

# Student Resources

## Alberta Temporary Rent Subsidy

- Alberta tax residents paying rent, who are low income may qualify for this benefit.
- Students in residence should qualify, based on our conversations with Lethbridge Housing Authority

Lethbridge students apply through Lethbridge Housing Authority:

<https://lethbridgehousing.ca/rent-supplement/>

## Government Student Loans

If you are a Canadian student and not currently receiving student loans, you may want to consider applying for them. When you apply for loans, you are also applying for government grants at the same time. Grants do not need to be repaid.

Like any loan or credit, you do want to be wise about the use of these funds, and not take out more than you need, because you will need to pay them back starting 6 months after you graduate or leave studies. However, they come with low interest rates and terms that are favourable to students.

**\*\*You can apply to be considered for GRANTS ONLY if you are anxious about accruing debt\*\*\*** Please contact us and we can help you do this. [Fin.aid@uleth.ca](mailto:Fin.aid@uleth.ca)

## uLethbridge Scholarships and Awards

If you haven't already, please consider applying for uLeth Scholarships and Awards. You can do this by accessing the scholarship portal here: <https://uleth.academicworks.ca/>

- 1) Complete the General Application
- 2) Review the Recommended Opportunities and complete any that may be relevant to you

The main scholarship deadline has already passed, but more award opportunities will be available in starting in August. Please check Recommended Opportunities monthly.

## Opting Out of Fees

**Health and Dental Coverage** - Students with existing insurance coverage may opt out of the ULSU benefits. To opt out, you must complete the online opt-out form found on your BRIDGE account prior to the **September** deadline (visit [ulsu.ca](http://ulsu.ca) for exact deadline each year). You must provide proof of alternate insurance benefits when opting out. Opt-out is an annual process and you must complete the form every year.

## **CAN I OPT OUT OF UPASS?**

There is a strict criterion for eligibility to opt-out. When classes were primarily online due to COVID-19, the University made an exception to the criterion and allowed all students to opt-out. Now that classes will be returning in-person for the fall semester, UPASS will become a mandatory fee and the original opt-out terms will be in effect.

The following students will be able to opt out of UPASS:

- Students living in residence on campus
- Students enrolled in online courses and Calgary Campus students
- Students who live outside of Lethbridge but within an 80km radius
- Students registered as a CNIB or Para-transit student
- Some Co-op and Practicum students

If none of those circumstances apply to you then you will NOT be eligible to opt out.

The opt-out deadline for UPass for the fall and spring terms are the same as those for the University of Lethbridge Students' Union (ULSU) Health & Dental plan.

**Fall Opt-out DEADLINE - Friday, September 20, 2024**

**Spring Opt-out DEADLINE - Friday, January 24, 2025**

**Summer Opt-out DEADLINE - Friday, May 16, 2025**

## **ULSU Food Bank**

All students on campus who are in need, or are struggling with food insecurities are eligible to access the ULSU Food Bank!

- a. Where: SU180, below the Food Court and next to the Registrar's Office
- b. Details: The ULSU offers gift cards for students to shop at Save On Foods. You can find more details about that program by clicking here: <https://ulsu.ca/ulsu-food-bank>

**Fresh Food Boxes**

LPIRG has teamed up with the Food for Thought Initiative to offer FREE produce and fresh food boxes for University of Lethbridge students. To receive one scan the QR code on this poster and fill out the Fresh Food Box google form. Also watch for the produce cart on campus handing out free food!

Form Opens at 1pm	Form Closes	Pickup in SU 234/242/Galileo's Lounge 12PM-3PM
September 9	September 16	September 23
October 13	October 21	October 28
November 10	November 18	November 25
December 2	December 9	December 16

Food Boxes are Free but if you'd like to make a donation please consider:  
 1 person box - \$10  
 2 person box - \$25  
 4-5 person box - \$40

University of Lethbridge

Scan this QR code to sign up for a box.  
 For more information visit:  
<https://www.ulethbridge.ca/food-for-thought> and [www.lpirg.org](http://www.lpirg.org)

**LPIRG Fresh Food Box** - [Click here to access the order form](#)

And other Food For Thought initiatives including the Little Library Food Pantries, Fresh Produce Deliveries, Campus Roots Community Garden, Food Literacy, and Food Bank Deliveries.

<https://www.ulethbridge.ca/food-for-thought>

### Licensed (Accredited) Childcare

If you have children, it is worthwhile trying to access accredited childcare. Families with children attending accredited childcare facilities are eligible for the Federal Childcare Affordability Grant as well as the provincial

childcare subsidy (<https://www.alberta.ca/child-care-subsidy>). There is a daycare on campus (<http://www.kidscampusdaycare.ca/>). To find other accredited agencies, [use the Child Care Lookup tool](#). Your childcare provider will be able to walk you through the grant and subsidy amounts available. The grants and subsidy are applied to directly to childcare fees, and reducing monthly childcare costs significantly.

### CareerBridge

#### Co-op

Consider taking a co-op semester to re-fill your savings, and get some career experience along the way. Benefits of Co-op:

- You maintain your full-time student status for the purpose of student loans; you can submit a form to your lender letting them know you are still a student (email [fin.aid@uleth.ca](mailto:fin.aid@uleth.ca) to get this going). You will not enter into re-payment during this time, AND you can also receive student loan funds during your co-op if needed.
- Higher wages; co-op roles typically have higher wages than temporary market work (typically between \$2,500 - \$5,400/month)
- Obtain a Co-op designation on your degree and transcript

Learn more here: <https://www.ulethbridge.ca/career-bridge/co-operative-education>

#### Uleth Job Board

Log in to My Experience Transcript to view the Uleth Job Board (which isn't just for Uleth positions, though on-campus student jobs are posted here too): <https://myexperience.uleth.ca/home.htm>

## Money Mentors

### Credit Counselling and Orderly Repayment of Debt Program

Money Mentors offers free credit counselling. They can help give you make a financial plan to manage debt and become debt free. Money Mentors also offers a debt consolidation/repayment program to people who qualify. They have locations in Lethbridge and Calgary. Please visit:

<https://moneymentors.ca/debt-help/>

## Utilities Consumer Advocate

### Consumer Education and Advocacy for Utilities

The Utilities Consumer Advocate can explain different ways you can set up your power billing, and has a cost comparison tool available (<https://ucahelps.alberta.ca/cost-comparison-tool.aspx>). As costs of power rise, you may want to investigate moving to a plan with a fixed rate. The Utilities Consumer Advocate web resources are there to help you navigate the options and choose the most cost-effective plan. Please note: getting your power through the City of Lethbridge is not the cheapest option in the current market.

## Integrated Coordinated Access

In Lethbridge, this is a network that helps connect people in need to relevant community resources as quickly and completely as possible

You can access this service here: <https://www.lethbridgeica.ca/>

## Distress Line of Southwestern Alberta

The Distress Line of Southwestern Alberta is a 24-Hour phone support for Individuals experiencing a crisis. Sometimes you just need to talk to someone.

The trained staff of the Distress Line, operated by the Canadian Mental Health Association, will listen, and if you like to know what services or options are available to you, they can refer you to the right agency.

24 hours, 7 days a week telephone support for people who are in distress and require support, intervention and/or information and referral services.

Call 403-327-7905 or toll free 1-888-787-2880

## Escaping Abuse Benefit – Get help with costs to leave

For full details please see here: <https://www.alberta.ca/family-violence-costs-leave>