

THE SCANNER

Student Newspaper of Saskatchewan Polytechnic

STUDENT AWARDS AND SCHOLARSHIP OPPORTUNITIES

SEE PAGE 4 FOR DETAILS

TIPS FOR SURVIVING FINALS SEASON

Pg 2

STUDENT ADVOCACY AND THE CHRISTMAS BREAK

Pg 5

MANAGING STRESS

Pg 6



TIPS TO SURVIVING FINALS SEASON

Jesse White
VP Finance and Internal Operations

The holiday season is finally upon us. The classrooms and halls of your home campus have surely started to fill with festive cheer. As we approach finals and our winter break, we as students can begin to feel buried and overcome by the stress and weight of our lives and responsibilities. Class, work, family, friends, bills, assignments, finals, marks. All these things can pile-up and take a toll on our mental health. My advice to you is this. Breathe.

You absolutely have to treat your level of mental stress seriously. Student burnout is real! You need to take time to take care of yourself in a healthy way. Everyone does it differently.

Some people find solace in curling up with their favorite book. Some people prefer to sweat their stress away in the gym. My point is, to survive and thrive in this mess of post-secondary education you need to find an activity that can give your brain a break.

Here are some tips to finding your stress-relieving activity:

Start With Something Small:

If you commit to doing something too regularly too quick you are significantly less likely to follow through with your plan.

Don't Settle For The First Thing You Try

Try different things out until you find what works for you. You may not know what you

like until you try it out.

Make Your Plans Flexible

This activity is supposed to relieve your stress not add more to your schedule. Pick an activity you can fit into your life.

Finally, if you are struggling, ask for a hand. Sask Polytech has many helpful counseling services to help you. If your issue is related to your academic treatment come talk to our Student Advocates.

Come check out our Stress Better weeks on campus for fun activities and helpful stress relievers to get you through to that glorious holiday break. Talk to your local Campus Council or staff for details!

ARE YOU UP TO THE CHALLENGE?

30
MINUTES
OF
FITNESS

FOR
25
DAYS

DEC. 2
THROUGH
DEC. 31

- REGISTER VIA EMAIL BY DEC. 6
- COMPLETE 30 MINUTES OF FITNESS FOR 25 OF 30 DAYS
- SUBMIT A PHOTO AFTER EACH ACTIVITY
- BE ENTERED TO WIN A FITNESS PACKAGE VALUED AT OVER \$200
- FEEL GREAT!

REGISTER
NOW

UPTOTHECHALLENGE@SPSA.CA

SASKATOON CAMPUS



STRESS < BETTER

RELAX, UNWIND
AND
STRESS BETTER

STRESS REDUCING ACTIVITIES,
GIVEAWAYS AND MORE

WATCH FOR
ADVERTISING ON
YOUR CAMPUS.

DECEMBER 9-13



PROGRESSIVE RELAXATION

Randi Spencer
Student Advocate - North

December is a stressful month for everyone—doubly so for students. The holidays are here and bring about their own stress of family functions, finding gifts, finding time and then adding finals on top of that, it can really add up to a lot of stress. Progressive relaxation is an easy way to unwind and help out your mind and body during a stressful day, week, month, year. It has even been used to help insomnia and chronic pain. All you would need to do is set aside 10-20 minutes in a quiet, distraction free environment. Here's how it works:

- Find a comfortable position where you are reclined or laying down (laying down is not recommended unless you are using this to fall asleep)
- Start focusing on lengthening your breath—taking a deep breath all the way in with a pause at the top of your inhale—and then fully releasing that breath
- While you are taking a breath in tense up a muscle group (just one area at a time) and keep it tense for 5-10 seconds—make sure to really tense up the muscles!

- When you exhale you release that tension and fully relax that muscle group
 - Focus on how relaxed that muscle group feels after releasing that tension
 - While relaxing the muscle group it can help to imagine the stress leaving your body with the tension
 - Work your way up from your toes to the top of your head or vice versa
- Progressive muscle relaxation can be done at night before you sleep or if you have some downtime and are feeling particularly stressed and tense. It is a practice that can become more efficient overtime and become easier the more you practice. If you need a guide at the start there are many YouTube videos to help out as well.

