

THE SCANNER

Student Newspaper of Saskatchewan Polytechnic

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SPSA SEEKS ANSWERS TO RECREATION CUTS

Justin Skwark
President

On May 31, 2018 Sask Polytech announced the decision to discontinue Recreation Services on the Saskatoon, Prince Albert, and Moose Jaw campuses. Since this time there have been lingering questions and confusion from the student membership.

The SPSA notified Sask Polytech that the Students' Association continues to receive numerous inquiries regarding student access to Recreation Services. Your elected student representatives (SPSA) requested that Sask Polytech address the questions below of which the answers will be featured in the upcoming edition of *The Scanner* for our members.

1. Why did the Regina Campus Fitness Centres remain open when Saskatchewan Polytechnic stated that the new Wellness Strategy was yet to be developed?
2. Fitness Centres were reopened on August 8th with only etiquette and rules posters displayed. Why was this solution not implemented on June 1, 2018?
3. Why did the Regina Fitness Centre not need any recommendation from the Wellness Steering Committee to remain open?
4. Recent publications indicate that the athletics program will not be reinstated. Did the Steering Committee actually have in-depth discussions regarding the reinstatement of the Athletics Program?
5. Will intramural programming be reinstated on all of the campuses? If so, when?
6. Will the Regina Campus offer fitness classes in the fall?

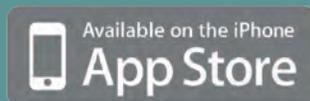
7. Our understanding is that the Saskatchewan Polytechnic Recreation Services staff members will provide assistance to students at the Regina campus. Will this staffing level be matched at the other three campuses to ensure institution-wide consistency?
 - a. If not, what supervision will be in place in Saskatoon, Prince Albert and Moose Jaw to ensure participant safety, protection of equipment, etc.? Have new parameters for Fitness Centre use been developed?
8. While user fees are presently not being collected, students have heard that fees for all Fitness Centre users will be implemented in the near future – is this correct?
9. The Wellness Steering Committee receives student input but what opportunities will there be specifically for the Students' Association in the ongoing development and implementation of the wellness model?
10. The students of this institution have suggested that the dismantling of recreational services has significantly damaged the reputation of Saskatchewan Polytechnic – how would you respond?

At the time of publication, the SPSA did not receive responses to the specific questions posed August 27, 2018 to Saskatchewan Polytechnic. We hope to have their answers for publication in the next edition of *The Scanner*. The SPSA will continue to work diligently to acquire answers to the concerns of our student membership as well as work forward to gaining and maintaining the recreational services that the students all desire.



THE INFO YOU NEED.
THE PRIZES YOU WANT.
THE APP THAT HAS BOTH.

DOWNLOAD ASK POLY TODAY.
POWERED BY YOUR STUDENTS' ASSOCIATION



SPSA

A GUIDE TO CAMPUS ACCESSIBILITY

Dustin Hunt
VP Regina

The first week of class can be daunting, especially if you're a student living with a disability. Trust me, I've been there! If you're anything like me, you're currently busy worrying about a plethora of variables. Where do I go for support? Where do I park? Will my locker be accessible? Fret no longer! I've created this guide to help you navigate campus accessibility like a boss!

So, you've self-declared as having a disability upon registration. Now what? Your next step is to walk or wheel yourself down to the Student Services Office on your respective campus. The staff there will connect you with an accessibility counsellor. Think of this person as your personal guide to campus accessibility. Your accessibility counsellor will work with you to create a personal accommodation plan to ensure your academic success. My personal experience with Student Services has been excellent! Amy Kaufmann, my accessibility counsellor, is incredible. I highly recommend you utilize her services if you're on the Regina campus.

My second piece of advice in regards to resources is to vocalize what you need. Take the time to build a relationship with your accessibility counsellor, department head, instructors, and with Learning Services. Communicate your needs with them. In my experience they are there to help. They want to see you succeed! However, they cannot help what they do not know about. Believe me, I know it can be difficult to ask for help, but I can assure you it will be worth it!

Alright, so you've connected with an accessibility counsellor and are ready start advocating for yourself. Now you need a prime parking spot. Luckily, Sask Polytech provides accessible parking free of charge. In Regina there's accessible parking right outside the front doors of the main campus. You'll soon realize those spots fill up pretty quickly in the morning, but don't panic. I have the inside scoop! There's additional accessible parking in lot nine and visitor parking.

