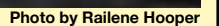


Thursday, November 10, 2016
Volume 54, Issue 9

JOBS FOR GRADS

MPs gathering information for report, pg. 5



NAIT Ooks outside hitter Nalani Stang, left, libero Lauren Smith and outside hitter Hannah Gorgichuk, right, wait for a serve on the weekend in a game against the Keyano Huskies. The Ooks split their two-match series with a 3-1 loss and a 3-1 win.

Kingsway
11436 - 106 Street NW
780.477.3707

Mon - Thurs: 10am - 10pm
Fri - Sat: 10am - midnight
Sun: 10am - 8pm

Prices effective: Friday, November 11 - Thursday, November 17, 2016

Molson Canadian or Coors Light
24 x 355 mL Cans

SAVE \$7

37⁹⁹

Coors Light

SAVE \$4

6⁹⁹

Barefoot
Cabernet Sauvignon, Moscato, Merlot or Pinot Grigio, 750 mL

6⁹⁹

EARN SPEND
125/\$125
AIR MILE[®] REWARDS POINTS

BETTER BONUS DAYS

Sobeys Liquor
SAFeway

*With a minimum \$125 purchase made in a single transaction. Offer valid November 11 - November 17, 2016. FLW 14276

NEWS & FEATURES

The value of association



NICOLAS BROWN
Issues Editor
@bruchev

Are you a member of a club? A professional association? A community non-profit? If you answered yes, fantastic! This column might give you ideas to pursue that you haven't considered. If you answered no, I'll explain some of the many benefits joining an association of any kind can bring. For the benefit of generalization, I'm going to refer to professional associations, clubs and community organizations together as associations, although each one will offer unique benefits that the others don't.

Obviously the most widely-known benefit of joining an association is the networking opportunities they present. Through your membership, you have a connection with everyone else in the association – an opportunity to share

experiences and discuss opportunities. There is a natural inclination to build relationships and offer opportunities to those you already have a connection with. It's the original, benign version of the "who to know" phenomenon. Your affiliation with an association also serves as a simple way to portray certain characteristics or an expertise with the outside world. If you're a member of a professional association, employers will know that you have some knowledge in that field. Membership in a non-profit indicates your support for a particular cause or project. In this way, it also serves as a passive network, making it easier for others to determine if they want to approach you with a job offer or to invite you to collaborate on a project.

Joining an association also opens the door to resources and expertise that would be otherwise very difficult to find or develop. Members may help to develop

training resources that cover a variety of topics. Often the best way to get an answer when you're faced with a unique new problem is to go straight to your association's resources – it's guaranteed that somebody

else has faced the same (or a similar) problem before, even if it's only a once-in-five-year occurrence. Take advantage of those resources and encourage your associations to build them. It's a lot easier for a group to bring knowledge together.

On the topic of resources, associa-

tions also often provide valuable learning opportunities. If you want to add that cutting edge to your skills or knowledge, joining an association can often mean accessing training that goes beyond the general foundational knowledge in your field. Whether its workshops and webinars or a full-on accredited professional designation program, these kinds of training opportunities can expand your skill set and open more doors for you in

your career. They can also be the key for breaking a deadlock on how to move forward on a project or taking the next step in your career. Investigate the training opportunities available in the different associations that interest you and you might be surprised at what's on offer.

There are many other benefits for associations, all depending on what you're looking for. Many professional associations operate exclusive job boards for their members and offer career development services. Leadership opportunities and social events offer you the opportunity to test out skills or stretch professional muscles that you might not be able to in your daily routine at work or school. Partnerships can mean discounts on everything from clothing to insurance and many associations provide various supplemental member services.

Associations of all kinds offer incredible opportunities. As students, we should all be considering how we want to connect in our communities and in our careers. Many associations have cheaper student memberships and cater some of their resources directly to students, which sweetens the deal even further. Whether it's a professional association, a club (on campus or off) or a community non-profit, they all offer something that will help you grow as an individual.

Whether it's a professional association, a club (on campus or off) or a community non-profit, they all offer something that will help you grow as an individual.

Bring your own device

By CLARRISSA TOONE

Most students probably have heard a little about the Bring Your Own Device (BYOD) program that has been put in place but let's review the basics and what are the upsides and downsides.

