

THE NAIT NUGGET

Thursday, September 10, 2015
Volume 53, Issue 2

YOUR STUDENT NEWSPAPER FOR MORE THAN 50 YEARS, EDMONTON, ALBERTA, CANADA

SLOWLY BUT SURELY

Delayed LRT Metro Line in service, story page 3



Photo by Linda Hoang

Students crowd the platform of the NAIT station this week after the much delayed LRT extension opened for business. The trains are running on a slower schedule for now but, nevertheless, they are running.

NEWS & FEATURES

Federal vote a toss-up



NICOLAS BROWN
Issues Editor
@brucev

This fall Canadians will witness something that hasn't happened in a very long time – a federal election campaign that has no sure winner. No longer are the Conservatives the sole contenders for power, as all three major parties are serious contenders for forming, at the very least, a minority government.

This doesn't mean we should discount other parties however, as both the Green Party and the Bloc Quebecois are serious contenders for attention, though they are a far cry from forming government. This raises the question, why such a heavily contested election?

Let's start with the content of 90 per cent of Facebook, Twitter and news article comments; getting rid of the Conservatives (the other 10 per cent being Conservative supporters desperately trying to shout down their opponents – cue angry old Conservative guy). With the CPC forming the government for the past 10 years, many in opposition feel it is time for a new party to take its place, itching to get back at a gov-

ernment that they surely believe is responsible for all of Canada's problems. Meanwhile, the Conservatives are fighting back based on their economic record, traditionally a sound strategy but one that may prove fruitless as Canada enters another economic downturn.

Families have bills to pay and jobs are the building blocks of a national economy. With Canada's economy grinding slower and slower, voters are looking to the federal government to see what our political leaders are going to promise to bring Canada back into economic prosperity.

Whether it is a \$15 federal minimum wage and subsidized national childcare, billions of dollars in infrastructure spending or a focus on tax credits and promoting Canadian industry abroad, Canadians want to see a concerted effort from federal parties on rebuilding the Canadian economy. Of course, we are still at the mercy of the fluctuations of the global market but this won't stop our federal candidates from promising all kinds of solutions to solve our economic woes.

The next big item on the list is electoral reform. More prominently championed by traditional outliers like the NDP and the Green Party, this hot topic is coming to the front in this year's contentious race. Marginalized parties are in full support of any systematic change that might bring them

closer to a seat in Ottawa but the real question is, will this actually be better for Canadians? Changes are not just imminent to Parliament either, with some parties promising Senate reform at any cost, even at the cost of our own constitution. Senate reforms requires, at minimum, a heavy vote in favour from the provinces and complete abolition requires opening up the Canadian Constitution, something which will open a whole new can of worms and absolutely lead to irreversible changes to the Canada we live in today.

Finally, coming into prominence on the big ticket list is everything First Nations, with a shopping list including everything from more action on the Truth and Reconciliation Commission, national inquiry into missing Aboriginal women, economic and resource sovereignty and voting rights.

With newly crowned Mrs. Universe Ashley Burnham using her 15 minutes of fame to throw more fuel on the fire, calling for First Nations voters to vote for a new PM, First Nations voters, who currently make up less than six per cent of the population, are becoming a major target to placate for political parties. Whether this leads to effective change in how First Nations people are treated or improvements to the challenges faced on some reserves, remains to be seen.

Moving away from federal politics, I want to touch briefly on the results of last week's byelection in Calgary-Foothills. The Wildrose Party added another seat to their side of the legislature, and chalked up their first urban grab since the May election. Supporters are touting this as the first "death knell" of the newly minted NDP government in Alberta, but let's take a look at the numbers first. Voter turnout in this byelection already saw a drop in numbers from May, with only 12,717 eligible voters casting ballots, or 39.5 per cent. Out of that number, the Wildrose garnered a slim lead of 13 per cent, taking 38 per cent of the votes cast. The NDP candidate wasn't far behind, claiming just over 25 per cent of the cast ballots. Now, I'm not much of a pollster but getting one third of one third of eligible votes does not seem like much of a majority vote. In fact, that works out to a sliver over 15 per cent of total eligible voters. I recall a clamouring from that side of the political fence that the NDP government should not have won because the combined PC/Wildrose vote was larger than the NDP vote in the ridings claimed by the NDP. Sounds like the pot calling the kettle black in this particular situation. I don't see this early byelection result sounding any knell for the NDP government in Alberta but we can certainly look forward to an interesting future in provincial politics. With the Wildrose as the Official Opposition, it is sure to be noisy down at the Alberta Legislature. Earplugs, anyone?



Fall – are you feeling it?

By **BRANDON HESS**
Meteorologist in Training

We welcomed meteorological fall on Sept. 1. In the meteorology department, we welcome the start of the seasons on the first day of December, March, June and, in this case, September. Actual astronomical autumn, however, does not begin until the fourth week of September.

The start of the astronomical fall is called the September equinox when we see equal day and night on all parts of the Earth. Vertical noon rays hit the equator on this day. In Edmonton, we live in the Northern Hemisphere where we begin the fall season. In the Southern Hemisphere (Brazil, Chile and Argentina, for example), they start their spring season this day. The sun sets at the North Pole on this day where they will be seeing 24 hours of darkness until the springtime in March. In the Northern Hemisphere after the September equinox, the days continue to get shorter and shorter until the

winter solstice in December (which we will look at then). The sun's vertical rays shift farther south. In the Southern Hemisphere, the days will continue to get longer until they reach the December solstice (summer for them, winter for us).

At this time of year, kids are sent to school in sweaters or light jackets but return home with their jackets off. In Edmonton over the next eight days, we are look-

ing at daytime highs ranging from the mid-teens to the mid-20s. We should be in the 20s for the later part of this week, with a spike to 26 C on Friday. Morning lows will be warmer, near 10 C. As we head into next week, we will see temperatures fall back into the teens again. Morning lows as well will fall back to near 5 C. We also introduce a possible chance of showers later this week-end or early next week. Normal for this time of year is near 18 C. There is no sign of snow in the forecast yet.

DID YOU KNOW – Ever wondered why the sky is orange at sunset? It is because the sun's rays have to pass through much more of the atmosphere leaving only the longest wavelengths of visible light (red and orange) behind. This gives us that orange colour in the sky. In the daytime, the sky is blue because the sun's rays go through much less of the atmosphere. Therefore, shorter wavelengths of light are seen (blue visible light).

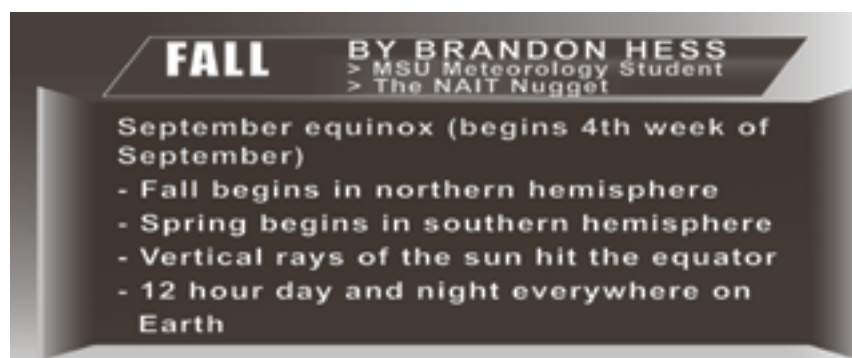




Photo by Taylor Braat

A student boards an LRT train this week at the NAIT station.

Not so bad, after all

By **NICOLAS BROWN**
Issues Editor
(@bruchev)

The much-maligned, often delayed Metro LRT line to NAIT finally opened to its first day of full traffic on Tuesday and, despite fears of massive delays, trains ran better than many expected.

