



THE SCANNER

*Student Newspaper of Saskatchewan Polytechnic
Saskatoon and Prince Albert Campuses*

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YOUR HEALTH AND DENTAL PLAN

Tara Pejski

As many of you may (hopefully) know, the Saskatchewan Polytechnic Students' Association (SPSA) offers a health and dental plan to its student members. The following is a "Coles Notes" rundown about the Plan. I encourage you to read through as it is a great starting point in learning about some of the important details and timelines that are in place.

Who is Included in the plan?

Full time students who are enrolled in a core program that is 20 weeks or more in length are automatically enrolled in the Health and Dental plan. The cost of this plan is included with your tuition. If you are not automatically enrolled but would like to be added please see our office to determine eligibility, get full details and costs within the first 30 days of your program.

What is included?

The Plan includes coverage for dental care, eye care, prescriptions, massage therapy, chiropractic and so on. For full coverage details and amounts please visit www.mystudentplan.ca. Where can I get more information? The above listed website is a great resource, but for specific details and questions, to opt in or out, pick up opt out cheques, get claim forms and so on, coming directly to our office and speaking with our staff is best.

When does coverage start?

Coverage begins the first day of the month that your program starts and continues for 12 full months. For example, if your program started August 31, 2015 then your coverage began August 1, 2015 and will end July 31, 2016. It is important to note that at the beginning of each school year there is a "blackout" period. You are still covered by the plan but while our Health Care provider takes care of logistics for thousands of students across Canada all claims need to be placed manually (forms are available in our office) until roughly mid to late October.

Why do I need a plan?

In consideration of the cost of this plan, the coverage is quite impressive. It is designed to address many health and dental needs that students typically face to help them save money and reduce costs as much as possible.

Even if you already have coverage through another means, it is probably worth checking out the full plan details because it can still save many students money by doubling up. If you are not enrolled in the plan and are not covered otherwise, the plan may be worth the cost of enrolling after even one dental appointment.

How can I opt out or enroll?

To enroll in the plan you have to come down to our office and fill out the appropriate forms and pay the allocated fees. You can also come to our office to opt out or you can go to www.mystudentplan.ca and simply click on the "Out

Opt" tab and follow the prompts. To move forward with either of these options it is important to note that it must be completed within the first 30 days of your program start date. If you are considering opting out of the plan please note that you can only do so if you already have existing coverage.

For full details or any questions you may have we encourage you to speak directly with our staff located in the SPSA Support Centre, Room 116 in Saskatoon and at the SPSA Office, Room F206B in the Technical Centre in Prince Albert.

YOU ONLY HAVE **30** DAYS
 FROM YOUR PROGRAM START DATE
 TO OPT IN OR OUT OF THE
 SPSA HEALTH & DENTAL PLAN

HAVE NO IDEA?

TO OPT IN/OUT OR FOR MORE
 INFORMATION SEE THE
 SPSA SUPPORT CENTRE
 ROOM 116 IN SASKATOON
 OR THE SPSA OFFICE
 RM F206.B IN PRINCE ALBERT.

SECRETS TO ACADEMIC SUCCESS

*Afroditi Papageorgiu
VP Saskatoon*

Finding a balance and achieving academic success in school can be tricky, given there are a million things competing for your attention. Here are a few tips on how to study right, ace tests and turn in “A” papers!

1. Tune Up Your Classroom Performance

- Take notes, paying special attention to those things that are mentioned both by the instructor and in the reading materials.
- Sit in a spot where you can see and hear.
- Fuel up on both the right kinds of food and sleep before class.
- Go to your instructors’ office at least once a semester.

2. Take Advantage of Support Systems

- Surround yourself with friends who also value studying.
- Attend tutoring sessions/seek out help from Learning Services for any class you are worried about.
- Take advantage of opportunities such as counseling and advising, as well as joining clubs and groups, which can be helpful and

supportive resources.

- Set a simple and reachable goal to make one friend per semester—this is a good way to get motivated and active.

3. Prepare for Big Tests

- Make summary sheets of the most important information in class—whenever you have a spare moment, study the notes. It is easier to learn something a little at a time than to cram it all in the night before an exam.
- When taking exams, do not dwell on a question that has you stumped—mark it and return to it later.
- Look over the completed test to be sure you answered every question to the best of your ability. Do not worry about how quickly other students finish.