The program is simply one in which students use their own technological devices instead of one provided by NAIT. The devices are usually a laptop or tablet but smartphones are sometimes included as well. The BYOD program is quite new at NAIT and coincides with the opening of the Centre for Applied Technology building. The CAT building is primarily a BYOD-focused building and, starting this year a program may require students to have their own device. Examples include many of the business and engineering courses.

There are benefits to this change to a BYOD approach. Students may find it more convenient to use their laptop, which for some may be better suited for their program than the average lab com-

puter. This means you can work on your homework or project without having to wait for a computer or a lab period. You also become familiar with the program much quicker as you have unrestricted access to it and the freedom to play with the settings. All of your data is safely stored in one place – just remember to save periodically because crashes do still happen.

This move also saves NAIT money with reduced expenditures on supporting and maintaining computer labs. Many students already have their own devices anyways, so as long as the device meets any technical requirements for course software, students don't have anything to worry about.

For those that do not have a device or your device's technical specifications fail to meet the requirements, this isn't as helpful. Students can utilize Student Aid funding to subsidize the cost of a new device but the price tag can be a deterrent if there is a higher-end tech-

nical component needed for course software. However, there will be support for students.

"What we would do, is respond with [a] long-term loan for students identified as meeting those requirements of student need," explained Darryl Allenby, NAIT director of ITS in an interview earlier this year. Although the process is not currently fully defined, being handled by a department separate from ITS, there will be equipment available on loan to students.

Students concerned about IT support on campus don't need to worry either, as they will be able to access some assistance from NAIT support staff in three different locations on campus: in the CAT building, the HP Computer Commons, and in Room T-307.

"The thing that looks different now is that our support elements have been better defined and are now operational. Our actual ability to assist students interacting with our support channels is the major change," said Allenby.

"From an ITS perspective, there's the potential now for faculty members to deliver curriculum and students would be participating through their devices in ways that were not previously available at NAIT."

Whether you need a device or not, the benefit of a BYOD program is subjective to each student. NAIT is not the first school to introduce a BYOD program. Many secondary and post-secondary schools are introducing or have a similar program in place. At SAIT, their Business Administration program utilizes a BYOD program. The Edmonton Public School Board is starting to recommend that students bring their own devices. The Faculty of Medicine at the University of British Columbia has also implemented a BYOD program.

Devices are a large part of world, so it should not be that surprising that "Bring Your Own Device" programs are becoming the norm.

– With files from Nicolas Brown

Don't give up too soon



A.J. SHEWAN
Assistant Issues Editor

Every student attending NAIT has a reason, a purpose and a desire to better themselves through higher education and to strive for a meaningful career. A post-secondary education can be costly. Not only can it be a financial burden but also one of stress and sometimes frustration. Failure to get into your program because of a one or two per cent difference below the threshold for acceptance can be heart-breaking and devastating. All these factors should lead students to work harder and reach higher.

It is amazing, then, to see fellow stu-

dents who, often as the minority, have such a cavalier attitude towards education. I still have a tough time with the idea that someone is paying a small fortune to register and then fails to attend important classes and, in some cases, drop them altogether, well after the deadline for a refund of any measure. I can absolutely sympathize with the fact that we all have much going on in our lives. Mounting bills, family lives and social stresses are huge burdens that many students struggle with. While I know NAIT has counselling services on campus that are unimaginably helpful for a broad spectrum of people, there are students who would much prefer to go it alone. I rely on a network of good friends and family to help me pull through some of the tougher moments. Students surrounded by a team of cheerleaders can make the tough times manageable.

The question that remains is, have we made giving up too easily the acceptable norm? Instead of challenging oneself to push on and see the task through to the end, how is it that some people would rather

cut their losses and move on? The satisfaction of knowing that you made it to the end is something that will stick with a student for a lifetime. You may not have been top of class or had the best assignment out there but you made it, you crossed that collegial finish line. The rewards to a person's self esteem are ever lasting. The knowledge that, faced with all the odds, all the doubts and uncertainties, your desire to see a conclusion to what you started is something that no one can take away and it is a far greater accomplishment that you could have imagined. I know I had doubts about returning to school. It would have been much easier had I declined the opportunity in favour of something more stable. But the path not taken is the path of perpetual mystery.

