

# **ACCESS TO RECREATION EQUIPMENT AN ISSUE FOR MOOSE JAW STUDENTS**

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## POLICY FOCUS - ACADEMIC MISCONDUCT

*Karmyn Foreman  
Student Advocate - South*

As an advocate, I have worked with students facing a wide variety of concerns and challenges. While each student's situation is unique, one issue that students have frequently sought advice on is instances of academic misconduct.

Every student should be familiar with Saskatchewan Polytechnic's Academic Student Code of Conduct. It is important to know the expectations and responsibilities for students, because simply not being aware of what constitutes academic misconduct does not excuse any violation. I will highlight some of the main points of this policy, but I suggest reading through it in its entirety so that you can avoid being in a situation where you are accused of academic misconduct. This policy can be found here: <https://saskpolytech.ca/about/about-us/documents/procedures/studentcodeofconductacademicprocedures1211a.pdf>.

Academic misconduct refers to any action or behaviour that would compromise academic integrity by using dishonest or illegitimate methods to achieve academic success. Examples of this include falsification of documents, misrepresentation, impersonation, cheating, procurement, and plagiarism. It is important to note that this is not an exhaustive list; any action that meets the definition for academic misconduct will be considered a violation and is subject to disciplinary action. The sanctions for academic misconduct vary and are based on several factors including whether it is the first or a repeated offence, the severity of the violation, willingness to resolve the situation, acceptance of responsibility, and mitigating factors. These sanctions increase in severity and range from resubmitting a new piece of work to rescinding a credential.

Most students who come to see me regarding academic misconduct have been accused of plagiarism. Plagiarism is where a student presents another individual's or group's idea or work as their own, thus taking credit for it. Because plagiarism is a very common form of academic misconduct, I want it to be the focus of this article. I will detail some instances in which plagiarism may occur, and how best to avoid these situations.

As a student, it can be extremely difficult to balance all of life's responsibilities and the pressure to succeed can be overwhelming at times. Because of this, I can understand the temptation to get a little bit of help from an outside source. My one piece of advice in these situations is simple: just do not do it. You do not want to do anything that would jeopardize your academic integrity, and the consequences for plagiarism can be more severe than receiving a bad grade. If you are struggling, Saskatchewan Polytechnic has some great resources that you can use, including resources at the Library and through Learning Services for academic support, and Counselling Services if you need emotional support. The SPSA has also partnered with myWellness to provide mental health supports and resources, which can be found at <https://mystudentplan.ca/my-wellness/en/welcome>.

Sometimes students deliberately plagiarize material, but students often do this unintentionally. Students may not know how to properly cite outside sources, or they may forget to reference certain passages in their assignment. Although doing this unintentionally will likely lead to a less severe sanction, it does not completely excuse the violation. Therefore, it is important to seek help from your instructor if you do not know how to reference outside sources and to check over your work carefully for any missing citations.

One situation that I have seen on several occasions is students not fully understanding expectations for an assignment. These students often know how to cite outside sources properly, but because their instructor has not explicitly mentioned to reference these sources, they do not think it is necessary to do so. However, anytime you use the words or ideas of anyone else you must reference the source. Otherwise, you are taking credit for their work and this would be considered academic misconduct. If you have any doubt as to what your instructor's expectations are for an assignment, always clarify this with them. Again, if you need additional assistance with writing papers or other assignments, I encourage you to visit Learning Services at your campus to see what supports they can offer to you. And when in doubt, it is better to over-cite than to under-cite. This may be an overly simplistic piece of advice, but at least you will be doing everything you can to

protect yourself from committing academic misconduct.

Another common situation that students encounter is being accused of academic misconduct in group assignments. Typically, one student plagiarizes material but the entire group is accused of academic misconduct. An investigation should take place to find out who actually violated the policy, and that individual will likely receive a more severe sanction. However, in my experience all students in the group will receive some sort of disciplinary action. It may not seem fair to be punished for someone else's decision to plagiarize, but when you attach your name to an assignment, you are responsible for everything in that assignment including any plagiarized material.

Group assignments can be a frustrating aspect of post-secondary education, but it is often necessary to prepare you for the work force in which you will be working with diverse groups of people. Therefore, to avoid plagiarism in group assignments, it is important to review your groupmates' work before submitting. If you suspect that anyone in your group plagiarized material, it is best to address it with them first. You do not have to be confrontational, perhaps they simply missed a citation and they would be happy that you brought it up before handing it in. If you are still worried that a member of your group is plagiarizing material, please bring your concerns forward to your instructor. Do not feel that you are betraying them; it is everyone's responsibility to ensure that academic integrity is maintained and you do not want to suffer any consequences as a result of someone else's actions.