4. Stay on Track

- Managing your time is one of the handiest skills you will pick up during your post secondary experience. Start by maintaining a calendar with your obligations on it.
- Write down major tests and due dates at the beginning of the semester.
- Create “to-do” lists, and be sure to focus on one task at a time.

5. Master Writing Assignments

- To avoid losing marks on papers, making sure to follow instructions. Seek out clarification from your instructors, if you are unsure of your assignment. Once you know what you are supposed to do start researching.
- Find journal articles, books, and other scholarly texts to add depth to your paper—remember Wikipedia is not a reliable source.
- Step away for a little while from a draft you are happy with—you will catch more typos that way.
- Consult your campus writing centre—located within Learning Services— for help.
- Read your work out loud before turning it in.

The academic workload in school can often seem overwhelming, but these tips should help maximize your shot at success! Be sure to visit Learning Services (Saskatoon Campus: Room 121, Prince Albert Campus: Back of the Library), where educational assistance is available for all Saskatchewan Polytechnic students.

Good luck in your 2015/2016 school year!

BECOMING A PART OF STUDENT GOVERNMENT

If you are looking for a great way to become more involved on campus during your time at Sask Polytech, the Students’ Association encourages you to get involved with student governance.

The Students’ Association understands that being a student requires a lot of time and dedication to your studies, however if you are looking for a way to meet new people, help guide the direction of the Students’ Association and gain valuable experience, becoming a member of Student Advisory Council, Campus Council, or Executive Council may be very appealing to you.

Student Advisory Council consists of one or two students from each program area on campus that meet on a monthly basis to discuss concerns and ideas that have been brought forward by their peers. The meetings are hosted by the SPSA VP Campus and Campus Council Directors. This is a great way to get involved without having to commit more than a couple hours a month.

A listing of all Student Advisory Council Meeting dates can be found at www.spsa.ca or on our ASK Poly app.

If you have a desire to become more involved in student government and have more time to dedicate to the SPSA, bi-elections for Director and VP positions will be held on September 23.

Nominations for these positions are open September 14-18, and any student interested should stop by the SPSA Office to pick up a nomination package. This package will provide additional information regarding the positions available as well as job descriptions.

An All-Candidate’s Meeting will be held on September 21. This meeting is mandatory for all those running in the bi-elections.

Should you have further questions, please stop by the SPSA Office in Prince Albert or Saskatoon and talk to one of the current student representatives.

10 CITIES AROUND THE WORLD WITH THE MOST JOB OPPORTUNITIES

Ashley Poole

Well, step one is complete. You've enrolled in a post secondary institute and you're on track to a degree, diploma or trade certificate. When your education is complete and you're ready to start looking for a career, keep in mind that there are several exciting places around the world that you can look for work. Below are the top ten cities around the world with the most job opportunities, according to a 2014 study.

Take a look, and perhaps the idea of an exciting career in Chicago (which immediately increases the odds of meeting Jonathan Toews, and who wouldn't want that - am I right ladies!?) or even Sweden, could provide that extra bit of motivation when school starts to feel like a drag.

10. Chicago

Today, Chicago is the third largest city in the U.S.—right after New York City and Los Angeles—with a population of 2.7 million people. Even so, PwC has ranked Chicago positively in cost, quality of life, and air quality. It's situated in the top 10 for ease of doing business. With around 30 Fortune 500 companies based here, it's no wonder that the job opportunities are high here.

Job seekers here will flourish best in legal occupations, with an average salary running around \$110,060 for this type of work in Chicago, says Bizjournals.com. Other high-paying jobs in the city are those in managerial positions, computer and mathematics, and architecture and engineering.

9. Sydney

Sydney has long held a great reputation for work-life balance, beauty, and friendliness. PwC puts it as number one for sustainability and livability. Sydney is the center of financial, manufacturing, and cultural opportunities in Australia, making it a thriving place for business opportunities.

8. Hong Kong

Hong Kong is among one of the best cities in the world for quality of life. In fact, it has one of the highest life expectancies world-wide. What's more Hong Kong's economy is ranked

number one for economic freedom. Along with all these perks of living in Hong Kong, it's rated number two by PwC for ease of doing business.

7. Stockholm

As one of the fastest growing cities in Europe, Stockholm comes with numerous business opportunities. Stockholm is booming with a lively tech industry, with nearly 700 high-tech companies in the area. The city also focuses a lot of attention on sustainability and green technology. What's more, according to Fortune magazine, Stockholm is one of the best cities for start-ups.