So take the leap of faith. Believe in yourself that no matter what the hurdles are, you can overcome anything. The benefits of knowing you completed something, no matter how insignificant it may seem at the time, will be a motivator for the rest of your life.

It's in the numbers

By NICOLAS BROWN
Issues Editor
@brucev

Statistics – they can rule our lives and often form the basis for critical decisions. For students, probably the most critical decision is selecting which institution and program to enroll in and it is often impacted by how that program measures up. The primary focus? Graduate employment numbers.

For many NAIT programs, those graduate employment numbers look very promising. On the NAIT website, you'll see numbers like "92 per cent employment rate within nine months of graduating from full time programs." Yet, in slow economic times, some are questioning those numbers.

NAIT's graduate statistics are handled by the Department of Institutional Research – all graduate statistics are compiled from surveys sent out to new graduates by contracted survey companies.

"There is actually quite a time lag with the survey," said Tony Olmsted, director of Institutional Research. Right now, we are surveying anyone who graduated from July 1, 2015 to June 30, 2016.

"So, now, almost into November, we are surveying graduates from the 2015-2016 academic year. Once we have that list (typically 3,600, not including apprenticeships, only certificate, diploma, degree programs), we can deploy the survey," he said.

"We have the names of every graduate, and we ask everyone, we aren't sampling. We have set a very high target for response

rates (70 per cent overall), which is why we do go out to an external company."

This census-style approach creates a challenge for calculating graduate results when responses don't meet that 70 per cent response target.

"The only time we specifically target a particular program is if the response rates are below the 70 per cent target. In that case, we will shift resources to try to get the response rate over 70 per cent, though it is not always possible. In some cases, we may get up to 100 per cent response, but in other cases, especially small programs, we may not reach 50 per cent," said Olmsted.

"Since we are using everybody, we can't say that the group that answered is reflective of the group that didn't. That's pretty standard survey methodology. If response rates are low, it is tempting to project the results to the rest of the program. But in many cases, the response rate is 100 per cent, so the same methodology will give you the actual experience of the program graduates."

The calculation utilized for the employment statistic is relatively simple. Out of the responses received from the survey for each program, the percentage for employed graduates is calculated from the number of employed graduates divided by the total number of graduates employed or available for employment. Those who are enrolled in a post-secondary program or are otherwise not available for employment (such as being too sick to work) are removed from the calculation.

"If they're sick or in another post-secondary program, for whatever reason they aren't in the labour force, they aren't included in the statistics ..." Olmsted said.

This all means that NAIT's graduate statistics are the real deal – based on actual responses. There's no polling math tricks to project outcomes but that doesn't mean that the numbers reflect the outcome for every single graduate – only the majority.

"Statistics are very institution-specific. Some schools just rely on the provincial report for graduate outcomes. NAIT has decided that it is very important to keep track of how graduates are doing and to collect that data. Many institutions collect their own graduate outcome data but the only real comparative survey is the provincial graduate outcome survey," Olmsted said.

"The NAIT survey and the Government of Alberta survey are actually quite similar [on certain metrics]. Based on those metrics, we are impressively above the Alberta post-secondary average. I would suggest that, based on a six-month out 'are you employed' question, NAIT does exceptionally well and I'd say that is based on how closely aligned we are to industry. So NAIT and polytechnics in general tend to do very well on employment outcomes."

Detailed information about NAIT's graduate statistics can be found online on the NAIT website. This year's graduate survey for the 2015-2016 academic year was distributed on Oct. 21, 2016 – recent graduates are encouraged to participate.



The Nugget

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

Editor-in-Chief

Danielle Fuechtmann
studenteditor@nait.ca

Issues Editor

Nicolas Brown
issues@nait.ca

Assist. Issues Editor

A. J. Shewan

Sports Editor

Connor O'Donovan
sports@nait.ca

Assist. Sports Editor

Michael Menzies

Entertainment Editor

Brendan Chalifour
entertain@nait.ca

Photo Editor

TBA
photo@nait.ca

Online Editor

Danielle Fuechtmann
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.