Early reports suggested expected traffic delays of up to 12-16 minutes at major intersections, drawing concern from emergency responders, commuters, and students. With the line's first peak traffic service on Tuesday, the warning proved somewhat anticlimactic, as delays were short or nonexistent, and transit operations ran smoothly over the course of the day.

"Traffic impacts have always been expected with the opening of the Metro Line and our goal has been to make people aware of traffic impacts so they can plan their route and give themselves enough time to get where they need to go," said Lindsay Yarmon, communications adviser for the City of Edmonton.

"Our most recent efforts included providing a worst-case scenario based on traffic modelling, with traffic signals at crossings activated for up to four minutes at a time and motorists waiting up to three or four signal cycles to clear the intersection," she said.

"We haven't seen those wait times so far but we'll continue to closely monitor the situation and make any tweaks to keep trains and traffic flowing as smoothly as possible."

NAITSA Advocacy Director Jason Roth was encouraged.

"NAIT students obviously got the message to adjust their schedules, routes, and leave early to mitigate traffic congestions. Fantastic!" he said.

Trains on the Metro LRT line didn't have time to open their doors to the public before reports surfaced last week that the new transit service could mean longer waits for commuters not utilizing the new LRT line.

— Lindsay Yarmon
City of Edmonton

City councillors didn't hesitate to voice their concern to the media, with numerous articles quoting councillors reacting to the news.

Council's Transportation Committee eventually went back to transit officials to request a cost estimate on moving the NAIT station to south of Princess Elizabeth Avenue, as well as a feasibility study on installing a bridge or tunnel at the intersection when the line is eventually expanded north to St. Albert.

NAITSA has been quick to respond to the reports as well, with a media release Sept. 4 stating that the students' association

is "disappointed with the city's news of significant traffic delays that will affect NAIT students when the Metro LRT line opens (last) Sunday."

With constant delays frustrating students, continued concerns regarding the safety and operation of the Metro LRT line is certainly on NAITSA's radar.

Some tips for reaching campus without running afoul of the new LRT line:

For southbound commuters, most access is still unrestricted to campus. For transit users, it may be advisable to get off the bus at the bus stops directly adjacent to the ETS Westwood Garage bus depot, or along 118 Avenue. For northbound commuters, access to campus via 109 Street and Princess Elizabeth Avenue will remove the need to cross the LRT tracks. However, be aware of potential delays along Princess Elizabeth Avenue.

Travelling through the Kingsway Garden Mall parking lot is not advised, especially during peak hours. For transit commuters, bus Route 15 has two stops along 109 Street and Princess Elizabeth Avenue before the LRT tracks. Other northbound transit commuters are advised to continue to the Kingsway/Royal Alex LRT station to transfer to the LRT travelling to NAIT station. All commuters are advised to contact the City of Edmonton via 311 for more detailed information.

"I would encourage students and staff at NAIT to find alternate routes, leave early, and act in a safe manner," said Roth.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 780-471-8866
www.thenuggetonline.com

Editor-in-Chief

Taylor Braat
studenteditor@nait.ca

Issues Editor

Nicolas Brown
issues@nait.ca

Sports Editor

Josh Ryan
sports@nait.ca

Entertainment Editors

Connor O'Donovan
entertain@nait.ca

Photo Editors

Lauren Hucal
photo@nait.ca

Online Editor

Taylor Braat
onlineeditor@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

Submissions encouraged:
studenteditor@nait.ca

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

**For advertising, call 780-264-9900
or e-mail:
glenda@playhousepublications.ca**

Letters

We want your views

Is something bugging you about NAIT or the world? Do you have some praise for the school or life in general?

Keep your thoughts short and to the point. No more than 100 words. Submit your letters with your real name and contact info to: studenteditor@nait.ca.

We need to list your real name.

Getting something off your chest is downright therapeutic. Write us.

First aid for the mind

By **NICOLAS BROWN**
Issues Editor
(@bruchev)

NAIT is celebrating a milestone for a program that focuses on mental well-being, with a renewed conviction in expanding the program further on campus. Over 300 staff members and students have been trained so far in NAIT's Mental Health First Aid (MHFA) program, including instructors, peace officers, food service workers and advisers. Launched in June 2014, the program offers basic training in recognizing the signs of common mental health problems and helping those in distress.

16 trainers

Training is provided by 16 staff members in house, all accredited by the Mental Health Commission of Canada. NAIT plans to expand the training to an additional 200 staff and students in the 2015-2016 academic year, in which participants learn to:

- Recognize and understand symptoms of mental health problems
- Get the person experiencing distress out of danger
- Provide support and refer the individual to the proper support

Participants take a two-day intensive course geared towards assisting individuals in finding the appropriate professional help.

"Seventy five per cent of mental health problems begin by the age of 24," says Margaret Marean, associate chair of NAIT Counselling Services.

"Early intervention is one of the most effective things we can do in promoting a positive outcome for an individual experiencing mental health problems."

In expanding the MHFA program, NAITSA has secured funding for up to 80 students to receive training alongside NAIT staff.

"This is an exciting initiative because often peers will notice changes in behav-

ior and attitude sooner than a staff person will," said Marean.

The Canadian Mental Health Association estimates that 20 per cent of Canadians will personally experience a mental illness in their lifetime. Stress is one of the factors which affects an individual's well-being and, as students, stress can be an ever-present companion during the academic year.

Last year, the NAIT Student Counselling office saw a 20 per cent increase in students attending counselling sessions. There was also a 35 per cent increase in students diagnosed with a mental illness. With an increasing demand for services, the expansion of the MFHA program builds an additional layer of support for students.

"The demand for our services has definitely increased, and in particular, appointments with students who have significant mental health concerns," said Marean.

"These are often related to high stress and anxiety. There has been a similar trend at post-secondary campuses across North America."

Benefit already seen

The benefit of the program has already been recognized across campus. Frontline staff are instrumental in identifying students in need and this training provides the preparation staff need.

Brad Zawadiuk, manager of NAIT Retail and Ancillary Services, says his department "has some of the highest contact with the NAIT community on a daily basis ... whether in our Food Services locations or shop at NAIT outlets," he said.

"Our goal is to have someone at every site our department operates trained in Mental Health First Aid."

Students interested in participating in the program can contact the NAITSA office for more information.

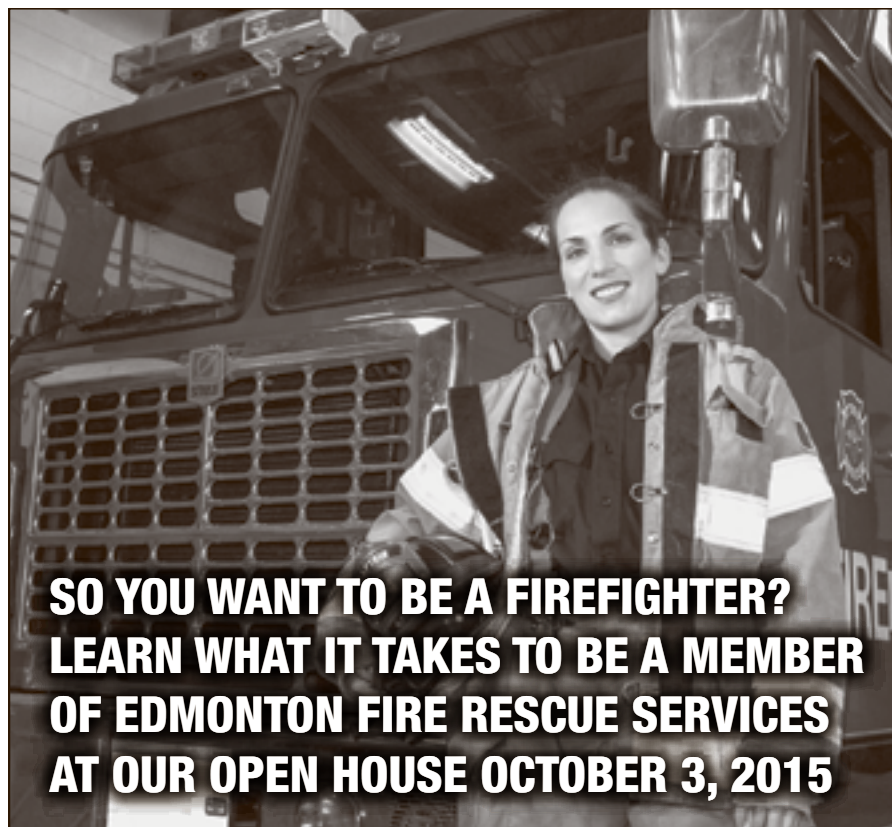
"The course provides an excellent life skill and it doesn't hurt that it will look great on a resume," Margaret Marean.