Now that parking is taken care of you need somewhere accessible to keep your course materials. The SPSA has your back! Make your way down to the SPSA Office on your respective campus to request an accessible locker. From

personal experience, I can tell you that our staff will gladly work with you to ensure you have access to a locker that suits your needs. In Regina, Crystal Gellner, our SPSA Campus Manager, worked to lower the shelf in my locker so it can be reached from my wheelchair.

At this point your brain is full of information and you're ready to conquer campus accessibility like a boss! I will, however, leave you with one last piece of advice. Believe me when I say I know living with a disability can feel like an uphill battle, but please remember that you are never alone! Living with a disability or not – we have all felt like an underdog at some point in our life. At the end of the day we are more similar than we are different. We all have the desire to feel accepted and part of a community. I challenge you all to get out there and manifest positivity. Let's work together to ensure Sask Polytech is a community of acceptance for everyone!

For more information regarding campus accessibility please visit: <https://saskpolytech.ca/student-services/support/accessibility-services.aspx>

WIN A \$50 BOOKSTORE GIFT CARD!

LIKE Saskatchewan Polytechnic Library on Facebook...OR...

...FOLLOW @saskpolytechlibrary on Instagram...

...and you're instantly entered to WIN!

Can't decide? Like and follow us on BOTH for TWO chances to win!

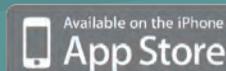
Full contest rules on library.saskpolytech.ca

Contest runs Aug 20th to Sept 28th

Presented by Saskatchewan Polytechnic Library



DOWNLOAD ASK POLY TODAY.
POWERED BY YOUR STUDENTS' ASSOCIATION



PUT IT DOWN!

Dallas Burnett
VP Saskatoon

Put down your phone, get off your butt, and go meet some real people! Technology may make it easier to communicate to people over long distances, but unfortunately it is making it harder to communicate with people across the dinner table, in the hallway, in the lunch room, and during classroom or work breaks.

“I have 422 friends, yet I’m lonely. I speak to all of them every day, yet none of them really know me” (<https://www.youtube.com/watch?v=F5XCe7LugHM>). The increasing use of technology (especially cell phones) is changing the way humans interact. People seem to be losing active listening skills and tend to care less about real communication. An unfortunate part of the increased use of technology is that people are spending more time looking at what other people are doing than focusing on their own lives. “Mo, for example, said her main reason for using social networking sites is to fill her time when she is bored” (Hildebrand, 2017).

What ever happened to the good times? The times when you picked

up the phone, gave your friend a call, and within 20 minutes you were hanging out with them. Do we now need to be forced into these opportunities?

Something that the VP Campus oversees is developing student life on campus. The Campus Quest event at Welcome Week is an event that works to promote interactions among students at Sask Polytech. Every campus is slightly different in delivery, but activities like this may help to support interaction and community on campus.

As VP Saskatoon, I will be working extremely hard this year to increase program interactions among students and work to build a unique campus culture. I hope that the Student Open Forum Assembly (SOFA) will help bring forward new initiatives and projects that support social interaction and culture on campus.

“Did you know the average person spends 4 years of his life looking down at their cellphone?” (<https://www.youtube.com/watch?v=bYnMLXIIjls>). I challenge you to spend a whole day off your phone, say “hi” to everyone you pass in the hallway, and have dinner with a friend without any use of either of your cell phones.

2018
RIDER TRIP

PRESENTED BY THE SPSA

SATURDAY
SEPT 15

VS. OTTAWA

\$85

STUDENT

(WITH SASK POLYTECH ID)

\$115

PUBLIC

**PRICES INCLUDE:
BUS RIDE
GAME TICKET**

SPSA SIGN UP AT THE SPSA OFFICE

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

**YOU ONLY HAVE
FROM YOUR PROGRAM START
DATE TO OPT IN OR OUT OF THE**



SPSA HEALTH & DENTAL PLAN

YOU CAN OPT OUT IF...

You are covered under another Health & Dental Plan that offers equal or greater coverage.

YOU CAN OPT IN IF...