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.

Talks continue over PSLA

By A.J. SHEWAN
Assistant Issues Editor

Students may not consider what is involved in working at a post-secondary institution in Alberta. Post-secondary staff are essential to the pursuit of higher learning. The NAIT Academic Staff Association or NASA, represents more than 1,100 staff on campus. They serve their membership through advocating on their behalf and negotiating collective agreements that provide them with benefits.

NASA, along with other faculty associations at various post-secondary institutions across Alberta, has been involved in ongoing consultations with the provincial government regarding upcoming legislative changes to the Post-Secondary Learning Act (PSLA). In January 2015, the Supreme Court of Canada ruled in favour of the Saskatchewan Federation of Labour, recognizing a Charter-protected right to strike when collective agreement negotiations break down. Changes to Alberta's PSLA would be necessary to bring the act into compliance with the Supreme Court of Canada ruling.

The 15 faculty associations across Alberta fall under the leadership of the

Alberta Colleges & Institutes Faculties Association or ACIFA. ACIFA President Dr. Anna Beukes is optimistic the changes to the PSLA will be beneficial for everyone involved. The biggest concern put forward by members is the potential loss of collegial governance. Changes to the labour relations model could have an adverse impact on students and staff due to the adversarial nature that some labour relations models create between employers and employees.



Marlin Schmidt

"We will advocate as much as possible to stay under a revised PSLA" Beukes said. ACIFA members would also like to see a distinction between managers and employees when it comes to the bargaining unit. Other changes would be to limit the say an institution has in deciding which groups of staff belong to the faculty association, something that is currently favoured heavily towards an institutions' Board of Governors.

Arlana Moskalyk, NASA President, is looking forward to the continuing consultation process and sees the potential changes as beneficial to not only NASA members but also everyone at NAIT. She would like to see supplemental changes to the PSLA.

"We are hoping we don't get put under the labour code. The PSLA is our own labour code. It has been working for us," Moskalyk commented.

She agreed with Dr. Beukes that the need for the individual academic staffing associations to decide who they represent is important. There is an upcoming roundtable report later in November that she hopes will bring everyone together for an important conversation. Along with 63 different representatives for the parties involved, experienced arbitrator Andrew Sims Q.C. will be in attendance to help see a meaningful outcome.

Dr. Glenn Feltham could not be reached for comment at time of print but spokesman Frank Landry said: "NAIT will abide by any ruling that is handed down from the provincial government."

The Minister for Advanced Education, Marlin Schmidt, acknowledges that change was needed.

"The department reviewed that case with respect to the legislation that governs labour relations on campus and the Post-Secondary Learning Act and advised that it would probably be offside with the Charter of Rights and Freedoms and the Supreme Court's decision," the Minister said.

"When we brought forward essential services legislation last year, one of

the recommendations was to not include faculty in the essential services legislation at that time. We needed to conduct

additional consultation with the stakeholders," Minister Schmidt said.

Through the initial consultations that were conducted last year, additional issues were identified that needed refinement before legislation could be properly crafted. Those consultations are ongoing through targeted stakeholder meetings to further understand the issues involved.

Those consultations have not been without challenges. "I think we have a difference of opinion on some issues, such as around certifications of faculty associations as unions," Minister Schmidt recognizes, "certainly that is the whole point of consultations, to listen to the diverse perspectives on the issues that we are trying to resolve and come to a common understanding."

The government looks forward to receiving those recommendations for what the legislation should look like. The goal is to have legislation brought forward to the Legislative Assembly for the spring of 2017.

While the next few months should determine what if any changes will occur to the PSLA, it appears as though all parties involved want the best outcome for the staff and students at NAIT.



New-look LTC opens doors

By NICOLAS BROWN
Issues Editor
@brucheve

It's a year of announcements for NAIT. The newest announcement on Nov. 9 was the official grand opening of the Learning and Teaching Commons after nearly two years of restructuring and consolidation. Although that section of campus has been referred to as the Learning and Teaching Commons or LTC for the greater part of two years, the grand opening signified the conclusion of work begun under former Provost and VP Academic Dr. Neil Fassina.

