

ENGINEERING INFO

February 10, 2025

IN THIS ISSUE

PRESIDENT'S MESSAGE

Happy Monday!

The SESS has tons of great events planned for Mental Health Week! Check out the list on page 3 and stay tuned for the details by following us on Insta (@usask.sess)!

On Wednesday, there is a Student Services Showcase where you can learn about all the student services offered by the College. Canadian Kraft Paper is coming on Thursday (along with a raffle!).

Good luck with midterms and have a great break!

Hi there!

I hope you all had a productive weekend! With midterm madness kicking off for many of you, remember to pace yourself—take breaks, get some fresh air, and don't forget to breathe. You've got this!

Quick reminder that today is the last day to fill out the EngiQueers Matchmaking survey! Check out the poster on page 3 for the QR code and more information.

Now for some exciting news, it's **Mental Health Week**, brought to you by the SESS! We know this time of year can be stressful, so we're making this week as fun and relaxing as possible. Follow us on **Instagram** (@usask.sess) for daily updates on all the activities we have planned. From a **DIY mocktail station** and **stress relief zones** to **care package giveaways, movie screenings, Red Bull giveaways, and gratitude jars**, there's something for everyone. Whether you need a pick-me-up or just an excuse to take a break, we've got you covered!

UPCOMING EVENTS

**FEB
10-14**

Mental Health Week

Staying on campus late but don't want to hike across campus in the cold to get actual food? Grab a slice of pizza from 4-6 pm outside the lounge!

... and more!

A quick SESS update: The office may be closed at times this week as the SESS executives juggle their own midterms. If you spot the E-Store open, be sure to stock up on your Red Bull and snacks while you can!

That's all from me for now, just four more days until **Reading Week!** Hang in there, keep pushing forward, and don't forget to take care of yourself along the way.

Take care and stay awesome,
Sarah K.

THIS WEEK'S EVENTS

MONDAY FEB 10	TUESDAY FEB 11	WEDNESDAY FEB 12	THURSDAY FEB 13	FRIDAY FEB 14	SATURDAY FEB 15
Mental Health Week Day 1 SESS Office Open 8:30 AM - 4:30 PM ENG 1C12 PEPSS Study Night 3:30 PM - 6:30 PM PHYS 126 Last day to fill out the EngiQueers matchmaking survey!	Mental Health Week Day 2 SESS Office Open 8:30 AM - 4:30 PM ENG 1C12	Mental Health Week Day 3 SESS Office Open 8:30 AM - 4:30 PM ENG 1C12 Student Services Showcase 11:00 AM - 2:00 PM Outside ELLC (library) MESA Weiner Wednesday 11:00 AM - 1:00 PM Outside SESS lounge	Mental Health Week Day 4 SESS Office Open 8:30 AM - 4:30 PM ENG 1C12 Kraft Paper Hallway Visit 11:00 AM - 3:00 PM Outside ELLC (library)	Mental Health Week Day 5 SESS Office Open 8:30 AM - 4:30 PM ENG 1C12	Start of Reading Week
					SUNDAY FEB 16

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

WEEKLY MEME



Credit: @ubc.eng.memes on Instagram, submitted by Katie Berdahl

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.

Struggling With Classes?



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

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

Don't forget to follow us on Instagram (@usask.sess) and join our Discord server (discord.com/invite/2vuJGEYZrU)!

USASK MATCHMAKER

FIND YOUR FRIENDS!

OR FIND YOUR FOES....

Discover your most and least compatible person, your celebrity BFF and so much MORE!

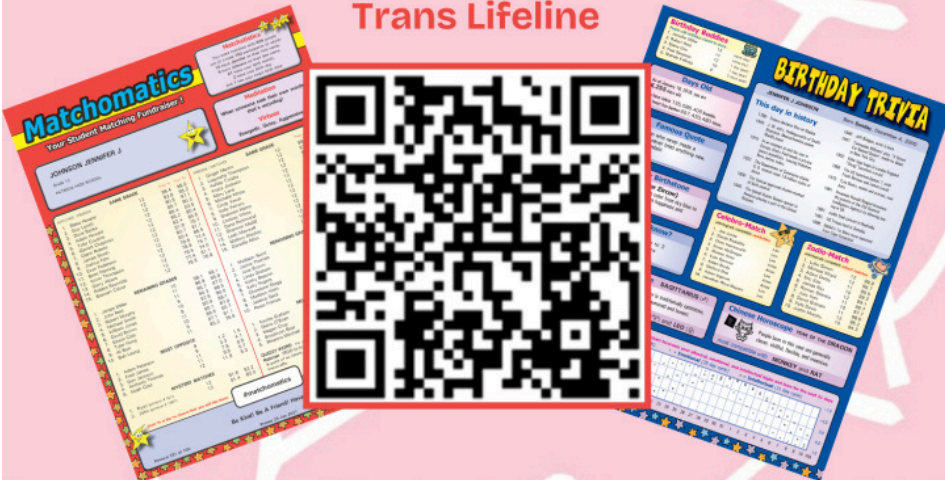
Scan the QR code below and fill out the survey!