6. Paris

Paris sits at the top of PwC's list for Intellectual Capital and Innovation. It's full of fantastic museums, respected universities, and exceptional libraries to broaden the mind, adding a perk to individuals who choose to do business here. What's especially great about the city is that it has some of the lowest unemployment rates in Europe, says JobsinParis.fr. Individuals in human resources, sales, and finance will find some of the highest salaries here.

5. San Francisco

The thing that makes San Francisco so hot with opportunities is that it is home to some of the world's largest companies. Plus, several huge companies like Google have outposts here. Those people in managerial positions, legal occupations, healthcare practicing, and computer and mathematics will enjoy high salaries as reported by BizJournals.com.

4. Toronto

Toronto maintains a high reputation for quality of life, ranking in the top three for safety, health, infrastructure, and security and transportation in PwC's report. It also sits at number four for ease of doing business. Toronto thrives on distribution, industrial, and financial industries with a huge focus on banking and stocks.

3. Singapore

This city sits near the top of many lists outlined by PwC. Among these lists, it's in the top three for transportation and infrastructure, city gateway, and ease of doing business. Singapore's economy is heavy in electronics, chemicals, and services, and the city is a hub

for wealth management, making it a fantastic place for people in a variety of industries. Medical doctors also receive some of the highest salaries here. What's more, its economy has been ranked as the most open in the world, least corrupt, and most pro-business.

2. New York

New York City is thriving with opportunities as the largest city in the United States, with opportunities available in a variety of industries across the board. PwC ranked the Big Apple in the top three for ease of doing business and second for most desired city for relocation. This city features huge business for stock exchanges and finance, but individuals in fashion, publishing, entertainment, technology, and more will find a wealth of opportunities here.

1. London

Sitting at number one for technology readiness, city gateway, and economic clout in PwC's report, London is one of the hottest cities for job opportunities today. London is home to the most billionaires world-wide, with an economy focused on finance for international businesses. Senior executives, medical doctors, marketing and sales directors, and individuals in legal occupations will find some of the highest-paying jobs here.

Online listing can be found at: <http://www.lifehack.org/articles/work/10-cities-around-the-world-with-the-most-job-opportunities.html>

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Available on the iPhone **App Store**

ANDROID APP ON **Google play**

SASKATOON REC DEPARTMENT WELCOMES NEW STAFF

Recreation Services Saskatoon and Campus Recreation are pleased to welcome the new Fitness Specialist to their staff, Kelly Wells. Kelly grew up playing hockey in a small town, along with volleyball, badminton and baseball. He is also a former University of Saskatchewan Track and Field Athlete and member of the Canadian National Bobsleigh Team. Kelly has fifteen years' experience as a conditioning coach and personal trainer, as well as eighteen years' experience as a track and field coach. Additionally, Kelly is still involved in hockey, track and field, Olympic lifting and kickboxing.

Kelly's office is located in the Strength Training Centre, across from the SPSA Support Centre and will be available to provide one-on-one and group orientations, as well as fitness advice and perhaps a bit of motivation for those who need it!

While Kelly will be available to assist those in the Fitness Centres, there are several additional ways students can stay active on campus. Fitness Classes such as Boot Camp, Spin Yoga and Body Blast, the Fitness Centres which are open 6:00am - 10:45pm daily, Harry Bailey Aquatic Centre and drop-in gym time are great ways to work in a little activity at no cost to

you. Students have access to all of the above with a valid student ID.

Intramurals are another great way to not only get moving, but to meet new people. Sports such as dodgeball, slo-pitch, volleyball, floor hockey, curling, table tennis, badminton, soccer, and basketball are available to students, staff and alumni. The rate to enter a team in these sports is nominal. To register, stop by the SPSA Office.

If you're looking for something to get the adrenaline pumping, why not try our very popular whitewater kayaking courses or scuba diving? These lessons are held in the Harry Bailey pool before moving to open water training.

Additional to all of these activities, if you're looking to indulge your competitive side and have experience playing a high level of volleyball or basketball, we encourage you to come to our tryouts. Men's and women's volleyball tryouts begin September 15 in the Main Campus gym. Men's competitive basketball tryouts will be held in January.

New to our athletic program are golf, curling, badminton and table tennis. If you're inter-



ested in playing any of these sports at a higher level than intramurals, please see the SPSA Office to talk to the Athletic Director, Al Petersen.

While this has provided a brief description of all the ways students can stay active on campus, it's recommended that you pick up a Recreation Guide from your student orientation or the SPSA Office for full details on everything Campus Recreation offers.