The latest development announced Wednesday, was the official unveiling of Learning Services, a new consolidated unit that will provide unprecedented support to students on campus in addressing learning barriers.

"One of the things that we recognized is that sometimes students experience barriers to learning for many different reasons. But right now, the way things worked, students that experienced

barriers to learning were sent in a few different directions," explained alison lewis, Executive Director of LTC.

"They might be sent to Services for Students with Disabilities, which didn't work for all students because sometimes it wasn't a disability that was creating the barrier. Or they might be sent for support through tutorial services or supplemental learning or learning strategies."

As is often the case for post-secondary students, the responsibility typically falls on the individual student to identify what kind of support they need and to seek out that support. Yet many students may not be aware of the kinds of support available on campus or, if they do, they may not know which service to utilize.

"What we've done is aligned the services meant to support all students who

experience learning barriers to one unit and called this unit Learning Services and within that service we have what we're calling learning advisers. So, when a student is experiencing a learning barrier, they can come meet with a learning adviser and the learning adviser

will help them figure out what is creating this barrier for their learning and they [can] send them in the

right direction," said lewis.

This isn't the only change within the LTC, however. Essential student support services within the Services for Students with Disabilities office and Academic Support Services were quietly folded into the LTC portfolio last year – don't worry, those services are still available to students through the new Learning Services unit. A makerspace and a unified help desk have also been integrated

into the library on the third floor of the U-Wing.

In total, the Learning and Teaching Commons now comprises five areas: the Library, Learning Services, Teaching Services, Print Solutions and the Study Lounge – which was renovated over the summer break. These areas offer support to both students and teaching staff, as well as access to full-service printing and self-serve multi-function devices.

"Although we have a great new space in the study lounge and wonderful new services, this grand opening is also about celebrating the work of the entire team within the Learning and Teaching Commons who have worked diligently over the past two years in creating the LTC for NAIT," said lewis.

More information on the services available through the Learning and Teaching Commons can be found online at www.nait.ca/ltc.

Editor's note: Ms. lewis has requested her named be spelled without capital letters

LEARNING AND TEACHING COMMONS
GRAND OPENING CELEBRATION

LTC



Photo by Tim Potter

Participants in a jobs roundtable, chaired by Edmonton MP Kerry Diotte, left rear, and Lethbridge MP Rachael Harder meet Monday in the CAT Building. The MPs are collecting information that will be included in a report to Parliament.

Feds listen to students

By A.J. SHEWAN
Assistant Issues Editor

Members of the Federal Conservative Party were at NAIT on Monday to host a jobs roundtable aimed at taking the concerns of Edmonton's emerging young work force to Ottawa.

Hosting the discussion was Kerry Diotte, Conservative MP for Edmonton Greisbach and Rachael Harder, Conservative MP for Lethbridge. These meetings, eight in all, will gather information for a report that is being prepared by 26 Conservative MPs from Alberta. There were also several student association executives from different post-secondary institutions across Edmonton, representatives from not-for-profit organizations and a handful of local business leaders.

"It's really your voice that matters at this table," Harder told the group.

The discussions commenced with what young people in today's job market are noticing in their respective disciplines. Chief amongst concerns were the bleak jobs outlook, the unwillingness of employers to pay appropriate wages for high-level experience and the appearance of invest-

ment being lost to other jurisdictions.

The challenges facing employers who may potentially hire a new graduate as opposed to someone who has decades of experience are ongoing. Fears were raised that new government policies, like the carbon tax and the increased minimum wage, may take their toll on businesses small and hamper continued investment and job creation.

Some students worry that their co-op programs are in jeopardy and finding meaningful work after graduation is becoming increasingly difficult. Concern also arose from the disappointing revelation that some businesses are rolling back their support for Summer Temporary Employment Programs (STEP). All these challenges are making student advocacy tougher with the prospect of no jobs now and no jobs later.

The millennial brand was a hot button topic, centring on the unwillingness by employers to take the chance on a generation seen as economically risky. There exists a perception by employers that millennials carry a sense of entitlement regarding wages, benefits and salary increases. There was a suggestion that

employers could provide more opportunities to entice millennials by offering them retention bonuses and attractive wage packages. The comparison of the cost of a revolving door of temps versus a long-term solution of full-time hiring was mentioned as a possible solution to one employment dilemma.

