

Student Newsletter

February 20, 2019



THE UNIVERSITY OF
WINNIPEG

Faculty of Business
and Economics

Getting enough "Z's"



It's Reading Week, and hopefully you're all getting a little extra sleep! As a hard-working student, you've probably been dreaming of the opportunity to sleep in! Unfortunately, sleep isn't always on the priority list for many students on their time off. Before you book in extra hours of work (and/or play), consider the following facts on the benefits of sleep.

Sleep affects the brain, learning, and recuperation from illness or injury. Researchers have long discovered that when an infant sleeps, it is for either one of two reasons: growth or recovery. The old saying, "never wake a sleeping baby," is actually quite true.

When it comes to the adult brain, Forbes points out that sleep cements memory, clears out toxins, helps you think straight, and boosts creativity. The National Sleep Foundation has discovered links between the lack of sleep and high blood pressure, Type 2 Diabetes, weight gain, and risk of Dementia to name only a few.

With exams sneaking up, it's important for students to know that it's more important to get a full eight hours of sleep, than pulling an all-nighter to cram! In fact, staying up all night may very well make you forget what you already knew!

We look forward to seeing you next week, well-rested and filled with positive energy!



Co-op Connect Event

The Co-op Connect event is a great opportunity for students to learn more about the Co-op Program, and meet current Co-op students and potential employers.

Open ONLY to current University of Winnipeg Undergraduate students

Date: Feb. 27th from 5:00 - 7:00 PM

Location: Convocation Hall, Wesley Hall, 515 Portage Ave

Attire: Business/Professional

Students must register for this free event: Visit the [Co-op event FB page](#) and [RSVP](#). Include your full name, student number and degree you are pursuing.

[Read more](#)



UWinnipeg BBA students, Jordy Costa, Logan Kilmury, Bernardo Arias, and Hamdallah Zeid won first place at the 2019 Okanagan Case Competition, hosted by UBCO's Management Student Association.

A UWinnipeg Win at the CFA Society Winnipeg Ethics Challenge

Faculty of Business and Economic students: Justin Makus, Hans Perera, and Eliza Massey represented the The University at the 2019 CFA Society Winnipeg Ethics Challenge that took place at Investors Group on Portage Ave. on February 9th, 2019. They competed against The University of Saskatchewan, The University of Regina and The University of Manitoba.

"A special thank you to Prof. Dennis Ng. His mentoring helped us win the competition! We're now heading to Calgary on May 1st to compete at the National CFA Society Ethics Challenge," said Makus.

The CFA Society Canada Ethics Challenge is designed to increase students' awareness of the ethical dilemmas and issues they may face when they enter the investment management industry.

[Read More](#)

GroupStrength Pizza Lunch Infosession

Join **GroupStrength Benefits Direct** for lunch to learn about the career paths and opportunities within their team. Learn about their aggressive growth plans and desire to shake up an old-fashioned industry. Topics will include working within a creative team, sales skills, insurance knowledge training programs and much more.

Date: March 6, 2019

Time: 12:30-1:30 pm

Location: Buhler Centre

Open to all future grads!

Please RSVP to r.hammerback@uwinnipeg.ca.

Find out more



Golden Key Tutoring Service

The UWinnipeg Golden Key offers up to six hours of free tutoring for students taking courses at the 1000-level and/or 2000-level in the Faculty of Business and Economics. Group and one-on-one appointments are available. Contact uwgktutoring@gmail.com for more information.

Golden Key is also recruiting Faculty of Business and Economics student tutors, particularly those



A UWinnipeg Win at the CFA Society Winnipeg Ethics Challenge

The University of Winnipeg was well represented at the regional Chartered Financial Analyst (CFA) Society Ethics Challenge in Winnipeg on Saturday, February 9.

The team of Justin Makus, Hans Perera, and Eliza Massey — all in UWinnipeg's Faculty of Business and Economics — defeated teams from the University of Saskatchewan, University of Manitoba, and University of Regina to win the competition.