You opted out in the past and now require coverage, or if you have not been automatically enrolled in the Health & Dental Plan (additional fees & criteria may apply).

HAVE NO IDEA?

To opt in/out or for more information see the SPSA Office on your campus.

HOW DID YOU START DOING SOMETHING YOU LOVE?

Chiragkumar Patel
VP Finance & Internal Operations

What is something you love doing? How did you get the idea to start doing it?

A few years back, I realized that I am a people person and like to be part of a community. I enjoy volunteer work and being part of community politics. The first time I got a chance to volunteer was at TED Talks and I loved it!! From there I became part of a student guild in an Australian university called Edith Cowan University. It was different, but I have seen some great things Student Associations do and one thing that I miss the most is clubs.

When I started studying at Sask Polytech I wanted to be a part of something that I love and be part of the campus community, so I looked into becoming a student representative/leader. Chance came along and I was elected as one of your student representatives. It has been a great learning curve and I am excited that I will get a chance to meet new students every day and help them make their college experience better on campus.

Every day I walk in to my office with the feeling of belonging and have a sense of satisfaction at the end of the day. I have been part of student government for a while now and to get to do what you love every day is a blessing. I want to help you do something you love and create that sense of community on campus, help you make more friends and create things to do without a lot of financial burden as they say "student life is a broke life".

Is there something that you love and you want to be part of it on campus? How about meeting like-minded people and forming a club together? Leave a legacy behind for new students to come and enjoy what you enjoyed doing on campus. Make new friends!

Let us help you do something that you love!!!

See us at the SPSA Office and we will help you get your club up and running in no time.



STUDENT CLUBS

*your ideas
our help*

Fundraising
Grad Planning
Sports and Games
Photography and Art

Turn your passion and
ideas into a student club.

See the SPSA Office for more details.



BACK TO SCHOOL TRANSITION TIPS

Peggy Crippen

Returning to college requires a huge adjustment. Life changes drastically for the non-traditional student as college classes begin. As an older student starting school, you make many changes to daily life. Old habits and routines must change. The challenge facing you is establishing a schedule and routine that allows you to fulfill new responsibilities and obligations, while continuing to maintain home and family. Consider some simple tips that will allow you to make the transition to student with a lot less stress.

Make a plan for the upcoming transition. In the months and weeks prior to starting school, carefully consider what in your life will change and what will remain the same. If you are a parent, you will still have to care for children and the house. Meals will still need to be cooked and laundry will not stop piling up. How will you handle these chores? What will your new obligations include? You may have to line up childcare or find someone to drop off and pick up your child at school. Can a spouse or neighbor help? If you intend to continue working, how will you arrange this with your employer? When will you study? Try to identify the areas of your life where you can plan for the changes as much as possible. Make a list of what you need to accomplish before school begins. This will avoid stressful moments later. Nothing will distract you from your academics as much as figuring out how to handle the details of daily life.

Be realistic about your abilities. Many non-traditional students re-enter college holding unrealistic expectations. Receiving all “A’s” in your classes is a great goal, but may not always be possible. If the last math class you took was twelve years ago and you barely passed, accept that you may only produce average grades. Apply the same idea to your home life. If your family was disorganized and chaotic before starting school, it is not likely to improve when you add another commitment to your schedule. Keep your expectations reasonable, but be kind to yourself when you identify areas in which you struggle. Focus on your strengths in tough moments.

Line up a support system. Going back to school is challenging, especially when you have children needing care, a house needing cleaning and a job pulling you in three different directions. Most people are willing to help out, but sometimes you have to ask. A support system is different for each person. Spouses, family members, neighbors, childcare providers or even older children give encouragement, help and motivation to keep going through the busy times. These people will be especially important in the first few weeks of starting classes when you may second guess your decision to begin school. Once classes start, use support programs that the school provides for students.

Prepare a study area. You will be spending a lot of time reading, writing and researching, so you will need a designated comfortable area for studying. If you have a desk, create a permanent area designated strictly for studying. Gather materials you will need and store them in your study area. Beyond the obvious pens, pencils and paper, you will likely

need a dictionary, thesaurus and calculator. Invest in a comfortable chair for you to sit in while you work to save yourself back trouble. Decide where you will study, if space is limited. The kitchen table works well for a study area. Make a tote with all your study supplies.