Photo by Linda Hoang

Pancake feast

These students had a yummy welcome back to NAIT at the Students' Association free breakfast outside the Business Tower on Tuesday.



**SO YOU WANT TO BE A FIREFIGHTER?
LEARN WHAT IT TAKES TO BE A MEMBER
OF EDMONTON FIRE RESCUE SERVICES
AT OUR OPEN HOUSE OCTOBER 3, 2015**

STUDENT LEADERSHIP AWARD OF DISTINCTION PROGRAM

Learn, Experience, Achieve, Develop ...

Do you want to become an inspiring, committed, self-confident, positive and self-reliant leader? Do you want to enhance your employability skills? Improve your resume so that employers will identify you as confident, skilled and a leader who will make a difference? This is an extra-curricular personal development and leadership-in-action program open to all students enrolled at NAIT. You must apply to become a member of this program. Don't wait, check this out online at www.nait.ca/lead and if you are interested then apply to be a part of LEAD.

Submit a completed application to The Advising Centre (HP Centre, W-101) and indicate it is to go to Michele Parker. For more information, please e-mail distinction@nait.ca.

Application deadline is Sept. 30.

DON'T MISS OUT ON THIS OPPORTUNITY!

Space is limited. To register, call 780-944-1253. For more information on firefighter recruitment visit www.edmonton.ca/firerecruitment.



Service. Teamwork. Relationships. Safety.

OPINION

— Editorial —

Nothin' but a number



TAYLOR BRAAT
Editor-In-Chief
@TaylorBBraat

Orientation at NAIT took place on Sept. 2 and 3 and, with a rush of new students and returning staff, the feeling within the halls was electric.

NAIT staff came together to put on an organized and welcoming event for new students so they could put their best foot forward when class began on Tuesday. You could not help but feel the excitement and nerves of new students roaming through all of the areas that NAIT has to offer.

Clubs, too

Clubs came forward as well to promote themselves and to cater to each new student in different ways. There were hundreds of *Nuggets* handed out by the staff here at the *NAIT Nugget* and there was also free food and coffee! It was enlightening to talk to bright new faces, with inspired and motivated minds getting ready for the whirlwind that is post-secondary education. A student who is planning to learn something new has made the most important and quite possibly the hardest step in creating a better quality of life. The butterfly was not born as a butterfly, after all.

Speaking with all kinds of people who come from different backgrounds, ways of life and landscapes, I got a feel for the new batch of students who are ready to take life by the horns via NAIT. Not knowing what to expect I was overwhelmed by it all, but in a good way. I saw “millennials” and to my surprise a few new students who were, if I had to guess, in their 40s and 50s. This was eye-opening to me and quite moving to see. Whether they are continuing their previous education in a new facility or beginning anew, it is encouraging to know that there are people who are making positive changes much later in life. They say “it’s never too late” but that is more often than not disregarded.

Benefits

Continuing education at an older age may not be the norm but it does have several benefits. To name a few and only scratch the surface, here are some positives to being a mature student:

You’ve been there, done that. Your education is yours for the taking. With a completely focused mind, there is no such thing as “distraction” in your vocabulary.

You have a head-start. Your life experiences have given you wisdom that a 20-year-old just simply doesn’t have.

You know exactly what you want and you’re going to get it! No one is motivating you but yourself. That in itself is huge. The only reason you are standing where you are is

because you chose to walk there, so undoubtedly you will get what you need out of this education.

You will be looked up to in school. You are more experienced in life and with this comes the ability to know what to do in many situations. This is a quality to be looked highly upon and respect comes with this.

In my class, we are mainly 19-21 but there were a few people over the age of 25, so it is a generally young class. I believe that a classroom with a variety of ages is diverse and holds a level of perspective to be admired, adding to the quality of education received. There are things that books just can’t teach and having the variety of ages in my

class is something I am thankful for in my education.

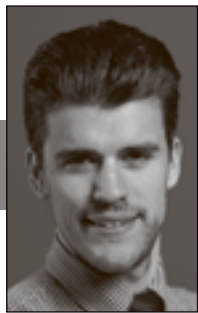
Though we all look different, are different ages and come from all walks of life, we all have something in common – the will to try. And while I noticed a lot of Kylie-inspired fashion trends during orientation, I also saw a lot of promise and underlying will to never give up. I felt thickness in the air full of positivity and it will only continue to grow from here in the coming fall months. NAIT is a remarkable institution and being in an environment where everyone is learning at this level every day, improving themselves and accomplishing great things, it is just absolutely wondrous.



Photo by Lauren Hucal

SPORTS

A questioning time of year



JOSH RYAN
Sports Editor
@JoshRyanSports

As every student knows, the fall semester carries a thick air of uncertainty. Will attending classes go well? Shall I make any interesting new acquaintances? Exactly just how terrible will my first hangover be?

For sports fans, it's a similar time. Some leagues are gearing up for the stretch run and others are just opening training camp. Analysts from all corners make bold predictions and bandwagon jumping dominates social media. Edmonton sports fans know this song-and-dance better than most markets with the performance of their various squads over the past decade. With that, let's examine some of the most pressing questions in the world of sports as we collectively brace ourselves for another hellish winter.

Will the catastrophe that was deflated-egate overshadow the NFL season?

I certainly hope it doesn't and not because I'm cheering for the league. This circus act that sprouted from allegations that were never proven has made a daily appearance across all media platforms since January and wore out its welcome many months ago. How is it that a video of a man striking his wife becomes old news after Week One in the NFL, yet the possibility

of deflated balls is a yearlong saga, captured in intimate detail and critical analysis? Speaking simply as a fan of sports and a passive viewer of football, hopefully this nonsense is over.

Can the Jays deliver a happy ending?

The last time a Canadian professional sports franchise won a championship was in 1993, when the Montreal Canadians took home the Stanley Cup and the Toronto Blue Jays won the World Series. Sports enthusiasts north of the border have suffered through a mixture of heartbreak, mediocrity and occasional ineptitude since. However, Canada's only MLB team is poised to win the AL East and clinch a playoff berth for the first time since Toronto defended its world championship over 20 years ago. The moves made by General Manager Alex Anthopoulos this summer have paid incredible dividends and now the squad's brightest young star, Marcus Stroman, is expected to join the lineup soon. In order to make the World Series, the Jays will require health, continued stability from their pitchers and some luck along the way. But, with each and every W, this squad looks like it might just deliver the winner that fans in Toronto have craved for so long.

Will LeBron James bring Cleveland a title and thus, bring his story full circle?

Say what you will about LeBron, there's no denying his place in NBA history. LBJ took the high-flying Golden State Warriors to a sixth game with a trail mix of odds-and-ends at his side. That trail mix now has the highest payroll in the league and are still without Canadian power forward Tristan Thompson. Owner Dan Gilbert is likely twisting-and-turning at night, trying to create a strategy that won't result in any more dollars lost to luxury taxes.

