

## IN THIS ISSUE

# PRESIDENT'S MESSAGE

Happy Mental Health Week!

The President's Message outlines the week's events, and they will be posted daily on our Instagram. Make sure to sign up for Wednesday's event now if you plan on attending!

As job-hunting season is ongoing, the Co-op and Career Centre has organized a Meet & Greet with Graham on Wednesday and a hallway visit from BCL on Thursday. Check out the ads on page 3 for more details!

Also, MESA is starting Weiner Wednesdays this week, and ChESS Pierogi Sales on Fridays are ongoing. Hello hello, future engineers!

Exciting News - it's Mental Health Week, brought to you by the SESS! We're making this week as fun and stress-free as possible. Follow us on Instagram for daily updates on all the activities planned. But here's the quick rundown so you don't miss out:

**Monday & Thursday:** Stop by our Stress Relief Stations at 12:30 PM in the SESS Lounge for some free hot chocolate, fruits, and healthy snacks. Because nothing says "I'm ready for thermodynamics" like a cup of cocoa.

**Tuesday:** Unleash your inner Picasso with Art Therapy, featuring painting, coloring, and puzzles. We'll have art supplies for you to use at the SESS Lounge all day. No artistic talent required; stick figures are welcome!

**Wednesday:** Join us for the Slice of Wellness Pizza Lunch Event at 11:30 AM in ENG2C01. It's more than just free pizza (though that alone is worth it). Expect some chair yoga, journaling, and general good vibes. Don't forget to sign up on <a href="Eventbrite">Eventbrite</a> (code on page 3) so we have enough slices for all the hungry minds out there.

**Friday:** We're wrapping up the week with free Self-Care Packages at 12:30 PM in the SESS Lounge. Come by and snag yours before we run out!

One last thing - the deadline for <u>poofies</u>, discipline <u>jackets</u>, and <u>hoodie</u> orders is extended to tonight, November 4th! (QR Codes on page 3) We still need a few more poofie orders to reach the supplier minimum, so if you're hesitating, now's your moment. Poofies are like a big warm hug to get you through the stress of assignments and exams and are an awesome novelty to show off! Alsooooo a reminder that **SESS members get special** discounts so be sure to use your membership perks to your advantage!

That's all from me for now. Only four more days to go until Reading Week!!!

Take care and stay awesome, Sarah K.

# **UPCOMING EVENTS**

4-8 NOV

#### **Mental Health Week**

All week long, take advantage of the events put on by the SESS! Check out the President's Message and our Insta for details

... and more!

#### THIS WEEK'S EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 4	NOV 5	NOV 6	NOV 7	NOV 8	NOV 9
SESS Office	SESS Office	SESS Office	SESS Office	SESS Office	
Open	Open	Open	Open	Open	
8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	
ENG 1C12	ENG 1C12	ENG 1C12	ENG 1C12	ENG 1C12	
Merch Order	CSCE Pizza	MESA Weiner	BCL Hallway	ChESS Pierogi	
Deadline	With The	Wednesday	Visit	Sale	
@ 11:59 PM	Profs	11:00 AM - 1:00 PM	11:00 AM - 3:00 PM	12:00 PM - 2:00 PM	
@ 11.351 W	6:00 PM - 8:00 PM Louis' Function Room	Outside the SESS Lounge Graham Meet & Greet	Outside the Learning Commons (Library)	Outside the SESS Lounge	SUNDAY NOV 10
		5:00 PM - 7:00 PM Louis' Function Room			

Check out the calendar in the SESS Lounge for a monthly overview!

# **WEEKLY MEME**

"Your homework consists of 3 questions"

The homework:



Credit: @your\_essay\_dude

#### **SESS MEMBERSHIPS AVAILABLE**

Become an SESS member to get free coffee/tea/hot chocolate, deals on eng paper and merch, discounts on conferences, and the 'Fo sent straight to your inbox!

Swing by the SESS office (1C12) during office hours to get one.

#### Need a locker?

You can rent one from the SESS office (1C12).

\$30 Members/\$40 Non-Members

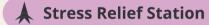
# **Struggling With Classes?**

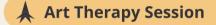


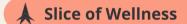
Check out our tutor list! Extra help is only an email away.

https://sess.usask.ca/services/tutoring.php

# **MENTAL HEALTH WEEK NOVEMBER 4–8**



















**Poofie Order Form** 

**Date:** November 6th Time: 5-7pm (Come & Go Event) Location: Louis' (Private Function Rm)

Come meet our Saskatoon operational resources team & enjoy some food and drinks on us! Register for this Event at:



Learn about what it is like orking in Construction at Graham.

Open to <u>all</u> engineering students. Graham is looking to hire Graduating Students of all disciplines, summer students & students seeking co-op internships.









**Employer Hallway Visit** 



Thursday, Nov. 7 11:00 AM to 3:00 PM

(hallway outside of the ENGR Library / **Learning Commons**)

Currently hiring for Engineering Co-op Internship positions for May 2025.

All engineering students welcome! (co-op internships, summer students, & new grads / soon to be grads)

**Engineering Co-op & Career Centre** 

#### **BONUS MEME**

#### **Electronics**

Find and circle all of the Electronics related terms that are hidden in the grid. The remaining letters spell the name of a common electronic component.

ANALOGLTINNI NGRN F W O C ΑP Α С Т Ω R E Н С Т Ε 0 0 S  $\Box$ S S 0 0 Μ Т S G 0 Е Т D Е S D Η Т Α Ν С Е S 0 С G 0 V Ε Т R O Т

AMPERE
ANALOG
ANODE
CAPACITOR
CATHODE
CELLS
CHIP
CIRCUIT
CONDUCTOR
CONTACTS

CURRENT
DIGITAL
DIODE
ELECTRICITY
ELECTRODE
ELECTRON
FARADS
FLUX
GATE

**IMPEDANCE** 

INDUCTANCE INSULATORS LEAD NEGATIVE OHMS POSITIVE POWER RESISTANCE

RESISTOR

SILICON

SOLDER SWITCHES THYRISTOR TINNING TRANSFORMER TRANSISTOR VACUUM TUBE VOLTAGE WATT WIRE

From https://www.puzzles.ca/word-search/

# Identity theft is not something to joke about!



Credit: u/Minute\_Designer2315, submitted by Katie Berdhal

# JOIN OUR DISCORD SERVER!

Connect with other engineering students and the SESS executive:)



### **SUDOKU**

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

# **THANKS FOR READING!**

If you have an event you would like to see advertised, or if you have any questions, comments, or ideas for the 'Fo, contact me at:

Charlotte Dupuis vp.communications@sess.usask.ca

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

Instagram: @usask.sess

Discord: discord.com/invite/ErJMHhDTgR