Use tools to help yourself stay organized. Some prefer low-tech options, such as notes, planners and calendars. These are not the only options, because there are many higher tech options available. The Internet has many free calendars and organizers that are easy and convenient to use. Cozi Family Calendar is a free online service that shares family schedules, grocery and to-do lists with family members. Those with a smart phone can receive appointment notifications directly from the Cozi website. Internet companies such as Yahoo and Google offer similar services on their websites. At the very least, take advantage of your cell phone calendar and alarm. These tools will help you remember appointments when things get busy.

Get your financial house in order. Make a written budget so you know how much money you spend each month and the amount of debt you owe. Mint is an online resource that can lead you systematically through the process of establishing a budget. Because attending school will change your current budget, determine how much your finances will change. Adjust your lifestyle to accommodate a lower income. Use the Federal Student Aid (FAFSA) website to apply for financial aid. Once you receive an award of financial aid, determine where you will spend the money. Regardless of the amount of money received, financial aid will go further when you assign it a specific purpose.

Discuss your education plans with your employer. If you will not be able to continue with your current workload or schedule, be honest. Employers may adjust your work schedule to accommodate classes. Some jobs allow employees to use down time to read and do homework, as long as work is completed. Ask about tuition reimbursement programs available to employees. If your major relates to the work you do, the company may pay part of your college tuition. If you plan to quit work to attend school, now is the time to submit a resignation letter with the date of your last workday.

Take care of your health. As you make major changes in life, stress can take a toll on your health. It is easy to put yourself low on the list of priorities when school, work and children demand your time. No one will benefit if you become ill. Eat a balanced diet and resist the temptation to eat fast food or food from vending machines frequently. Schedule some time for physical activity, even if it is only a fifteen minute daily walk. Get the amount of sleep that you require.

Going back to school is an exciting and eventful time. Actively preparing for what comes next will facilitate success in your college education. Because a college degree is a valuable commodity, the results will reward the effort.

This article was taken from the Back to School website, see the article at: <http://www.back2college.com/collegetransition.htm>.



DONUT stress

TAKE A BREATH
TAKE A DONUT
AND TAKE ON YOUR
FIRST DAY
OF CLASS!

SEPT. 4 7:30-9AM



SPSA WELCOME WEEK



BBQ

SEPT
4TH
11AM-1PM
STUDENT LOUNGE



See your Instructor or Program Head for a coupon. Sask Polytech Students only. Available while supply lasts.



Win IT

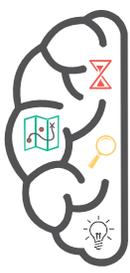
HAVE A LITTLE FUN AT
WEDNESDAY

SEPT 5
11AM - 1PM
GAMES
PRIZES

SEE THE SPSA OFFICE ON YOUR CAMPUS FOR MORE INFORMATION!



LOOK FOR CLUES, SOLVE RIDDLES, WIN GREAT PRIZES!



CAMPUS QUEST
SEPTEMBER 6TH
11:30AM-1:30PM

SEE THE SPSA OFFICE ON YOUR CAMPUS FOR MORE DETAILS!



SPSA WELCOME WEEK EVENT

THIRSTY THURSDAY

SEPTEMBER 6

3-5:30PM | STUDENT LOUNGE | 19+ID REQUIRED

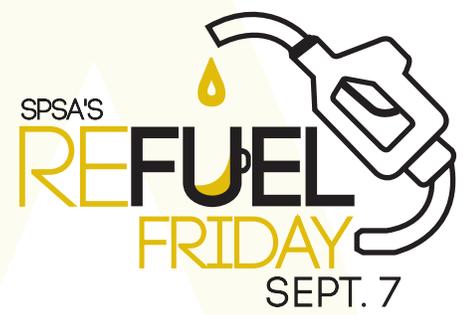
JOIN US FOR THE FIRST THIRSTY THURSDAY OF THE SCHOOL YEAR!

FREE PIZZA PROVIDED BY: Pizza Hut

[PIZZA AVAILABLE WHILE SUPPLY LASTS] [PLEASE DRINK RESPONSIBLY]



TANK ON EMPTY?



Join us for a quick breakfast in the Student Lounge

7:30-9am
Available while supplies last.