I hope you are never in this situation, but if you are ever accused of plagiarism, or any other form of academic misconduct, I encourage you to stop by the SPSA office at your campus to speak to an advocate. We are here to help you with any questions that you may have, advise you on your options, and assist you in navigating the process.

## MYWELLNESS

Randi Spencer  
Student Advocate - North

Health and Wellness events began in October to help students look into their wellbeing with the SPSA setting up and having representatives at multiple campuses. At the Regina Campus and the Prince Albert Health and Wellness Fair we set up an SPSA information booth. Our focus at our SPSA booth was on stress and mental health and to help promote the Health and Dental MyWellness website.

We asked students what stresses them out and what do they do to relax. Stress is universal and inevitable (especially for students going through midterms and assignments) and it seemed students have some pretty consistent stressors. Bills and money issues seemed to be the most consistent on the board. Followed by school issues such as exams and assignments.

Many parents seemed to be experiencing stress balancing kids, school and life. What stresses you out can be big things like those listed or it could be many small things that contribute to your stress levels, stress is felt differently by everyone.

Our SPSA booth also wanted to focus on what students do to relax. There were consistent activities for relaxation. The winner seemed to be working out or doing physical activity, and then on the opposite side of things many seemed to sleep or nap to relax. Special shout outs to the type A's who use cleaning to relax and, again on the opposite side, those who indulge in our most recently legalized substance. Finding what relaxes you and helps you destress can take some trial and error and may not be anything listed here-it is an individual journey but important to find and help you de-stress.

Mental health and stress are always a concern in everyday life and when you are in school it can really add up. There are many supports in place both on campus and off. If you are wanting to do a mental health checkup you can always visit [mywellnessplan.ca](http://mywellnessplan.ca) which gives a free mental health assessment. The assessment is not a diagnosis but can let you know some tips and what to watch out for should anything progress. On campus there are counsellors on staff to support you and help with your mental health needs. Through the SPSA we have stu-

dent advocates on staff to help you if the stress or your mental health is having a negative impact on your schooling. You always have options to look into and explore what is right for you. Always reach out and ask for support if the stress becomes overwhelming-your mental health should be a priority.

MANAGING YOUR MENTAL HEALTH

anxiety life balance  
relationships depression  
self care

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## FROM CAMPUS TO CAMPUS

*Robert Carnahan  
Campus Council Director - Prince Albert*

Hello, everyone! My name is Bob, and I am one of the new SPSA Council Directors on the Prince Albert campus. I wanted to use this article as an opportunity to introduce myself and speak about some of my experiences with education. It can be tough to decide what the best path for your education is. There's a lot of pressure to decide this at a very young age and that can put a lot of stress on someone. I happen to have experience in both university and technical college, so I'm hoping my experiences will be helpful and at the very least interesting to some of my fellow students!

A little over five years ago I graduated from the Film Production program at the University of Regina. I earned a bachelor of fine arts in film production with a minor in religious studies. I started my degree when I was 19 years old after a bit of a gap year living with a friend in Saskatoon. Although I don't regret my university education I have to admit it was a decision I made based equally on chasing a dream and lacking a real direction in life. There's a frustrating amount of pressure put on young adults leaving high school to make major decisions about their education, lives, and careers so early in life. I put a lot of research into different schools before applying. Despite this I still feel I jumped into the film school experience without really realizing what I was getting myself into. In the end I had a great university experience and am so happy with the education I received.

I made some great friends, learned so much about critical thinking, creativity, and myself as an artist. I discovered documentary, intermedia art, and reinforced a life long love of writing. Unfortunately, while I was in school Saskatchewan lost its biggest incentive program for film production and the industry practically disappeared. There was next to nothing for consistent work after I graduated and I spent the next five years drifting from one job to another and from one province to another. I would spend a year at a job, grow bored with it, and start searching for something better. After having my hours cut at a job and being forced to move back in with my family I decided it was time to shift gears. So I took to the internet and started researching schools.

One of the first places I looked was Saskatchewan Polytechnic. I figured a technical college would be a good start for a career focused education. My interests in psychology and desire to work in a helping profession led me to the addiction counselling program. I am now two months into the program and it has been a fascinating experience. It's definitely been different than life in university.

My education at the U of R was a bachelor's degree which is, by design, pretty broad. Probably 60-70% of my education related to film and the rest was in various other faculties. I could see this aspect of university frustrating some people but I found it to be really useful. I got the chance to learn about theatre, history, intermedia art, the anthropology of religion, and so many other things. I was exposed to countless theorists and academics who helped me learn so much and understand the world from so many perspectives. My schedule was spread out with each class only lasting a total of three hours a week. This allowed for a lot of freedom with my study time, and ample opportunity to procrastinate. I made a lot of friends with very similar interests through my program and found myself with a bit too much time dedicated to movie nights than homework. I managed to get through it, though, and eventually developed some decent study habits. Overall I think I had a pretty typical university experience. I had a lot of fun, I learned a lot of things, and spend a few too many nights at the campus bar. My polytechnic college experience has, so far, been a lot different.