With Kevin Love and Kyrie Irving back in the lineup, the Cavaliers are gunning for another run to the finals. However, there are no assurances winning the final game of the NBA schedule next summer. A ridiculously bolstered San Antonio Spurs squad is looking to take home one more title against the battleground of the Western Conference that holds the defending champion Warriors and several other teams capable of defeating the Cavs. Even winning the East isn't guaranteed for King James, as his best friend Dwayne Wade and the Miami Heat are looking just as dangerous on paper. LeBron will win a title in Cleveland one day but I'm not sure that day will come soon.

Can Connor McDavid resurrect the Edmonton Oilers?

To say times have been tough for sports

fanatics in Oil City the past few years is criminally understating the situation. Outside of a Memorial Cup Championship from the Oil Kings, Edmonton's franchises have drowned in futility, particularly with the Oilers current holding the longest play-off drought in the NHL since falling in the 2006 finals. Futility accurately describes the team's performance, despite landing a plethora of first-round picks. However, hockey's newest golden boy has arrived, and all signs indicate "Mc-Jesus" living up to the grandiose expectations laid upon his wide shoulders. Now, the chances of Edmonton actually contending for a playoff spot this season is Gwyneth Paltrow slim at best. However, all of the off-ice changes made over the summer and a star centre standing at 185 cm will allow Oilers nation to hope once again.



Connor McDavid

www.cbc.ca

2015-16 RECREATION PASSPORT

The Recreation Passport is a year long FREE event filled with plenty of fun and wellbeing activities. Attend events and challenges to collect stamps. The more stamps you get, the more chances you have to win the Grand Prize sponsored by Marmot Basin & Fairmont Jasper Park Lodge: 2 night stay at the Fairmont Jasper Park Lodge and two day ski passes! Get your Passport at the Kick-off Party on Sept 11 at 12:15pm-1:00pm in the gymnasium or in E134. This includes a fun FREE fitness class so wear workout gear!

RECREATION PASSPORT KICK-OFF Join us for a mini fitness class and for the official kick-off of the Recreation Passport! You will receive 2 stamps just for attending this kick off. Date: Sep 11, 2015 Time: 12:15pm-1:00pm Location: Gymnasium Registration Required: Yes	FREE! 2 STAMPS
CHRISTMAS GIVEAWAY & WRAP-UP PARTY Join us for our Christmas Giveaway where we will give away a ton of prizes including Marmot Basin Ski Passes! There will be a mini fitness class included before the giveaway. Date: Dec 18, 2015 Time: 12:15pm-1:00pm Location: Gymnasium Registration Required: Yes	FREE! 1 STAMP
GRAND PRIZE GIVEAWAY & FREE-CLASS Join us on April 6th for the Recreation Passport final wrap-up and Grand Prize giveaway! Someone will be the winner of our grand prize sponsored by Marmot Basin and Fairmont Jasper Park Lodge (two night stay at the Fairmont Jasper Park Lodge and two, 2 day ski passes) along with many more secondary prizes to be won. Thirty minutes FREE fitness class to start. Date: Apr 6, 2016 Time: 12:15pm-1:00pm Location: Gymnasium Registration Required: Yes	FREE!

FOR MORE INFORMATION GO TO WWW.NAIT.CA/RECREATION

Keeping Score

Pick a team – any team

Welcome back to a new school year and another edition of *Keeping Score*, the weekly debate on a chosen topic in the world of sports. This week, long-time Nugget contributor Matt Mosewich and I kick off the NFL season with our Super Bowl picks! The New England Patriots now have Tom Brady for the entire season and the Seattle Seahawks look to make up for that final play last year's championship, but there are a plethora of other squads that have analysts pulling stats and predictions out of their rear ends on ESPN. Will Andrew Luck take another step towards superstardom? Can the Packers overcome more adversity? Does Chip Kelly know what he is doing? And is this the last hurrah for Peyton Manning? What do we think? Read on...



JOSH RYAN
Sports Editor
@JoshRyanSports

Finally, every sports broadcaster in North America can breathe easy, knowing they have a reprieve from the preposterous poppycock that is deflategate and can discuss actual football instead. Sure, the National Football League has suffered a number of setbacks, including such “minor” issues as domestic abuse, child abuse and ... well, let's just say the word abuse comes up a lot around the NFL.

However, these incidents haven't so much as made a dent in the most successful business model in North American pro sports. With that said, it's time to make woefully uninformed, meaningless predictions about who will win the Lombardi Trophy five months from now.

So, who's the best pick now that will most assuredly cause fans and analysts alike to leap to and from the band wagon on a week-by-week basis? For my imaginary dollars, it's the Green Bay Packers. I was ready to throw my lot in with the Philadelphia Eagles but since the recent roster cuts were made, Jesus is no longer on Philly's side. Green Bay holds the undisputed title of

small-town underdog, (sorry, Riders fans but nobody really cares about the CFL.) In fact, Green Bay holds the highest homegrown percentage in the NFL, almost 93 per cent, according to the Approximate Value metric developed by Pro-Football-Reference.com.

Outside of the likability and relatability of the Packers, this is still a darn good football team. Rookie Davante Adams is expected to make an impression immediately along with Randal Cobb at the wide receiver position and with backs John Kuhn and Eddie Lacy, opposing defences will have a hard time keeping Green Bay off the scoreboard. Mike McCarthy is a great coach and Aaron Rodgers is arguably the best quarterback (nay, player) in the game.

Admittedly, there are causes for concern. Despite some great outside linebackers in Julius Peppers and Clay Matthews, the defence looks questionable once again after ranking 23rd last year. Equally troubling is Jordy Nelson going down in the preseason, as the Packers were relying on him and Rodgers to connect for many a touchdown this fall. However, similar concerns last year were squashed by another division title.

Like the Indianapolis Colts, the Packers need to out-gun opponents in every contest. The difference is Green Bay's core has won a Super Bowl and Andrew Luck (while great) isn't Rodgers. There are other teams to gravitate to, like the Pats and Seahawks but NFL champions often come from unlikely places and that's certainly the case with Nelson going down. Maybe it's the sports romantic in me rooting for a great story but if I had currency to bet on one team, I would bet on Green Bay.



Aaron Rodgers



MATT MOSEWICH

The leaves are changing, the kids are reluctantly back in school and the smell of pumpkin spice lattes waft through the air. That's right, fall is here and you know what that means – it's time to watch a bunch of millionaires throw an oddly shaped ball around, give each other life threatening concussions, avoiding suspensions and celebrating after every single play, all in the hopes of winning the greatest prize known to Americans, the Vince Lombardi Trophy.

Who will hoist this illustrious prize? I'm putting my money on one of the American teams. All kidding aside, picking a winner this year is no easy task. Parity across the league is at an all-time high, so you can make a case for several different teams making a run to the Super Bowl. However I am here to make the case for one. My pick is the Indianapolis Colts. I was leaning toward the

Green Bay Packers, but with Jordy Nelson out for the year with a knee injury, I can't justify that pick. The Colts were stopped in the AFC title game in 2014, when they ran into the eventual Super Bowl champions, the New England Patriots. This year's team brings even more offensive tools. Returning for his fourth season as starting QB is Andrew Luck. Luck is one of the most talented young players in the NFL. He is surrounded by a stellar supporting cast on offence, including T.Y. Hilton, Donte Moncrief, Dwayne Allen and Coby Fleener. The Colts also made

two key off-season additions, Frank Gore and Andre Johnson. Both are major upgrades at their positions and add depth and leadership to the Colts' already impressive young offence.

On the defensive side of the ball, the Colts' lineup looks very similar to last years and that's not a positive.