The roundtable chairs fielded responses to questions about what has led to the current economic situation. Discussion centred on the effect good paying oil and gas jobs have had on the preconceived idea of economic stability.

"For far too long, the reality we were sold of good paying jobs is just not there," commented one participant.

Most agreed that there is a need for sober thought on wages and salary expectations going forward. The issue of corporate profit margins gave rise to a spirited discussion, as did the incentive programs that exist for non-profit organizations.

Short and long-term solutions came from around the table. There was enthusiasm for a proposal to grow and extend STEP programs throughout Alberta. The current model favours the traditional

graduating periods for students without recognizing programs that do not share those traditional exit timelines. Changing the rules governing unpaid internships and the free labour involved was welcomed. Success rates heavily favoured co-op students in Alberta when compared to their less experienced counterparts who hadn't done an internship. Despite Alberta having one of the lowest corporate tax rates in Canada, small businesses feel that more can be done to reduce their tax burden. The desire for companies to utilize incentives to hire subsidized employees is something that the not-for-profit representatives have been strongly advocating for.

Other suggestions for educating young and old on money management, increased funding for small business and entrepreneurs as well as encouraging job seekers to adequately research salaries in their fields, rounded out the discussion.

With productive discussion centred on job creation and collaboration across the political spectrum, this jobs roundtable is a welcome addition to the continued conversations needed to get NAIT graduates into their respective fields.

Point ^{counter} Point Eateries, chains vs local



BRENDAN CHALIFOUR
Entertainment Editor

I love local restaurants for three main reasons:

1. You are always presented with a unique menu of food choices. Because local restaurants are independently owned and operated, their owners and chefs have complete creative freedom and no corporate guidelines or policies to follow. Their menu items are usually completely unique from what you would be getting anywhere else, feature local produce, ingredients and specialties and change regularly.

2. Another great aspect of locally owned restaurants is their attention to customer service ... which seems to be almost non-existent sometimes. The fact of the matter is that most employees simply don't care, and who could blame them? When you're working on minimum wage under a manager that doesn't inspire or give you any freedom, I don't think I would be giving 110 per cent either. Because local restaurant staff are mostly made up of the owner's family or friends, they have a better sense of ownership and a real relationship to the business, they truly want the business and their family or friend who is the owner, to succeed. I also find that the owners usually play a more active role in ensuring their employees are giving the highest level of service, because their business is on the line. Whenever I am at local restaurants, the single biggest difference is how involved the owner is. They are usually there on site, taking orders, delivering food, talking with customers, and ensuring that you are having a great time.

3. And last, the atmosphere at any local restaurant is what gives them character. Chains are given a catalogue of furniture to choose from (some have more selection than others, think Tim Hortons and Starbucks), but local restaurants are

able to decorate however they'd like, no corporate interior decor guidelines required!!

TIP: When at any local business, never pay with a credit card. Small businesses usually pay the highest transaction fee rates as compared to giants such as Walmart or Costco. Cash or even debit are ideal, with low to zero rates, more of your money is going to the actual business itself.



SALINA HUA

Reasons why I enjoy chain restaurants:

1. Chain restaurants are very affordable for students especially post-secondary students, those who have low-income and for people who are saving. This is a major advantage for post-secondary students because they do not have time to make food. I've noticed from my observation being at NAIT the line ups of Tim Hortons and Starbucks are never ending.

A good example is mornings. Students wake up and do not have time to make breakfast so they get to school earlier to buy their coffee and breakfast. Prices of chain restaurants are very minimal compared to a local restaurant which is a huge saver for a sustainable amount of people of all ages.

2. The consistency of food in chain restaurants is always reliable. The menu is always the same. The most a chain restaurant will have are new meals on their menu. For example, for Starbucks their menu will always stay the same, but they will have seasonal drinks such as their pumpkin spice latte. Local restaurants may have the same menu, but the difference is that there can be different changes in flavouring or the taste of the food because of the switch of owners, therefore the quality is not always consistent. At a chain restaurant everyone is trained to do everything and they are often to multitask because the speed of their business is dependable for the service and food. With chain restaurants the quality of the food will never change and it is easier for customers to do their research of the food, what their intaking into their body. Nutrition facts are accessible, whereas local restaurants, depending on the business, might not have it in their budget to start a website to have all the nutrition facts on the food.