PRAIRIE ATHLETIC CONFERENCE
SEPTEMBER 26
MOOSE JAW, SK

GOLF
CHAMPIONSHIP



REPRESENT SASKATCHEWAN POLYTECHNIC
SASKATOON CAMPUS AT THE
2015 PAC GOLF CHAMPIONSHIP

SEE THE STUDENTS' ASSOCIATION
FOR DETAILS, RM 119

CO-ED
SLO PITCH
INTRAMURALS

SIGN UP DEADLINE:
SEPT. 11

START DATE:
SEPT. 15

**SIGN UP A TEAM OR INDIVIDUALLY
AT THE SPSA OFFICE RM 119**

SASKATOON

**RUN HARD;
TURN LEFT**



**INTRAMURAL
SLO PITCH**

IMPORTANT DATES	TEAM INFO	REGISTRATION
Entry Deadline: September 14	Minimum 10 players Maximum 15	For more information or to sign up, please see the Rec Office.
Start Date: September 15		

Find us on Facebook, Instagram and Twitter
@parec_saskpoly



PRINCE ALBERT

REACHING YOUR GOALS

Submitted By: Erin Kirton
VP Prince Albert

As we look back at our new years' resolutions, ponder our failures and become amazed at our success. Both successes and failures were a result of some sort of planning and the outcomes can be truly amazing.

Employing the same strategic plans utilized for successful resolutions will also assist in this new academic year here at Saskatchewan Polytechnic. Blythe Martin, author of the 'Sustainable Strategic Plan' asks these four questions;

1. Have you ever tried to find a downtown landmark in a major city without a map?

2. Have you ever tried to move a couch downstairs and around a corner without considering your turns first?

3. Have you ever entertained 30 persons at a dinner party without considering a menu or getting groceries?

4. Have you ever tried to guide a team of employees and turn a profit year after year without a strategic plan?

The answer to all or most should be no. Similarly, the goals we seek to achieve this year should start with some form of planning which you can develop as you go along.

The answer to all or most of the questions should be no. Similarly, the goals we seek to

achieve in this new school should start with some planning which can be developed as the year progresses.

Looking ahead obstacles and challenges will arise, but dedication plus the possibility of tutoring and counselling will make these mountains look like mole hills. Start at the beginning:

1. Make a plan
2. Put it on paper, as no plan is a good plan unless you refer to it on a regular basis
3. Develop the plan – nothing is written in concrete when you prepare it for yourself
4. Trade 'wasting time' for 'good study habits'
5. Develop a study group. Working with others who share a common goal can increase your chances of success. Additionally, a class Facebook page to connect and assist each other with assignment and subject area challenges could be a great starting point.

Furthering your education is a major step in your life, and completing these goals will only lead to great achievements in the future. Good luck this year, and if you are looking for other ways to expand the Sask Polytech experience, talk to an SPSA student rep about becoming a member of our council or attending the Student Advisory Council meetings.

THE SASKATOON EXPO

"I hide in plain sight, same as you."

- Gus Fring

MEET GIANCARLO ESPOSITO
GUSTAVO 'GUS' FRING FROM BREAKING BAD

2015 SASKATOON EXPO GUESTS INCLUDE:

William Shatner* Star Trek • Boston Legal	Edward James Olmos Battlestar Galactica • Agents of Shield	Michelle Forbes Star Trek: The Next Generation	Francis Manapul The Flash • Detective Comics	Gail Simone Batgirl • Deadpool • Red Sonja
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SEPT. 19-20 • PRAIRIELAND PARK • SASKEXPO.COM

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STUDENT LIFE

*Joseph Maggrah
Campus Council Director - Prince Albert*

For some of you, it's a new year, at a new school. For others, you're returning for another year of studies. It may take some time for each of us to get in gear and back in the grind. Some of us may be dreading "the return", the return of essay deadlines, study hours, and exams. Can you believe we're actually encouraged to have a study schedule? However, it's not all bad. A decent schedule will go a long ways, and believe me, it's much better than procrastinating 'til next Tuesday.

Developing a basic routine might seem kind of lame, but it's one of the proven ways to just phase out some of those nasty habits, like that procrastination stuff. To look at it positively, it's another opportunity to have a good time at school, and build on your education. Plus, if done well enough, there'll be no need for summer classes! How cool is that, right?

Now that you're in school some of you may be hoping, "please, let there be something other than school, please". Well, don't worry, on campus we have lots of things going. The Students' Association provides events and

activities such as the Rider Trip, recreation programs, and even something called Thirsty Thursday (cheap drinks and prizes for those 19+).

