



November 04, 2019

THE ENG INFO

IN THIS ISSUE



It's Mental Health Week!

This issue of the Eng Info is dedicated to Mental Health Week, organized by our VP Student Affairs, David McPhee. Look inside to check out what's happening!

UPCOMING EVENTS

**05
NOV**

GeoWall Design

4:30pm - 8:00pm
Hardy Lab (1A25)

FREE

**09
NOV**

Midterm Break

Nov. 9 - Nov. 17
Rest easy, comrades.

FREE

... and much more!

PRESIDENT'S MESSAGE

Hello!

One week left until that sweet, sweet break! The SESS is hosting Mental Health Week, so if you are feeling the pressure from midterms, be sure to pop by the SESS Lounge anytime this week to relieve some stress with an assortment of puzzles, crafts, and other fun things to take your mind off of things for a little bit!

This week doesn't see too many events, but the GeoWall Design Competition is happening on Thursday! Talk to your nearest Geo Eng student to learn more, or take a peek at their posters :)

As I said before, the November Reading Week is next week, so the SESS office will be closed and there are no classes. Take this time to go home and see family, catch up on school work, or take a visit to the spa and relax.

Eng Wing Night #2 was last Friday, and it was a blast! Be on the lookout for the next one! As well, a big thank you to everyone who attended the IEEE Charity BBQ event, all that money will be going towards buying presents for the kids supported by Big Brothers and Big Sisters of Saskatoon.

That's it for this week! I hope you all have a great Reading Week :)

Cheers,
Dayne G.

WEEK AT A GLANCE

MON 04	TUE 05 EWB Member Learning 6:00pm - 7:00pm Eng 2B52	WED 06 Last chance for Civil merch! 8:30am - 12:30pm In front of lounge	THU 07 Geowall Design Competition 4:30pm - 8:00pm Hardy Lab (1A25)	FRI 08 Food and Body Workshop 10:30am - 12:00pm Room 323, 3rd Floor Place Riel	SAT 09 Midterm Break! Enjoy your week off!
Coffee Monday All morning Beside SESS Office	ChESS Perogies 11:30am - 1:30pm In front of lounge	Geotech Café 9:00am - 11:00am Hallway towards C-Wing	Civ-Env Coffee 8:00am - 11:00am In front of lounge IEEE Pizza 11:00am - 1:00pm In front of lounge		SUN 10 .FOOD.

Engineering students have it rough.

- Engineering students have one of the largest and most intense workloads in universities across Canada, and yet we're the least likely to seek help — **only 6% of engineering students seek professional mental health support**, compared to 11% of all students in universities across Canada (CFES, 2018).
- **The engineering profession is ranked #5 for most yearly suicides of major professions**, with lawyers and medical practitioners ranking 11th and 12th, respectively (CFES, 2018).
- However, **if you prioritize your mental, spiritual, and physical well-being, you will lead a successful and fulfilling life.** You are not condemned to misery in engineering.

A Few Ideas For Self-Care:

- Cook a hearty meal for yourself
- Go for a short walk outside
- Have a bath (with bubbles, of course)
- Practice your favourite hobby (or find one!)
- Catch up on some Netflix
- Blast some tunes while you clean your room/apartment
- Call your family and catch up
- Take a good, long nap
- Hang out with some pets (or find the therapy dogs around campus!)

"HARD IS NOT RELATIVE. Hard is simply hard."

~Ash Beckham

It's a trend in engineering to compare your course load to others', and it's so easy to fall into the trap of invalidating your struggles when thinking of the stresses that other students face.

But comparing your pain and hardship to others' won't solve anything. **We all struggle, and your struggle is as valid as anyone else's.**

(This quote is from Ash's TEDx Talk, and I passionately encourage everyone to listen to it.)



You DON'T need to have a serious problem to seek professional help.

If you're considering seeing a counsellor, it means that it wouldn't hurt to see one.

The best part is that with a valid Saskatchewan health card, **counselling and therapy through the Student Wellness Centre is free.** You're paying for it through your tuition, so there's nothing to lose in exploring your options.

If you want to get started on your path to improving your mental well-being, or you are dealing with stress, exam anxiety, or any other mental/emotional struggle, then *please* visit

usask.ca/MentalHealth

ATTN: CIVIL STUDENTS!

Discipline clothing for Civil Engineering will be on sale this week and the next. Sample sizes are available to try-on before you order. Clothing sales only happen once a year, so don't miss your chance! Remember that Civil Club members receive a discount on all clothing purchases. Sales and try-ons are going to be set up **in front of the student lounge** as follows:

Monday, November 4th – 8:30 am to 12:30 pm

Tuesday, November 5th – 8:30 am to 11:30 am

Wednesday, November 6th – 8:30 am to 12:30 pm

Are you interested in international development and making a positive change? Are you interested in taking action but not sure where to begin? If so, join Engineers Without Borders at our Member Learning this week! It's happening on **Tuesday, November 5th from 6pm to 7pm in Eng 2B52**. Light refreshments will be provided!

Are you interested but can't make it to our meeting this week? That's okay, stay tuned for future meetings and events.

For any questions, please email ewbusaskpresidents@gmail.com. Hope to see you there! :)

STUDENT LOUNGE ACTIVITIES

In lieu of Mental Health Week, there will be some passive activities around the student lounge in the engineering building throughout the week. You are welcome to stop by and hang out, take a bit of a break between classes or over lunch, and take our mind off of homework and classes for a while!