If you do not have the time to do your full body tensing up and relaxing—the shortened option is to actively focus on relaxing your body. Fully let yourself slump and relax and notice where you are holding that tension to focus on later or notice and release in the future. Good luck with your finals, your families, and your stress!



CHILDREN'S XMAS PARTY

CHRISTMAS PARTY FOR STUDENTS WITH CHILDREN AGES 12 AND UNDER

THURSDAY, DECEMBER 12TH
STUDENT LOUNGE
3-5PM

GAMES
ACTIVITIES
SNACKS
A VISIT FROM SANTA

SIGN UP AT THE SPSA OFFICE BY DECEMBER 9TH
A VALID STUDENT ID IS REQUIRED FOR SIGN UP

SPSA

REGINA CAMPUS

ON A BUDGET? WE GOT IT COVERED



HOMESTYLE CRUST PIZZA

COMPLETELY DIFFERENT & DELICIOUS

\$6.99 PLUS TAX
MEDIUM 12" 2-TOPPING

UNLIMITED PIZZAS - EVERYDAY VALUE PRICE
CARRY OUT ONLY



STUDENT AWARDS AND SCHOLARSHIP OPPORTUNITIES

Precious Akuma
Campus Council Director - Moose Jaw

For some of us, our tuition is paid by our parents, so we might not know much about money side of college. But what if you could reduce the financial burden? How?

SCHOLARSHIPS!

Yes, thanks to the generosity of donors and alumni, Saskatchewan Polytechnic provides approximately \$2 million in student awards every school year.

Here is some information I found on the Sask Polytech website:

Awards are commonly selected based on financial need, academic achievement or very

often, a combination of the two. The selection basis for awards can also include volunteer or leadership involvement in your communities and schools.

Throughout the year, new awards will be added, and you can apply for more than one award through an online application.

So, a buffet of scholarships eh?

But wait! Unless otherwise noted, you must be enrolled full-time (minimum 60% course load regardless of the length of the program) or 40% course load for students with a disability.

Some awards and scholarships are based on factors such as volunteerism in the community or school, leadership, career goals, as well as others. These are specified in the eligibility and selection criteria of an award. Some are also program specific.

Once the application date is passed, the Donor and Alumni Relations Selection Committee will review and select the award recipient(s). Successful recipients will be notified by email within 3 weeks of application close date. The notification email will be sent to your Sask-Polytech email address.

Should your application be selected, the payment for your student award will be automatically applied to your student account. If there is anything owing on your student account, the student award payment will be applied to

the amount owing. If your account has been fully paid or the student award payment results in surplus in your student account, a refund cheque will be issued and mailed to your permanent address as shown on your student account.

For International students, you are eligible for academic merit scholarships and awards that do not include financial need as a selection criteria.

Harsh? Maybe a little bit, but hey, this is a great motivator to hit those books & tests, HARD.

There are three applications dates to be mindful of:

Application Opens	Application Closes
April 1	June 30
August 1	October 1
December 1	February 28

For more information and people to contact, visit the Saskpolytech website in the "Tuition & Financial Aid" section, which can be found under "Becoming a Student". Save the application dates and potentially save some money.

<https://saskpolytech.ca/admissions/resources/scholarships-and-awards.aspx>



WARM UP AT THE
Hot
Chocolate
BAR

DECEMBER 13
7:30-9:00AM
MAIN STREET
WHILE SUPPLY LASTS

REGINA CAMPUS

share the warmth

GIVE GENEROUSLY OR
TAKE WHAT YOU NEED TO STAY WARM.
Table drop off located in the Student Lounge
All winter items welcome.