Students who are looking to take the lead and start something new on campus may also be interested in starting a special interest club. Information for all of these activities can be found on the Student Associations' website (www.spsa.ca), the Ask Poly app for iPhone and Android, or from the television information system found around campus. If you still have a question, feel free to stop by the SPSA Office. If you're looking to do things off campus, check out different activities around the city such as city parks, restaurants and sporting events.

Feel free to familiarize yourself with the SPSA, as it can be a major part of your school experience. If you have a recommendation, feel free to let your class rep know, so they may bring it to the attention of the Students' Association. If you are uncertain as to whether or not you have a class rep, visit the SPSA Office for information. If you find your class doesn't have a student representative and you are interested in getting involved, be sure

to chat with a member of the SPSA student government. There are several ways to get involved on campus, and being the voice of your program is a great start!



STEP 1: BUY A PUB MUG FROM THE SPSA OR THIRSTY THURSDAY

STEP 2: BRING IT TO EACH THIRSTY THURSDAY

STEP 3: TAKE \$1 OFF EACH DRINK PURCHASED WITH THE MUG.

SPSA VALID FOR SASK POLYTECH STUDENTS ONLY. www.spsa.ca

SASKATCHEWAN SPLIT IN UPCOMING FEDERAL ELECTION

*Samuel Yaholnitsky
President*

If you know anything about the political landscape, you know that there is an upcoming federal election.

The campaign trail kicked off August 2nd and will continue until Election Day on October 19th. On that day, our new Prime Minister will be announced. The Major Political Party Leaders are the following:

- Prime Minister Stephen Harper – Conservative Party
- Thomas Mulcair – New Democratic Party
- Justin Trudeau – Liberal Party
- Elizabeth May – Green Party
- Gilles Duceppe – Bloc Quebecois

Bringing it back home, Saskatchewan voters are a bit torn between voting for the Conserva-

tives and the NDP for the upcoming federal election. Insightrix released a poll this week stating that 39% of voters would go conservative, 35% said they would vote NDP and 21% would vote Liberal.

The poll can be found at insightrix.com if you wish to look at it further. The poll consisted of 801 randomly selected SaskWatch Research panel members.

If you are unsure of whom you want to vote for, or don't want to vote, I strongly urge you to get out there and look at all the parties and their platforms. There is a multitude of information on the web.

Some great resources include:
www.elections.ca
<http://www.electionalmanac.com/ea/canada>
<http://youthvote.ca>



Sept 10th

Student ← Advisory Council ←

PRINCE ALBERT ■ 12:00PM
SASKATOON ■ 4:00PM

SEE THE SPSA OFFICE FOR ROOM NUMBERS

SPSA www.spsa.ca

Strange creature sighted in Saskatchewan River.

Sunbathers at the sandbar in the South Saskatchewan River along Spadina Crescent in Saskatoon saw more than a few bikinis Saturday afternoon when a large sea creature stopped by to check out the popular summer hotspot.

Out of the 750 or so people enjoying the unauthorized beach that day, only a handful of sun tanners actually caught a glimpse of the creature. Those eyewitnesses were a group of friends playing Frisbee in knee-deep water.

The creature, affectionately named "Saskie" after its Nessie counterpart, is not the only water monster in Saskatchewan. The Turtle Lake Monster that allegedly inhabits Turtle Lake in west central Saskatchewan is said to have a head resembling a dog, sea horse or pig and reported sightings date back decades.



"It was like super weird," said a tanned young man who wished to remain anonymous. "My buddies and I were having a cold beverage because it was like super hot out and then bam, this

"John was like, bro, a Loch Ness Monster. Oh wait don't use John's name, take that out. Okay? Cool," stated one of the witnesses who also wished to stay unidentified. "And

"There is a simple explanation for all of this," states one of Canada's leading

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*Offers apply for part-time or full-time Saskatchewan post-secondary students with a valid Student ID for the 2015/2016 academic year. All offers expire July 10, 2016. Regular pricing and bundle savings will apply following the promotion. *infiNET*™ Mach 1 Internet provides download speeds up to 100 Mbps. High Speed Ultra provides download speeds up to 25 Mbps. **Free Tuition promotion available until October 18, 2015. Each entrant can qualify for a maximum of three (3) entries for High Speed Internet, *maxTV*™ and Wireless service. See sasktel.com/student for details.