For starters, the schedule here at Sask Polytech is far more compact. Five hours a day, five days a week, plus a couple of hours a night for homework. Finishing a full course in as little as two weeks. Compared to the five classes in a week spread out over a semester my workload here feels really intense and, at times, exhausting in a way that university never did. With university there was much more flexibility. Here I have no choice but to sit down and get the work done tonight. Although this may sound like a complaint, I swear it's not. I have really enjoyed my experience so far. It's just taken some adjusting. I feel like I'm learning as much as I did at U of R but far faster. Finally, there's the hands on approach. The one difference I have found most benefi-

cial about the polytechnic experience is the fact that I have already learned and used skills that I will be taking into the workplace when I graduate. It's not that I didn't learn any hands on skills in university. My film courses taught me the technical side of the craft as well as the art and theory. With my course here the theory feels blended into the practical education. It really feels like I'm getting the equivalent of a university degree packed into a two year time span here.

All in all I think it's been great for me to be able to experience both the broad style of education at university and the more focused education here at Sask Polytech. I obviously wouldn't advise everyone out there to set out and do the same. I've spent a lot of money on school and will be paying off student loans for a long time. I do hope, however, that my experiences and stories can help others make their decisions! Maybe your education will involve getting a degree and then a diploma. Or maybe you'll do it the other way around. There are a lot of benefits to both and so many valuable things to be taken away from different styles of learning. I think the best advice is to do some research and be aware of what your career goals are and what style of learning would work best for you

The last thing I'd like to do is plug a series of events we're having here at the Prince Albert Campus. On October 21st we had our first Council Connect event! Council Connect is an opportunity to drop by before class, grab a free cup of coffee, and meet members of the PA campus SPSA. You can ask us questions about the SPSA, events that we have, and what sort of services we have to offer. It's a great opportunity to get to know us and for us to hear your questions and concerns. The next one is November 25th at 12PM! Hope to see you there!



## DITCH THE DEVICES

*Jolene Lennox  
VP Regina*

Do you feel like you're drowning in assignments? Are you having trouble studying while your child is around? Can't find a friend to watch your child and you really need to get that essay finished? Skip giving them your phone or tablet. Don't plug them in front of the TV to distract them. Here's some quick and creative ideas to keep your child occupied while you cram for your next exam.

Let them "help" you with your work. Tell them you want an assistant for your work and give them some paper and writing materials. Give them suggestions on what to write or draw. If you're in a program like Dental Hygiene, ask them to draw you a huge smile with teeth.

Find other parents you can study with and bring your children along. The children can play together, and you can focus on your work.

Create a sensory bin for them to explore. Shred some paper, add some pipe cleaners and pom poms, and you have yourself a bin that they can investigate while you crush your own paper.

Dig through your recycling and find items for them to create with. Take old egg cartons, paperclips, empty tape rolls, clean yoghurt containers, and anything else that could be repurposed. Your child will have an opportunity to expand their imagination, their creativity, and their cognitive development. They can create whatever they'd like to, and you could end up with a new centerpiece for your coffee table



without spending a dollar.

There's plenty of ways to occupy your child while you work, and it never has to be with an electronic device. Let them explore their environment and see what their minds are capable of.

## ACCESS TO RECREATION EQUIPMENT A CONCERN FOR MOOSE JAW STUDENTS

*Paras Savaliya  
Campus Council Director - Moose Jaw*

I like to play but can't get equipment. I came across a satirical article on cbc.ca awhile ago titled "To ensure every child wins, Ontario Athletic Association removes ball from soccer". At first, I thought it was funny but now I realize this is kind of similar to the difficulty students are facing in regards to recreation and the use of recreation equipment on the Moose Jaw campus.

A couple days ago, I was at the gymnasium and I noticed some students playing badminton without the badminton net. I was so surprised to see that happening on our campus I decided write about what I experienced after discussion with many students.

The start of the school year at Sask Polytech was very promising but as the semester drags along, on-campus recreation and the use of recreation equipment has been an issue. I like playing badminton with friends whenever I have breaks within classes but this school year, it has been very difficult finding the right office or person to get recreation equipment from. Finding the right information hasn't been any easier either. For one, the schedule posted at the Recreation Office and the one on our Sask Polytech's website are conflicting. Addition-

ally, students are only able to sign out recreation equipment on Mondays and Wednesdays at specific times and most of the drop-in sports are scheduled from 7-9p.m., at which time most students are no longer on campus. In my opinion, physical activity and sport are a way of reducing stress, bringing people from different cultures and backgrounds together, improving mental wellness and keeping physically fit. Also, it promotes team work and brings about a sense of belonging, which for someone that is far away from home like me, it helps me deal with home sickness.