Then e-transfer \$3 to engiqueers@ussu.ca

Make sure to include your **name** and **discipline** in the message!

Part of the proceeds will go towards the charity

Trans Lifeline



Survey ends on February 10th and results will be sent out on Valentine's day!!

SESS office hours may be inconsistent this week

due to midterms!



Sorry for any inconvenience; we will return to regular hours after Reading Week!

MENTAL HEALTH WEEK

FEBRUARY 10-14

📌 Mood Boost Munchies

📌 Art Therapy

📌 Puppy Love & Peer Support

📌 Movie & Chill

📌 Valentine's Day Mocktails

Plus, play mini games to win Redbull and other goodies, and enter a giveaway for care packages on Friday!

GRATITUDE JAR

📌 SESS MENTAL HEALTH WEEK 📌

All week long, pick out a positive note from the jar in the SESS lounge, or share your own encouraging words for someone else to find!



MOOD BOOST MUNCHIES

📌 MENTAL HEALTH WEEK DAY 1 📌



Come by the SESS lounge from 9:30 - 11:30 am for granola bars, fruit, and hot chocolate (with marshmallows!)



If you have an event you would like to see advertised in the 'Fo please contact vp.communications@sess.usask.ca

WORD SEARCH

Geometry

Find and circle all of the Geometry words that are hidden in the grid.
The remaining letters spell a secret message.

R A D I U S E Q U I L A T E R A L E P Y
 E C A F S A R O G A H T Y P T P H L A G
 O R R H O M B U S E P T O O T O N C C D
 A E L G N A I R T R E C B L N L O R H I
 C O N G R U E N T A R E T S E Y I I O O
 E T U C A V E R E H P S U S M G T C R Z
 L I V O S E E E D D E I S U G O A P D E
 M R I N N N G T Q R N B E C E N U O S P
 H A A E E R E S E U D I I X S T Q L E A
 H R R L A R E T A L I R D A U Q E Y T R
 T T A G E M E T C C C A E L N T H H A T
 I C C S O M E Y E U U N R E Y Y E N M
 S S A E I L L H M M L P F G P G B D I I
 S B O R S I E F T T A O Y O U E S R D D
 E S E S N R E L H O R I T R E L S O R P
 C P O D C R E G L M P E D M A Q A N O O
 A F E L E E I T U A N A U N U M O R O I
 N R R N I E L L N U R L T A E C I H C N
 T R C I H D A E S I O A R S I D E D S T
 V E R T E X S E S V T E P M E R O E H T

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

- | | | | |
|---------------|---------------|---------------|-------------|
| ACUTE | EQUATION | PERIMETER | SIDE |
| APOTHEM | EQUIANGULAR | PERPENDICULAR | SLANT |
| AREA | EQUILATERAL | POLYGON | SLOPE |
| BASE | FACE | POLYHEDRON | SOLIDS |
| BISECT | FORMULA | PYRAMID | SPHERE |
| CHORD | HEIGHT | PYTHAGORAS | SQUARE |
| CIRCLE | HYPOTENUSE | QUADRILATERAL | THEOREM |
| CIRCUMFERENCE | INTERSECT | RADIUS | TRANSVERSAL |
| CONE | ISOSCELES | RHOMBUS | TRAPEZOID |
| CONGRUENT | LEGS | SCALENE | TRIANGLE |
| COORDINATES | MIDPOINT | SECANT | VERTEX |
| CYLINDER | OBTUSE | SEGMENT | VOLUME |
| DIAMETER | PARALLELOGRAM | | |

SUDOKU

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

Medium Puzzle 8:769,002,245 from <https://www.websudoku.com/?level=2>

BONUS MEME

Average ENGINEERING student



Credit: @engineeringmemes on Instagram

JOIN OUR DISCORD SERVER!

Connect with other engineering students and the SESS executive :)



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: <https://discord.gg/ErJMhDTgR>