The Colts failed to make any meaningful changes to the defence and lack a truly game breaking defensive player. However, I don't think it will hold them back. The Colts are primed for a breakout this year and after making it to the AFC Championship game last year and seemingly improving this offseason, I feel the Colts are in a perfect position to take the next step. That next step is a Super Bowl title.



Andrew Luck

Hours for recreation facilities

Gymnasium – Informal Recreation Monday to Thursday

11 a.m. – 1 p.m.; 3 p.m. – 4:30 p.m.

•••

Sports Equipment Centre (E-026)

Monday through Friday until Sept. 18
10:30 a.m. – 1:30 p.m.; 2:30 p.m. – 9 p.m.

•••

Fitness Weight Centre

Monday to Friday

5:45 a.m. – 9:45 p.m.

Saturday and Sunday

8 a.m. – 2 p.m.

•••

Pool

Monday to Friday

6-8 a.m., 11 a.m.-1:30 p.m.; 3:30-6 p.m.

Saturday and Sunday

8 a.m.-4 p.m.

•••

Arena

(Drop-in hockey)

Monday and Wednesday

1 p.m.-4:30 p.m.; 12 p.m. – 4:30 p.m.

Tuesday and Thursday

Friday

1 p.m. – 4 p.m.

(Drop-in Skating)

Monday, Wednesday, Friday

11 a.m. – 1 p.m.

Tuesday and Thursday

11 a.m. – 12 p.m.

SOCCER

Ready to repeat in 2015-16

By **JOSH RYAN**
Sports Editor

While most college students are getting back into the groove of daily training, the NAIT Ooks soccer squads have been operating in game mode for several weeks.

NAIT soccer had another successful season campaign in 2014, with both teams winning their respective ACAC championships, however, both left nationals with some disappointment. The women's team dropped their only match of the season in a 0-3 loss in the national championship tilt, while the men finished fourth for the second year in a row; falling in penalty kicks. Both squads are highly motivated to return to the national stage again.

"We would like to improve on back to back fourth place finishes at nationals, losing in extra time and penalties," said men's coach Charles O'Toole. "If we could get past that first game and get rid of the nerves, we could be quite

successful."

The women are also motivated.

"Like last year, our expectation is to compete for the ACAC banner again and hopefully represent the conference at the CCAA national championships," said women's head coach Carole Holt.



Carole Holt

"We have a lot of work to do in order for that to happen but our team has been working very hard and they have demonstrated a great commitment to improving every day."

Despite a few losses from last year's roster, Holt is excited about the current recruiting class that includes Marissa Webb, Kassandra Jajczay, Mia Agustin Simon and keeper Kailey Harder. Just as important are the changes the coaches have made in

preparation of the upcoming season.

"Going into this year, the coaching staff have made some adjustments to how we will prepare this year and we will depend on those returning players to provide the leadership we need to the new players," said Holt. "We will need everyone contrib-

uting in order to give us another chance."

The men are also dealing with adjustment to a new fall of competition. Gone are all-stars Harris Kevac and Bruno Zebie, who helped anchor the conference championships. Coming in to replace them are Sebastian Cabrera and Edm Mortotsi, who coach O'Toole is confident will step into those spots.

"They are very comparable in skill level. While we will miss Harris and Bruno, Sebastian and Edm will fit in nicely."

Both squads open the season against the Augustana Vikings, a program in its second year of ACAC soccer but vastly improved from the teams that were drubbed last year by both Ooks

squads. Hard work during the preseason should help NAIT's footy teams, particularly the women, who will take on three CIS schools.

"It was very good for us to get excellent competition leading into the season," said Holt. "The speed of play and physical aspect of the games really challenged us so we have learned a lot already and we are looking forward to getting into our season."

The action kicks off for the women at 4 p.m. Friday, Oct. 11, with the men following after at 6 p.m.

Both teams then host the Keyano Huskies two days later on Sunday. Start time for the women that day is at noon with the men kicking off at 2 p.m.



Charles O'Toole

Workout partners wanted

Looking for positive, enthusiastic, disciplined and highly motivated individuals (preferably male) for workout partner or group.

Contact Kyle Lobb by cellphone at 780-904-9333 around noon or by e-mail at kylelobb.87@gmail.com

N NEST TAPHOUSE GRILL

WEEKLY SPECIALS

\$6 FOOD SPECIALS	\$4 DRINK SPECIALS <small>*All liquor served is 1 oz</small>
MONDAY Butter Chicken Poutine	MONDAY Bottle Coors Light
TUESDAY Nest of Wings	TUESDAY Crushed Ice Long Island Iced Tea
WEDNESDAY Classic Poutine	WEDNESDAY Sambuca/Tequila Shot
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Jumbo Daily Soup Bowl	FRIDAY Bottle Pilsner

FOR CURRENT HOURS PLEASE VISIT US ONLINE
NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST

REVIEW US ON: **yelp**

N NEST TAPHOUSE GRILL

OILERS & ESKIMO GAME DAY MENU

WE'RE OPEN MONDAY-FRIDAY FOR OILERS GAMES!

\$4 PINTS (16OZ)
MOLSON CANADIAN & COORS LIGHT

ENTER FOR YOUR CHANCE TO WIN
TICKETS IN OUR BI-WEEKLY DRAW!

*Nest Taphouse Grill is here to serve the NAIT community!

CANADIAN

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit nait.ca/clubs/current-clubs/

WHO

BCX General Meetings
IntoNAITion General Meetings

WHEN

Wednesdays, Sept 9-Dec 15 | 4:30pm – 8:00pm
Mondays, Sept 14-Dec 7 | 4:45pm – 6:00pm

WHERE

Room T-607
Room X-111

CAMPUS CLUBS NEWS

WHO

OrgSync 101
OrgSync 101
Events with Alcohol Type 2 Training
Club Retreat

WHEN

Wednesday, Sept 16 | 11:30am-12:00pm/12:15pm-12:45pm
Thursday, Sept 17 | 11:30am-12:00pm/12:15pm-12:45pm
Monday, Sept 21 | 5:30pm-7:00pm
October 3 & 4 | All Day

WHERE

Room T-515
Room L-155
Room Tower Lounge, 8th Floor
TBA

NAITSA CAMPUS CLUBS CENTRE

VISIT THE CAMPUS CLUBS CENTRE

Room E-125, NAIT Main Campus
780.471.8457 | 780.471.8871
nait.ca/naitsa-clubs

Check out the Clubs Website for other upcoming Important Clubs Dates

Post-secondary students can ride Leduc Transit for a loonie, with U-Pass

The U-Pass (universal transit pass) provides eligible students at NAIT with travel on **Leduc Transit for \$1 per ride**. Save money on gas and parking, relax or catch up on homework during your ride.

Visit nait.ca/97249 to learn more about U-Pass.



LEDUC TRANSIT

www.leductransit.ca

ENTERTAINMENT

Kanye believe this?



By **CONNOR O'DONOVAN**
Entertainment Editor

#yeezy4prez

I can already hear Kanye West's presidential acceptance speech.

"Barack, you've been aright and all, and I'ma let you finish (your time in office). But I'm gonna be the best president of all time!"

Will he be referring solely to the former leaders of the USA or will he summit himself atop the list of all humans to have worn that title – of countries, corporations and fan clubs alike? Of that I'm not sure. You can never really know what is fluttering about in that man's inflatable noggin.

I speculate because the Internet is once again in uproar regarding comments made by the great Yeezus – the Yeezus of interrupting Taylor Swift and "George Bush doesn't care about black people" fame. This time around, someone (surely some MTV marketing genius) came up with the fruitful idea of awarding Mr. West with a lifetime achievement award at this year's MTV Video Music Awards. Do you think he accepted humbly?