SPSA

PRINCE ALBERT

OPINION: DON CHERRY AND THE POPPY

There has been controversy swirling around Don Cherry's recent comments regarding the poppy and those who do not wear it. My social media has been split with people defending his comments and people defending his termination. Don Cherry insists his words that single out "you people" as those immigrated to Canada were not racist or bigoted but were only meant to say that everyone should wear a poppy and everyone should honor our fallen soldiers. But why are we assuming that everyone understands this significance? I have seen many arguments saying that anyone who comes to Canada should know our history and our customs-but how does that happen? Should we be shaming everyone that doesn't immediately get everything right? The institution that we go to does not even have a ceremony and there is little education out there to let these

new comers to Canada learn what we deem as common knowledge. Why would an old, rich, white man be the authority on common sense and what everyone should know?

The first steps to any sort of progress is education and compassion-on the side of newcomers to Canada and to Canadians as well. Why are we assuming that those that don't wear a poppy are taking a stand against honoring fallen soldiers? Why are we not looking into trying to understand where someone is coming from? Why not speak out and have a conversation? I doubt there has been anyone that has not been touched by war. Either by hearing first hand accounts, by hearing family stories that have been passed down or for some having actually experienced the dangers of war and being in a war-torn area. Instead of focusing on

our differences and ways to vilify those who are unfamiliar with Canadian customs-let's educate and appreciate where these new Canadians have come from. Maybe buy an extra poppy to give away and help someone without one understand it's meaning.



This article was submitted to The Scanner as an opinion piece. Have your own idea for an opinion article? Submit it to ashley.poole@spsa.ca for consideration. (Conditions apply)

STUDENT ADVOCACY AND THE CHRISTMAS BREAK

Tara Pejski
Advocacy Manager

Along with the holiday season and all the joy it can bring, we also have a season of final exams, major assignments, practical labs, clinicals and all sorts of other school stressors to look forward to. The good news is that once you hit December 20th you should have completed all of the various school tasks and then you will officially be on the Christmas break. Unfortunately for some, when the marks come in, not all of you will be happy with the results (sorry!). It is not uncommon for students to

access the Student Advocates when classes resume in January to discuss their academic situations and we are always happy to help, but it is important to note though that we are also available throughout the winter break.

According to Saskatchewan Polytechnic's academic calendar all final grades are to be posted by the end of the day on December 24th. While most students are anxious to find out how they did, some might want to wait until the 26th to find out. This is a personal choice and there are no wrong answers. Regardless of when you check, please note that the Advocates are available for questions and advice.

If students are not satisfied with or disagree with a mark or sanction that they have received then there are almost always options for students to explore. Typically, there are timelines attached to any inquiries or appeals but because the campus is closed over the break these timelines will not begin until January 6th as the Christmas break runs from December 23rd until January 3rd. This does not mean that you have to spend your holidays worrying about your student status or academic standing over the break though. Again, the Advocates are available and while we will not be able to initiate any processes deemed appropriate until the break is complete, we can still (hopefully) offer some peace of mind by informing you of your student rights, what due process is and by assisting with developing a game plan for the

start of the semester. I will also reiterate that any conversations that you have with any of the Advocates are confidential in nature and we do not take any action without student permission before hand. Just because you might reach out and ask us for advice does not commit you to following through with what we have to say.

Campuses throughout the province will operate with reduced hours during the break and only students with valid student ID's will be permitted on campus. Due to this and varying advocacy hours, I would encourage students to contact the Advocates by email first. Students popping by the office is usually not a problem, but setting up a meeting in advance will ensure that your situation gets the attention it deserves with the appropriate person. The contact information for each of the Advocates is as follows:

Randi Spencer – Student Advocate North can be reached at randi.spencer@spsa.ca

Karmyn Foreman – Student Advocate South can be reached at karmyn.foreman@spsa.ca

Tara Pejski – Advocacy Manager can be reached at tara.pejski@spsa.ca.

While our hope is always that no student will ever have to utilize this service, please note that we are here to help. Best of luck this exam season!



MANAGING STRESS

*Cassie Hildebrand
Campus Council Director - Prince Albert*

Hello Everyone! My name is Cassie. This fall I joined the SPSA as a Director at the Prince Albert Campus. I'm in the Addictions Counselling Program and loving it. One of the first things we were taught in the program this fall is how to manage stress. Learning how to manage stress is not only an important skill while in school but also in the workforce and life in general. I'm going to take you through some of the key things we have learned this fall about stress, stress's effects on the body, and what you can do as a busy student to manage it. I hope that this article will help you be able to develop a stress management plan that will improve your quality of life as a student and help you reach your educational and career goals with more ease.

