over **100 dynamic and interactive workshops and events per year**, with topics ranging from:

Communication - Public Speaking, Pitching, & Storytelling

Digital Capabilities & Mindsets: Excel, Python, & Critically Thinking about Al Leadership & Collaboration: Project Management, Group Collaboration, & Inclusive Leadership Innovation & Entrepreneurship: Design Thinking, Entrepreneurship 101, & Design Challenges Financial Literacy: Budgeting, Personal Finance & Investing for Beginners Career Development: Mentorship, Professionalism, & Networking

Why participate in FutureBound as a first-year student:

- Build your community: Meet other students across programs and faculties
- **Develop your transferable skills:** Start building essential skills that will enhance your university experience
- Get recognized: Complete 4 activities per skill module and get a certificate for that module!

Explore FutureBound's programming!

- Register for events and workshops: <u>www.concordia.ca/futurebound</u>
- Email us with questions: <u>futurebound@concordia.ca</u>
- Connect with us on LinkedIn: <u>FutureBound Concordia</u>
- Find us featured on Instagram: <u>@custudentexperience</u>
- Sign up for our monthly newsletter: <u>https://bit.ly/3xSoa9T</u>

The FutureBound team can't wait to meet you!

Sustainability



<u>The Office of Sustainability</u> is committed to helping students practice sustainability. Please refer to the following tips to bring sustainability into your residential experience.

Sustainable Dining

- Incorporate more plant-based meals into your weekly diet (and reduce beef)
- Compost your leftovers

Energy and Water

- Turn off the light in your room when you leave
- Unplug electronic devices when not in use to avoid phantom loads
- Save water by shortening your showers and turning off the tap while brushing your teeth
- Only wash full loads of laundry and use cold water when possible
- See any leaks? Call the duty phone or tell a Residence Life Staff Member

Sustainable Purchasing

- Opt for local rather than online
- Consider buying <u>Fairtrade products</u>
- Invest in reusable materials
- Buy in bulk

Sustainable Transportation

- Use active modes of transportation like walking or biking
- Favour public transportation over individual cars
- Use Concordia's shuttle bus (it's free!)

Sustainability



Waste Management

- Familiarize yourself with <u>the sorting practices</u> at Concordia for recycling compost, landfill waste, and electronic waste (look out for the posters!)
 - empty leftovers into the compost before recycling plastic containers
 - bear in mind that #6 plastic is not recyclable in Montreal
 - read the details on #7 plastics, they might be compostable or biodegradable
- Be part of the Residence Reclaim-a-thon during move-outs
- Check out Concordia University's Centre for Creative Reuse (CUCCR)

Cultivating Wellness

- Take advantages of resources like the <u>Health and Wellness Hub</u>
- Go outside and connect with nature
- Get involved through the Sustainability Volunteer Program!
- Become a <u>Sustainability Ambassador before Sept 1st</u>



Want to learn more?

Read the full <u>Guide on Living Sustainably in Residence here</u> or check out the <u>Office of Sustainability's website</u>, which offers amazing short workshops that will cover in more details sustainability topics of interest.





BACK TO SCHOOL ESSENTIALS

We've got you covered

GET YOUR BOOKLIST concordiabookstop.ca 🛽

Enter your 8-digits student ID to get your list

Spot the required, recommended or suggested notice next to the course material selected by your professors.

54	accessories here. ID 204 1 IN Company Data		ů I
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Want to Save	Time?	OR	Don't hav Student II
Want to Save	materials just	OR	Don't hav Student II courses in
Want to Save	materials just 8-digit	OR	Don't hav Student II

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Exclusive offer

Save time! Order at **concordiabookstop.ca** by August 22 and your order will be waiting for you in your room!

Simply type Books on beds, your residence building and room number in the comment box at the checkout.

PLUS... SCHOOL SUPPLIES **ART MATERIAL ELECTRONICS** SCHOOL APPAREL AND MORE!

CONCORDIA

Exclusive offer

MNCORN

20% off one piece of clothing or gift item at the Book Stop

On presentation of this coupon at the cash. Article at regular price. Valid in store only from September 16 to September 27, 2024. One coupon per customer. Printed or digital version accepted.

concordiabookstop.ca

bookstore@concordia.ca

Concordia Book Stop

SGW campus Book Stop and Art Store 1400 De Maisonneuve Blvd.W, room LB-03

Loyola campus **Book Stop** 7141 Sherbrooke St. W, room CJ 1.422



BUSINESS SERVICES

O Busine

Business Services

WELCOME TO RESIDENCE

We look forward to meeting you!