He went about as far in the opposite direction as one can, of course, declaring that in 2020 he will be running for the role of the most powerful person on earth. How fitting a title for Kanye. This outcome seems natural. He neglected, however, to mention which party he will be running for, so I can only assume that he will start one of his own and will call it the "My Party." How will this party describe its positions on common electoral topics, you ask? Perhaps a look through Kanye's published works will give us a better idea.

The My Party on governmental reform: "Now, I'ma need you to kill the hypocrisy. This is an aristocracy. I'm Socrates, but my skin more chocolatey." (from

See Me Now).

Evidently, America isn't quite democratic enough for Kanye. The power of rule rests with too few. Kanye will transfer more power to the people as he bestows upon the world his Socratic method.

The My Party on animal rights: "Tell PETA my mink is draggin' on the floor" (from Cold).

It's open season, and Kanye's rifles are locked and loaded. These views may not go down very well with the more progressive folks out there.

The My Party on foreign policy: "Shit is real, got me feeling Israelian, like Bar Rafaeli or Gisele – no, that's Brazilian" (from Clique).

Kanye seems to be showing empathy and support for both Israel and supermodels here – an increasingly conservative stance in today's political landscape.

What are Kanye's opinions on immigration, the economy, assisted suicide and gay marriage? What about the environment? It looks like Kanye has a lot of campaigning to do before the big 2020 election. That's five years away, though, which is plenty of time



thechive.com

for him to drop a few more albums and get his word out. I wonder who will announce a bid at next year's VMAs. Miley and Nicki Minaj seemed a little desperate for press this year. Maybe Justin Bieber will make the announcement – it would finally give him an excuse to expatriate (fingers crossed). I guess we'll have to keep our eyes on the award shows, my politically concerned friends.

Oh, and because I don't think I'm allowed to publish an article concerning the American presidential election without mentioning Donald Trump – yeah, Donald Trump.

GET CONNECTED GET INVOLVED ON CAMPUS!

CLUBS | EVENTS
ATHLETICS & RECREATION
HEALTH & DENTAL | NAIT SERVICES
& SO MUCH MORE...

**CHECK OUT ORGSYNC THROUGH
ORGSYNC.NAITSA.CA OR THROUGH
YOUR NAIT PORTAL!**

AMAZING CLUBS HOW TO START A CLUB

YOU NEED 3 PEOPLE TO START A CLUB
1. President 2. Vice President 3. Treasurer

**BUILD YOUR TEAM TO SUIT YOUR CLUB
NEEDS WITH ADDITIONAL MEMBERS
(INCLUDING YOUR 3 CORE MEMBERS)**

STEP 1 | SIGN IN ON ORGSYNC

1. Go to orgsync.naitsa.ca
2. Click **Log In** (enter your NAIT user name & password)
3. Please ensure you edit your profile once you log in. Click on your name at the top right corner, & click **My Profile** & then **Edit Profile** under the **About Me** section.

STEP 2 | CREATE AN ORGANIZATION/CLUB ACCOUNT
*Only club presidents are to register new organizations under their profile name.

**CAMPUS CLUBS
CENTRE**

naitsa.ca

MOVIE REVIEW

Everything you could ask for

By KYLE UMBACH

Straight Outta Compton is set to become one of this generation's greatest films for its portrayal of the struggle endured by the young African-American growing up in Compton, California in the late '80s. With box office earnings exceeding \$135 million, it has become the highest grossing musical biopic ever. If this doesn't spark your interest, then I don't know what will.

This movie is worth every dollar and minute spent in the theatre, so get comfortable. With a run time of two hours and 30 minutes, it is on the longer side but trust me when I say that they have a lot to cover (approximately six years). It has everything you could ask for in a movie: love, violence, friendship, betrayal, wealth and lots of nudity. But what can you expect from a flick about young and handsome gangsters moving from rags to riches? Grab a bag of popcorn and hit the restroom beforehand so you don't miss a single moment. This could be a movie you will re-watch many times. I've seen it twice and feel the need to see it again.

The music speaks for itself. If you are a fan of old school hip-hop and rap, your head will be bobbing throughout the movie. The selection of the beats and rhythms were nostalgic, although I did feel like they should have played a few more songs to satisfy the cravings. The backbone of this movie is based on lyrical storytelling and they brought that to life.

The casting was exceptional and I immediately got the impression that they chose very carefully who they selected. O'Shea Jackson Jr. played the role of his father O'Shea Jackson, more commonly known as Ice cube. He and his father claim that the role was not "given" to him.

He had to audition just like everyone else. He took years of acting classes to distinguish himself as capable of fulfilling an important role such as this. His father was hard on him throughout the process. Ice Cube even stated on Jimmy Fallon that "You know the coach's son has it the worst," evidence that they were very specific when choosing the cast and gave no handouts.

One thing I noticed is that they treated MC REN and

DJ Yella as side characters. Both are founding members of N.W.A. They played a huge role in the group's success but this is not evident in the film. Both Dr. Dre and Ice Cube helped produce this film, which makes one think that maybe they leaned more towards themselves when creating the plot of the film. Besides that, I am happy with the overall plot and how they organized the turn of events that shaped their future.



www.forbes.com

Straight Outta Compton



NAITSA SERVICE CENTRE

STUDENT HEALTH AND DENTAL PLAN

Please visit the NAITSA Service Centre Coordinator located in Room E-131. We provide health and dental coverage to over 5,300 students each year, and it is our duty to assist you in completing all proper documentation (to opt-out or opt-in to the plan), and to answer all your questions. If you change programs at any time, please alert the NAITSA Service Centre Coordinator immediately to ensure your coverage eligibility has not changed.

students@nait.ca | 780-471-7730 | Twitter: @naitplan

What you need to know about the Student Health and Dental Plan:

If you are a student enrolled in a credit class that starts prior to September 25th, 2015 in the fall term, or a class that starts before January 29th, 2016 in the winter term, you are automatically enrolled in the fee for the Student Health and Dental plan, and are automatically enrolled in the plan. All credit students are covered under this plan, regardless of whether they are part-time or full-time students.

- Health Plan fee: \$300 per academic year and is charged in two payments of \$150 per semester.
- Dental Plan fee: \$120 per academic year and is charged in two payments of \$60 per semester.

This plan includes non-credit programs, students 100% online, auditing and apprentice students.

IMPORTANT! Opt-Out and Family Add-On Deadlines:

- Deadline (September Start): Friday, September 25, 2015 no later than 4:00 p.m.
- Deadline (January Start): Friday, January 29, 2016 no later than 4:00 p.m.

If you have comparable coverage through another insurance carrier (Blue Cross, Great West Life, Manulife, etc.) and you would like to opt-out of the benefits, you must fill out the opt-out waiver form and provide the NAITSA Service Centre (E-131) with confirmation of comparable coverage (benefit card, previous claims, letter from insurance company or employer etc.) before the given deadline date. You may also complete the opt-out form online at www.naitstudentplan.ca/opt. Please Note: Provincial Health Care is NOT comparable coverage.

There will be NO EXCEPTIONS if the deadline is missed. You will be required to pay the Student Health & Dental fee. If you miss the September deadline, your next opportunity to opt-out will be the following September (no changes can be made to opt-in in January). If you begin your program in January and miss the January deadline, your next opportunity to opt-out would be the following September.

Family Coverage

Eligible students on the plan can purchase coverage for their spouse and/or dependent(s). The student must complete a Family Add-on form and pay the additional fees prior to the above deadlines. Please call or visit our office in E-131 for more information.

Blackout Period

New eligible students will be added to the plan approximately 45 days from their program start date. During these blackout periods please keep all receipts for any eligible expenses incurred for submission to Great West Life, once the plan is activated. Please check with the NAITSA Service Centre to confirm the actual benefit plan start date, or follow us on Twitter (@naitplan) for the go-live announcement.