MON	TUES	WED	THURS
Colouring pages and pamphlets	3D puzzles and candies	DIY stress balls	Clay sculpting

100 YEARS FLASHBACK

1980: The Red Eye

The Red Eye was an engineering student-run newspaper that was essentially a running meme of its time. The excerpt on the right, taken from an issue in 1980, is an example of the kinds of jokes that would commonly occupy the newspaper.

The University Hierarchy

Who's on Top?

The Dean:

Leaps tall buildings in a single bound.
Is more powerful than a locomotive.
Is faster than a speeding bullet.
Walks on water.
Gives policy to God.

The Department Head:

Leaps short buildings in a single bound.
Is more powerful than a switch engine.
Is just as fast as a speeding bullet.
Walks on water if sea is calm.
Talks with God.

Professor:

Leaps short buildings with a running start and favorable winds.
Is almost as powerful as a switch engine.
Is faster than a speeding BB.
Walks on water in an indoor swimming pool.
Talks with God if special request is approved.

Associate Professor:

Barely clears a quonset hut.
Loses tug-of-war with locomotive.
Can fire a speeding bullet.
Swims well.
Is occasionally addressed by God.

Assistant Professor:

Makes high marks on walls when trying to leap tall buildings.
Is run over by locomotives.
Can sometimes handle a gun without inflicting self-injury.
Treads water.
Talks to animals.

Instructor:

Climbs the walls continually.
Rides the rails.
Plays Russian Roulette.
Walks on thin ice.
Prays a lot.

Grad Student:

Runs into tall buildings.
Recognizes locomotives two out of three times.
Is not issued ammunition.
Can stay afloat with a life jacket.
Talks to walls.

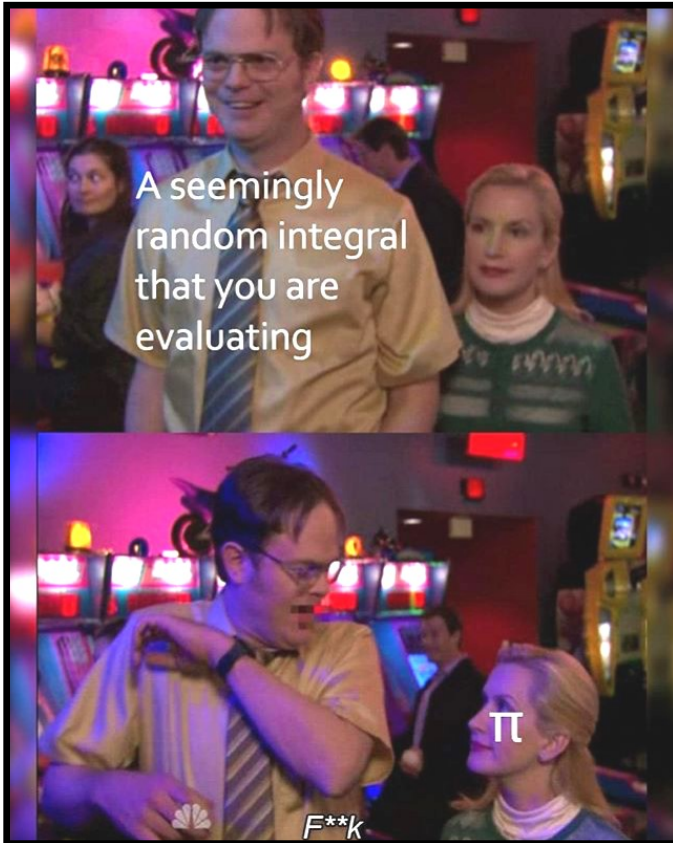
Undergraduate Student:

Falls over doorstep when trying to enter buildings.
Says, "Look at the choo-choo."
Wets himself with a water pistol.
Plays in mud puddles.
Mumbles to himself.

Department Secretary:

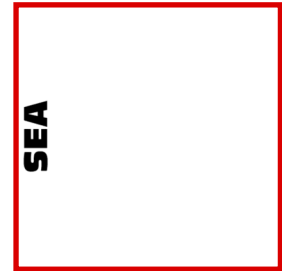
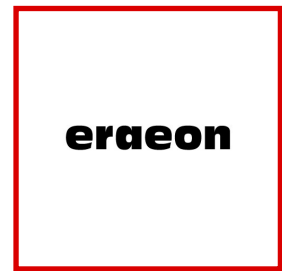
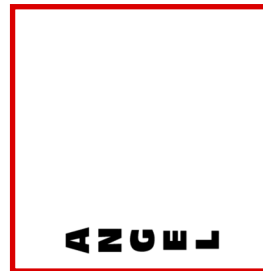
Lifts buildings and walks under them.
Kicks locomotives off the track.
Catches speeding bullets in her teeth and eats them.
Freezes water with a single glance.
She IS God.

WEEKLY MEME



Credit to @mathgeek

REBUS PUZZLES



SOLUTIONS TO LAST WEEK'S PROBLEMS:



1) Light at the end of the tunnel, 2) Boolean Algebra, 3) Open source, 4) Safety in numbers

	3	1		4	2		7	
6	2		9	7				5
		7						4
					4		1	
3				9				2
	1		3					
1						5		
4				6	9		2	8
	6		5	2		7	4	

THANKS FOR READING!

If you enjoyed this issue, or have suggestions for future issues, consider filling out our quick online survey (less than a minute!)

bit.ly/EngInfoSurvey

If you have an event that you would like advertised in the 'Fo, or you have any comments, ideas, or queries concerning the 'Fo, you can contact me at:

Keaton Mollberg

vp.communications@sess.usask.ca

The Eng Info is brought to you by the Saskatoon Engineering Students' Society.