As a prominent post-secondary institution in

the province and indeed in Canada, I believe Sask Polytech should do much more to ensure that recreation activities are brought back on our campus and that the use of recreation equipment is made available to students during regular school hours.

As a member of your SPSA Moose Jaw Campus Council, I can say that your comments will continue to be forwarded to Sask Polytech. If you wish to share your experience with me, stop by the SPSA Office to chat or please share your experience in the next edition of The Scanner.



## SPSA WELCOMES NEW CAMPUS COUNCIL DIRECTORS

The SPSA is excited to welcome a new group of SPSA Campus Council Directors. SPSA Directors acts as the visionaries in the development and improvement of Saskatchewan Polytechnic student services and an inclusive and healthy campus community atmosphere. The

Directors also solicit feedback and information on student issues and trends. If you have ideas of events, activities or services you would like to see on campus, speaking to a Campus Council Director is a great way to get your message to the SPSA. Additionally, keep an eye out for

your Directors on campus who will be out and about advertising upcoming events.

*Missing from photos: Cassie Hildebrand - Prince Albert and Paras Savaliya - Moose Jaw.*



Precious Akuma - Moose Jaw



Robert Carnahan - Prince Albert



Caitlin Smith - Prince Albert



Sanchi Anand - Regina



Tyla Gibson - Regina



Jeslyn Mitchell - Regina



Frank Odor - Saskatoon



Adithyan James - Saskatoon



Faruk Shovon - Saskatoon

## BECOMING A DIRECTOR

### *Regina Campus Council*

I couldn't be happier becoming a Campus Council Director with the SPSA. Last year I had the opportunity to attend many of the SPSA events as a volunteer and thought it was great to be able to have a little fun while being at school. It was also an awesome opportunity to be able to attend the Student Open Forum Assembly (SOFA) meetings which are a great way to find out more information about what is happening in our school and be able to bring up any concerns that were talked about at the present time.

I am excited to help the students and make their time at school more enjoyable. I hope to see a great deal of involvement from the student body this year.

*Tyla Gibson*

This is my first year at the Saskatchewan Polytechnic, and I was quite new to a lot of things. I found that the organization that helped me the most coming into this experience was the Students' Association. I attended the first SOFA meeting this year and then wanted to do something more - I wanted to be a part of the SPSA.

Now, being a Campus Council Director, I can be a help and a welcoming face to other students who are new and unsure like me. I also plan on having a part in encouraging student involvement around the school as your education should not only be about work but also about slowing down your busy lives in order to fully enjoy the moments that you are here at Saskatchewan Polytechnic. For anyone thinking about becoming a director next year, I would say if you have the passion and love for helping people, consider applying next year! I

hope for an amazing year, and I am excited to be one of your go-to people!

*Jeslyn Mitchell*

Being addressed as a Saskatchewan Polytechnic Regina Campus Council Director is a privilege and an opportunity which I am highly thankful for. I always believed in teamwork and professionalism; in my opinion they are the main foundations of success. Therefore, this position gave me a pathway where I can explore my leadership qualities.

Being a Campus Council Director for Regina Campus I am going to be "a voice" for the students. My role is to listen to all the concerns that students might have without any hesitation. We as Directors are here to help and stand with you all. I am once again truly thankful for getting this opportunity where I can make difference in students lives.

*Sanchi Anand*

## STUDENT OPEN FORUM ASSEMBLY



STAY INFORMED

MEET OTHER STUDENTS

BE INVOLVED ON CAMPUS

HAVE YOUR SAY

NOVEMBER 26

19+ ID Required.

A colorful advertisement for 'Plant Night Saskatoon'. The top and bottom edges feature a border of various cacti and succulents, including pink and orange flowers, green succulents, and blue and green cacti. The text 'Plant Night' is written in a large, blue, cursive font, with 'SASKATOON' in a smaller, blue, sans-serif font below it. At the bottom, there is a green banner with white text: 'Create a unique plant pot to take home or to give as a gift!'. Below that, the date and time 'NOV. 19 - 4:30-6:30PM' are listed in bold black text. At the very bottom, there are two lines of text: 'Sign up at the SPSA by Nov. 14.' in pink and 'Students \$30 Public \$60' in pink.

Create a unique plant pot to take home or to give as a gift!  
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