For more information on what is covered by your student health and dental plan, please visit www.mystudentplan.ca/nait

Introducing the Naitsa Service Centre!

This year, NAITSA is proud to announce the launch of the NAITSA Food Centre.

Hunger should not be a barrier to education, and the NAITSA Food Centre is here to help. The cornerstone of the Centre is the hamper program, which aims to provide 3 days emergency food relief for members of the NAIT community in need.

If you are interested in helping the NAITSA Food Centre combat hunger in our community, donations are always welcome. Non-perishable food items can be donated at the NAITSA office (E-131); monetary donations can be made either through the NAITSA office or online at nait.ca/food-centre.

Please Note: As NAITSA is not a registered charity, monetary donations to the NAITSA Food Centre unfortunately are not tax deductible.

More information, such as needed items, can be found at nait.ca/food-centre, by emailing food@nait.ca, or by calling 780-471-7766.







Ultimate course organizer

By KYLE MATZ

Like most college students, you probably know what it feels like to be confused about when certain assignments are due.

The best way to keep your assignments (and your entire post secondary life) organized is with an app called iStudiez Pro. iStudiez Pro can help easily distracted college students stay focused on what they need to know.

It comes with a built-in class planner to help you keep your different classes separate from each other. When you're adding classes and setting up your schedule for the semester, you can set which instructors are in that class, their contact information and whether you're in a lab or lecture on a particular day. This functionality also works two ways with the calendar on your device. Events from those calendars show up in iStudiez (if you want them to) and you can even set it so that your classes show up in your normal calendar's app. This is great for visualizing when you have free time. In the past, when my instructor gave out an assignment, I would quickly write it down on a sheet of scrap paper which I lost by the end of the day. Now, I quickly type it into this app because it tracks your assignments. When you get an assignment, you can assign an importance level, due date, class and any partners you have for the project,

as well as notes on the assignment. I use this functionality in conjunction with Moodle so that I get notified before the assignment is due with ample time to finish it.

Included with iStudiez Pro is a feature called Cloud Sync and, as you can tell by the name, it syncs your data (classes, assignments, instructors, etc.) across all your devices with iStudiez Pro. Personally, I like being able to quickly note an assignment on my phone, then be able to add more detail to it when I'm on my computer. One thing that bugs me about the app is the fact that when you mark an assignment as done, it automatically asks you for the grade you got on it. If your instructors are like mine, they take their time marking assignments. After a little bit of looking, I found that you can turn off grade tracking, so I did that.

iStudiez Pro can be the solution you're looking for to keep your college life organized and on track. Although there are some negatives, I think that this is a great app for any college kid. It is available on iOS, Mac and Win-

dows devices for \$3.49, \$11.99 and \$13.70 respectively. You can also download a free

version to try it out. Visit www.istudentpro.com for a complete list of features.



Photo by Kyle Matz

You'll never be confused about deadlines with iStudiez.

SEPTEMBER EVENT LIST

2-3 | NAIT ORIENTATION
7 | LABOUR DAY - NAITSA CLOSED
8 | PANCAKE SUNDAE BAR (TOWER)
9 | WELCOME BACK BEER GARDEN
10 | PANCAKE SUNDAE BAR (HP/SPARTAN)
10 | KARAOKE BEACH THEME @ THE NEST
14 | PANCAKES & BACON (PATRICIA)
15 | PANCAKES & BACON (SOUCH)
16 | EVENING ICE CREAM BAR

17 | CARDS AGAINST HUMANITY @ THE NEST
18 | PIRATE PARTY
23 | WELLNESS WEDNESDAY
23 | BLOOD DONOR CLINIC (GYMNASIUM)
24 | JOE NOLAN @ THE NEST
29 | HOW TO MOUNTAIN BIKE

FOR MORE INFORMATION ABOUT ANY OF
THE ABOVE EVENTS, CHECK OUT **NAITSA.CA**



Rate your study skills



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Forming consistent, effective study habits early in the semester is the most important thing you can do to improve your marks as well as your long-term retention and understanding of the course material. An added bonus: staying on top of things will reduce your stress as the semester progresses. While you can't change your IQ or the course content that you have to learn, you can take control of your study habits. Rate your study skills below, and then choose one or two areas that you can work on improving over the next few weeks.

Where to study:

- ☐ I have a regular study area (or areas: one at home and one at school)
- ☐ I have a study area that is used only for homework and studying
- ☐ My study area is free of distractions such as noise, pictures of my girlfriend/boyfriend and interruptions from family, friends, phone
- ☐ I have good lighting and ventilation in my study area
- ☐ My study area is big enough to spread out my papers, books, etc.
- ☐ I study in the same one or two places most of the time

When to study:

- ☐ I know when my peak time of day is and I use that time to do my most important study/homework tasks
- ☐ I study at the same time each day
- ☐ I know how long to study before I lose concentration and become less effective (For most people this is between 30 to 50 minutes)
- ☐ For difficult material I use SECS (short effective concentration sessions of 10 to 20 minutes)
- ☐ I take regular breaks when I am studying
- ☐ I always stop studying when I am

exhausted

- ☐ I review important new material within 24 hours of the class
- ☐ I do a weekly review of all new material
- ☐ I use a daytimer or my cellphone calendar to note down all exams and homework assignments
- ☐ I control procrastination (e.g. I do not put assignments and studying off until the last minute, I start my study sessions on time, I get right back to homework or studying after a break, I do my most important activities first)

- ☐ I start working on assignments as soon as they are given out
- ☐ I space out my studying for a major exam over four to seven days

What to study:

- ☐ I make a list each day of what I want to accomplish. I prioritize my tasks and always work on my most important or my most difficult projects first
- ☐ I allot more time to difficult subjects
- ☐ I sit down to study or do homework with a specific study goal in mind
- ☐ I use my course outline as a guide for what to focus on
- ☐ I watch what the instructor emphasizes in class, on overheads and with assignments
- ☐ I check with instructors to see what will be covered on exams
- ☐ I break material into small, manageable chunks when learning or studying

Note taking:

- ☐ I sit near the front of the class
- ☐ My notes are clear and complete
- ☐ I label, date and number all my notes
- ☐ I have developed a shorthand system for common words
- ☐ I leave a wide margin on each page in order to jot down extra points
- ☐ I take notes in point form
- ☐ I look my notes over and edit/revise them after each class making sure I clarify anything I am unclear on with a classmate or the instructor
- ☐ I use diagrams or pictures to help clarify points
- ☐ I have tried Concept Mapping (also called Mind Mapping)
- ☐ I use a separate binder or notebook for each subject

Reading:

- ☐ I skim the chapter heading, all bold

headings, the introduction and the summary before I read the chapter or note package in detail

- ☐ I turn each chapter or note package heading into a question before reading the content
- ☐ I read actively to find answers to questions and to identify main points
- ☐ I recite the main points after reading a section (40 per cent to 50 per cent of what we read is forgotten in about 15 minutes; immediate recitation helps with retention). Better yet, I jot down major points and sub-points in my own words

- ☐ I make notes in the margins of my textbooks/note packets

- ☐ I try to visualize what I have just read

- ☐ I use a highlighter but highlight no more than 10 per cent of my readings

- ☐ I have a dictionary nearby to check words I am uncertain of

Other:

- ☐ I attend all of my classes unless I am critically ill or have a personal crisis in my life
- ☐ My goals are realistic for me
- ☐ I am involved in a study group
- ☐ I have the name of at least one classmate in each class who I can contact to clarify material
- ☐ I exercise and/or relax regularly

- ☐ I eat nutritional food and regular meals and snacks including breakfast

- ☐ I get enough sleep each night
- ☐ I take time each day for myself
- ☐ I reward myself for good study habits

Add up your score and see how you are doing.