There are many ineffective ways to handle stress that we can automatically revert to when we don't have a conscious plan in place. Misuse and abuse of substances or activities are a common way many of us attempt to manage stress. Unhelpful stress management attempts could include binge drinking on the weekend to blow off steam from a busy week, smoking or vaping to get through the day, binge shopping to feel a rush, or binge eating to comfort us when we feel overwhelmed. Although all of these methods may feel pleasurable in the short term, they can often have negative consequences in the long term that add to our pre-existing mountain of stress. These methods are often socially acceptable and even promoted to us through media and advertising. When we have stress-coping methods that create more stress in the long term, the stress continues to mount which propels more use of these faulty methods. Now we are stuck on a hamster wheel of stress unsure of how to get off.

Let's take a deeper look into what happens in the brain and body when you are caught on a stress fuelled hamster wheel. When the brain perceives that a stressful event is occurring, it signals the production of the stress hormones cortisol and adrenaline in the adrenal glands. Adrenaline floods the bloodstream in the short term to prepare the body for action. This is when the sympathetic nervous system (or "fight or flight" mode) is triggered on and the parasympathetic nervous system (rest

and repair) is turned off. This is known as an "adrenaline rush" and it may even feel pleasurable. Our senses become heightened, our heart rate increases, our breathing speeds up, our pupils dilate, and our strength and performance are increased. Once the adrenaline winds down and the body begins to relax, cortisol rises. Once cortisol levels reach their peak, it can take a long time for the body to return to homeostasis. This is when the negative effects of stress emerge. Common effects that occur when cortisol is activated are anxiety, irritability, negative thoughts and emotions. Chronically high levels of cortisol can also cause deterioration of health over time in the form of weight gain, acne, slowed healing, muscle weakness, severe fatigue, difficulty concentrating, headaches, irritability, high blood pressure, blood sugar dysregulation, and many other negative occurrences.

A 2017 study published by the Canadian Association of College and University Student Services on over 43,000 Canadian students showed that "18.4% of students were treated or diagnosed by a professional for anxiety in the past 12 months alone . . . [and] almost 90% of students admitted to feeling overwhelmed by their workload." (<http://www.xaverian.ca/articles/2017/1/2/modern-stress-in-the-canadian-student>) Looking at this data, we can see that students are especially at risk for experiencing overwhelming stress. Between tight finances, poor diet, minimal sleep, high workload, mental exhaustion, and the chaos of city life, the impact that stress has on students' physiological and physical health is massive.

Now, while all of this information may paint a dismal picture, there is much we can do to prevent stress-induced mental-physical breakdown. When we make a stress management plan we can create a safe-guard to keep us thriving when stress starts to pile up. The first part of a solid stress management plan must cover the necessities for survival and physical wellbeing. Let's call this "The Essentials List." This list may include goals pertaining to the optimal diet for your body's health, whatever that may look like for each individual. One could write "eat less sugar and processed foods." Be sure that when you subtract something from your routine you replace it with something better or you will most likely find yourself engaging in the old unhealthy habits

soon after. One could write "eat more vegetables and whole foods." Other areas to address in the Essentials list could be goals pertaining to exercise - create a realistic exercise schedule that you can commit to. Sleep - be intentional about when you want to be in bed and when you want to wake up, making sure you get at least 8 hours of sleep. Finances - create a realistic, balanced budget that will meet your needs.

In the next phase of our stress management plan, we can address our environmental stressors. Our outer life can feel unpredictable and overwhelm us with stimulation. We can organize these stressors and plan how we respond to them. This will grant us a greater sense of control in areas of our lives where we may feel completely out of control and therefore stressed. We will call this list "The Outer Life List." Here, we can address things like goals for managing schoolwork, transportation, cleaning our house, laundry, hobbies, managing the time we spend with our partner, friends or family. Anything stressful pertaining to your environment can be addressed in this list. For example, you could write, "I will do laundry every Sunday evening," "I will spend 3 hours on schoolwork every Monday, Tuesday, and Wednesday evening," or "I will set aside Saturday evenings for spending time with friends."