Read More



Star Trek: Live Long and Prosper

Dr. Sylvie Albert shares this article on Star Trek's formula for sustainable urban innovation. 'On the long-running television series Star Trek, the characters were knowledge workers and did not seem to worry about food, lodging or acceptance. Theirs

in a Financial Management stream. Contact uwgktutoring@gmail.com for more information.

Learn More



CPA Information Table

Are you a UWinnipeg business and/or accounting student who's graduating this winter and interested in registering for the spring session of PEP? We're setting up an information table to help answer any questions you may have about this process before the CPA PEP spring enrollment.

Date: March 6, 2019

Time: 10 am - 2:30 pm

Location: 4th Floor near the elevators



5 Days for the Homeless Campaign

This week kicks off this event for the homeless in Winnipeg. Our winter has been very cold and we want to once again raise awareness and fund-raise for an amazing organization, Resource Assistance for Youth (RaY). Help us help others and have some fun along the way.

was an inclusive society, one that collaboratively practiced sustainable innovation.'

Read More



Play Cricket This Winter!

If you're interested in playing, participating or in helping to organize some intramural cricket in the RecPlex, please contact Rachel at r.hammerback@uwinnipeg.ca

Learn More

Job Opportunities

FSWEP

Federal Student Work Experience Program (FSWEP)
- Now Accepting Applications.

Learn more

STEP Services

STEP Services is the official student employment placement service for the Government of Manitoba.

Mar 11, 2019 12:00 AM to Fri, Mar 15, 2019 11:59 PM

Monday (11) - Start
Tuesday (12) - Comedy Night at Rumor's Comedy Club
Wednesday (13) - RaY Seminar
Thursday (14) - Coffee House
Friday (15) - Finish

BASA Events



President's Student Leadership Program

The Institute for Leadership Development is offering a leadership program that will increase skills that include the ability to collaborate as a leader and examine tough leadership issues.

The deadline to apply is February 25th with core program dates taking place June 8 - 16, 2019.

More Information

Learn more

Full-time Employment Opportunities

- GroupHealth - [Sales Representative](#)
- MMP Architects - [Administrative Assistant](#)
- Manitoba Metis Federation - [Admin. Assistant](#)
- NorthWest Co. - [Purchasing Clerk](#)
- NorthWest Co. - [Item File Maintenance Clerk](#)
- MDD Forensic Accountants - [Staff Accountant](#)
- Pepsico - [Supply Chain Associate](#)

Part-time Employment Opportunities

- Golden Key Tutoring - [Business Tutors](#)
- Golden Key Tutoring - [Financial Management Business Tutors](#)
- Cargill - [Accounting Associate](#)
- CIBC - [Administrative Assistant](#)
- ClaimsPro LP - [Administrative Assistant](#)
- Reynolds & Reynolds: [Entry Level Account Manager](#)

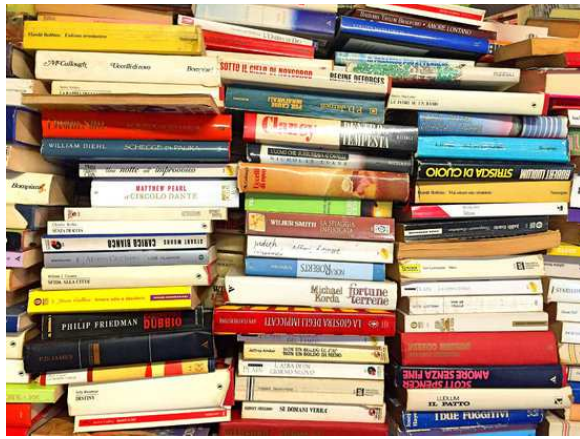
Career Services offers a wide range of supports to students and recent graduates of The University of Winnipeg.

Learn more

If you have any student news or events that you'd like us to share, then please contact [Holly](#), Student Experience Assistant.

If you are part of a student group, and are having an event, or had a successful event or competition, we'd love to hear and tell your story!





Reading Week

Reading week is from Feb 18th - 22nd. There will be no classes during this time. For more UWinnipeg academic dates please click button below.

[Read more](#)

515 Portage Avenue, Winnipeg, Manitoba, Canada R3B 2E9

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