46-52: Excellent study habits. Keep up the good work!

40-45: Good work. Look over the habits that you didn't check and see if you can add any.

30-39: Evaluate where you can improve your study habits and try to add one new habit each week. You may want to book an appointment with a counselor to get more suggestions on improving your study habits. Don't forget to attend the study skills seminars starting September 13th.

Below 30: Meeting with a counselor can help you get started on an effective, individualized study routine that will enhance your success.

Book at NAIT Student Counselling, Room W-111PB, HP Centre or by phone at 780-378-6133.

For a variety of study and time management strategies see the *Strategies For Success Study Skills* manual online at www.nait.ca/counselling under online resources.

Who to call?

Academic & Personal Concerns – Student Counselling; ph: 780-378-6133; Room W-111PB, HP Centre.

Academic Support Services– Visit www.nait.ca/tutorial for a full list of online and on-campus academic support services. NAIT students have access to free tutoring in math, physics, and writing. They can also find support in some traditionally difficult NAIT courses through our Supplemental Learning program. Workshops and information on study skills and access to our Peer Tutor Registry are also available to all students. E-mail tutor@nait.ca with any general inquiries.

Emergency Loans – Financial Aid Office: 780-471-8757, Room O-111 Available on a limited basis to students in crisis. Emergency loans are not granted for school-related needs or for students who budgeted poorly. Loans do not exceed \$500 and must be repaid within one month.

NAITSA Emergency Short Term Loan Program – estl@nait.ca, Room E-131

Food: emergency assistance – NAITSA Food Centre, 780-491-3966; Room E-131

Health Insurance Coverage – Student Health & Dental Plan, 780-471-7730, Room E-125. Students must opt out by Sept. 25

Housing – On-line housing registry at www.rentingspaces.ca

Injury; Minor Medical Concerns – Health & Safety Services, 780-471-8733, Room O-119

Job-related Resources & Workshops – BGS Enterprises, <http://www.bgsenterprises.com/our-programs/career-employment-workshops/workshop-schedule/>

NAIT Protective Services – 780-471-7477

Program-related Concerns – Contact program chair or program adviser

Scholarships & Awards – Student Awards Office, 780-491-3056, Room O-101

Special Needs Students – Services to Students with Disabilities, 780-378-6133; Room W-111PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office, 780-491-3056, Room O-111

Violence or potentially violent behaviour or extreme medical emergency – Protective Services (780-471-7477) 911 or police complaint line 780-423-4567 if appropriate

Volunteering – www.naitsa.ca/volunteer-opportunities

NAIT Student Counselling

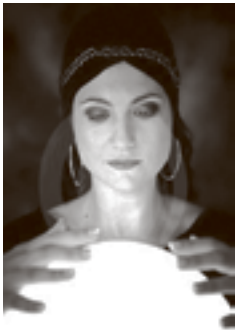
Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 10-16

(Warning: These Nugget horoscopes are not written by an accredited astrologer.)

Virgo (Aug. 23-Sept. 22)

Healthy life changes are your forte now, Virgo. Downloading the Nike app has only helped you in your goals to become not only more fit but healthier in general. With things finally aligning in your life, the time is now. Replacing Pepsi with lime water was the first step but now you have exceeded goals you never thought you could! Keep going because looking and feeling great will help in all aspects of life. I don't need to tell you twice though, you already know.

Libra (Sept. 23-Oct. 22)

You want something but you feel as though it is out of your reach. You must remember, the only thing holding you back from getting what you want and need in life is yourself. Don't be the barrier that separates you from your destiny. Be the path to it.

Scorpio (Oct. 23-Nov. 21)

Something is bringing you down lately. Atmosphere can be a factor but the only thing truly taking you away from the true potential of your own happiness is yourself. A happy life comes from within. Life is 10 per cent what happens to you and 90 per cent your attitude about it. Believe it or not, you have the control to create the beautiful life you have always imagined.

Sagittarius (Nov. 22-Dec. 21)

There's always a deeper meaning for you, Sagittarius. The coming weeks will bring depth and meaning to your life in ways you could have never imagined. The beauty with your mind is that you see things that no other sign does. Embrace

this time of reflection and use your amazing abilities to help someone who may not see the world through the lens that you do. Share your wonderful gift. It was not given to just anyone.

Capricorn (Dec. 22-Jan. 19)

You get down on yourself, Capricorn, even though you may be receiving the highest of praises. You feel like you can never be good enough. We all feel this way at times and it is a motivating factor but don't let it get in the way of finding true happiness and satisfaction. Relish in your successes and never forget that life is a journey, not a destination, so have fun along the way and don't be so darned hard on yourself!

Aquarius (Jan. 20-Feb. 18)

The start of school is somewhat scary to you, Aquarius but remember, there are thousands of people around you every day going through the exact same thing. Don't be intimidated, let the nervousness excite you and ignite a flame of curiosity that will only be fed by new experiences. Drink it all in! Really take in all of the experiences that you will go through in this new endeavour because you will look back one day and say those were the good days.

Pisces (Feb. 19-March 20)

Make sure to visit family frequently and never take them for granted. They are the only people who will be with you till the end and have been there from the beginning. I am sensing turmoil in a certain relationship and it may be a sensitive area for you but you must fix it sooner, rather than later. There will be no upheaval needed, just simply the awareness that you always use kind words from here on out. Make the effort to mend family relationships because they are a huge part of peace of mind for years and years to come.

Aries (March 21-April 19)

This summer was largely made up of working hard and bettering yourself with a sprinkle here and there of loud laughter and travel. This summer was satisfying for you without being over the top and it puts you in a great position to get back to school and be focused. With your determination, Aries and

your head in the right place, you're destined for a great start, which will help build a base for a flawless year.

Taurus (April 20-May 20)

You know nothing in life comes easy, Taurus. You've had some things happen lately that have repositioned you in your life but have also made you very level-headed in times of stress. This growing ability to remain calm will serve you well in the coming months of school. Hang on tight. Your restraint, perseverance and humility will pay off.

Gemini (May 21-June 21)

Your life is now changing. You are experiencing the real world more every day and while all of this is happening, you hang tight and take every wave with grace and confidence. Your famous versatility is only going to complement this transition and you are well on your

way to becoming the person you are meant to be.

Cancer (June 22-July 22)

Summer is cool and all but it's just "not your thing." You're done with the FOMO and all of the summer hype. You're ready to get back into the groove but mostly, you're ready to wear fall clothes again. Yay for comfy sweaters and pants! It's time to rejoice in all that is fall, from the colourful outdoor scenes to the indoor smell of tea and baking.

Leo (July 23-Aug. 22)

Having gone through a recent breakup, you've found your stride. With gloss on your lips, a new man on your hips and those Doreon jeans on tight, you're fierce level is sky-rocketing. You're the 2.0 version of yourself and with this dangerous level of confidence, the world is at your fingertips.



Get Microsoft Office for FREE. (No, really.)

Get a complete version of the latest Microsoft Office from your school, to use for as long as you're a student here. You can even install it on up to five PCs or Macs and on other mobile devices.

Get your free Office at
mynait.nait.ca/getsetup



Install Office on more than five devices, including Android and iOS.

grow your career, join student government

be elected a

STUDENT SENATOR

represent students in your program groups

nominations open

august 31 - september 28

- Discuss and make decisions on issues that concern NAIT students
 - 18 student representatives
- 10 meetings throughout the school year
 - Participate in vital committees
 - Dinner provided at each meeting
 - Honorarium up to \$500
 - Leadership experience
- Appears on co-curricular transcripts

nominations close september 28 @ 4pm

for more information visit naitsa.ca/elections

 **STUDENT
ELECTIONS**

your voice, your vote