Continued on Page 7.



MANAGING STRESS - CONTINUED

Managing Stress Continued from Page 6

The last phase of our stress management plan addresses our inner life and internal stressors. In this list, we will look at internal behaviors, habits, and beliefs that are creating stress for us or inhibiting our ability to process stress with ease. We will create new inner plans and habits that promote peace and calm as our daily foundation. We will call this list "The Inner Life List." Observe and assess what your inner climate feels like currently. Do you observe themes of feeling frustrated with others? Do you find yourself feeling hopeless about life? Do you spend a significant portion of your day feeling sad or angry? Trace these feelings back to earlier situations where the feelings were first experienced. What event or experience may you need to process to overcome these feelings? Negative emotions can create immense stress in our lives and can make us mentally and physically ill over time. If we do

not consciously assess how we are feeling and process those feelings, we hold them inward. If left unchecked, over time they may attach to our personality and influence the way we behave and interact with others, ourselves, and the world around us. For your Inner Life List you may write down goals such as: "I will practice meditation or mindfulness throughout day whenever I begin to feel overwhelmed," "I will go to see a counsellor twice a month to learn how to process stress or negative emotions," "Whenever the critical voice in my head speaks I will respond to it with a positive opposing thought," or "I will take a few moments everyday to take several slow, deep breaths."

The greater goal with our stress management plan is to make changes to our daily habits that will activate our parasympathetic nervous system more often than our sympathetic nervous system. When we create a lifestyle that runs

on parasympathetic mode, our mind and body can focus on rest and repair. Studies show that healthier individuals recover more quickly from the stress hormone response during unavoidable stressful events. The length of time that cortisol is activated in the body is reduced. In turn, the result is a healthier, happier, less stressed life!

Once you have your stress management plan written or typed up you can make copies and put them in areas that you will see often. You could tape one to your mirror, one to your fridge, or place one at the front of your binder. I highly recommend using a day planner as well to keep track of your daily goals. Hopefully, you will find this article helpful as you navigate your way through the final weeks of the first semester. I wish you all an enjoyable academic experience this year with low stress and lots of fun. If you have any questions or concerns or just want to chat, don't be afraid to say hi if you see me in the halls!

SPSA

Thirsty Thursday
to all and to all
A Good Night!

**DEC 5TH - STUDENT LOUNGE
BEGINNING AT 3PM**

EVENT VARIES PER CAMPUS.
WATCH FOR ADVERTISING OR SEE THE SPSA.

STUDENT OPEN FORUM ASSEMBLY



- STAY INFORMED
- MEET OTHER STUDENTS
- BE INVOLVED ON CAMPUS
- HAVE YOUR SAY
- JANUARY 21**



2 For 1
FAMILY
PIZZA

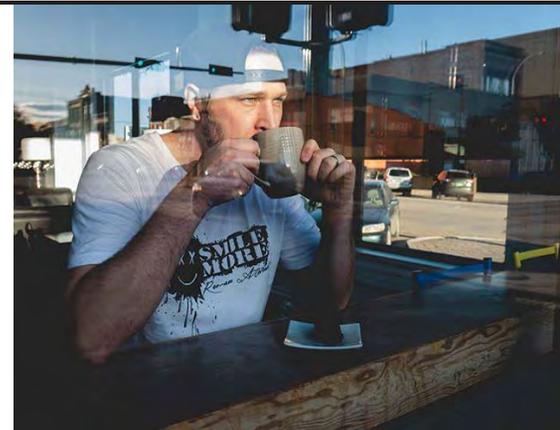
MOOSE JAW

Free Delivery

Order Today: 306-692-5336



203 Main St. North
306-694-4310
@chrysaliscoffeeroasters
Evolvecoffeemj
*Fresh-roasted coffee, in-shop
baking, soup, sandwiches.
Vegan, G/F options.*



MOOSE JAW