3. Usually parents with children on a road trip have a difficult time feeding their children or do not have time to cook, so chain restaurants such as McDonalds or Tim Hortons offer options the children are guaranteed to eat because they know what they are eating. Local restaurants offer a variety of different dishes to pick from that can leave difficulties to feed children. Chain restaurants are a huge advantage especially for families with younger ones because they are spread throughout provinces or even the country.



**NAIT
NEWS
WATCH**

The Next Generation of News

Only On



Saturdays at 6 PM

We want to hear from you!

**Contact us with comments, questions
or story ideas at:**

Email: naitnewswatch@gmail.com

Phone: 780-471-8629

OPINION

— Editorial —

Truth and the Internet



DANIELLE S. FUECHTMANN
Editor-in-Chief
@ellie_sara

Where do you get your information? I'm going to take a wild guess and say that for a vast majority of things, you consult our beloved friend, Google.

Like a childhood best friend, Google is the sidekick that doesn't quit. Fact-checking in the middle of a debate? Google's got your back. Looking up research sources for an assignment? Google is there with a few choice recommendations. Need to learn a new skill, pronto? Google a tutorial. Got a sniffle or bump that isn't going away? Dr. Google to the rescue.

Wait. If you've ever Googled an ailment, I'm sure that you've discovered that sometimes the Internet or the articles your friend shared on Facebook isn't always the best source of information!

Online news has its pitfalls

Earlier this week, Farhad Manjoo wrote a compelling argument for the *New York Times* about the effect the Internet has had on the way we perceive the truth. While the Internet and online news have been a remarkable benefit to access to information, he argues that online news hasn't been the boon to democracy it was originally expected to be. Instead, he says he noticed the opposite, even a decade ago.

"The Internet was filled with 9/11 truthers and partisans who believed against all evidence that George W. Bush stole the 2004 election from John Kerry or that Barack Obama was a foreign-born Muslim (He was born in Hawaii and is a practising Christian.)," Manjoo wrote.

Conspiracy theories have always existed, drawing people in with their sweet siren songs of mystery and rumour. However, Manjoo says that online hoaxes and fringe theories – and general misinformation – gain momentum that their offline predecessors never managed.

A dark side

The beautifully diverse array of media options that the Internet has made possible has a dark side. Over the last two decades, he states, "the Internet has overrun your morning paper and evening newscast with a smorgasbord of information sources, from well-funded online magazines to muckraking fact-checkers to the three guys in your country club whose Facebook group claims proof that Hillary Clinton and Donald J. Trump are really the same person."

There are two problems. First, as newsrooms grow smaller – either due to budget slashes and staff cuts at traditional media outlets or as a deliberate attempt to be a nim-

ble digital source – their ability to do adequate fact-checking diminishes. Second, the argument Manjoo puts forth in his column, the "landscape of near-infinite choice" allows us to easily abandon media that challenges our beliefs in favour of perspectives that more closely align with ours, which we can then parrot and share, reinforcing that belief further within our social networks.

Neglecting to expand beyond these networks can lead to a loss of outlying perspectives and, as a result, can cause the spread of incorrect information. Unfortunately, when we neglect to engage with other perspectives, incorrect information or hoaxes and fringe theories can take seed and grow.

Walter Quattrociocchi, a researcher for the IMT School for Advanced Studies Lucca, told Manjoo that having a homogenous online network "creates an ecosystem in which the truth value of the information doesn't matter ... all that matters is whether the information fits in your narrative."

Quattrociocchi was one of the authors of a study on the spread of misinformation online, which studied how Facebook users consume information related to scientific and conspiracy news. They found that people tend to gather in communities of interest which fosters confirmation bias, segregation and polarization at the expense of the quality of information and leading to the growth of biased narratives

based on unsubstantiated rumours, mistrust and paranoia.

In short, our online communities and the ease of finding media that mirrors our existing perspectives increase the probability we'll accept that a piece of media is true and firmly ignore opposing information.

Glimmer of hope

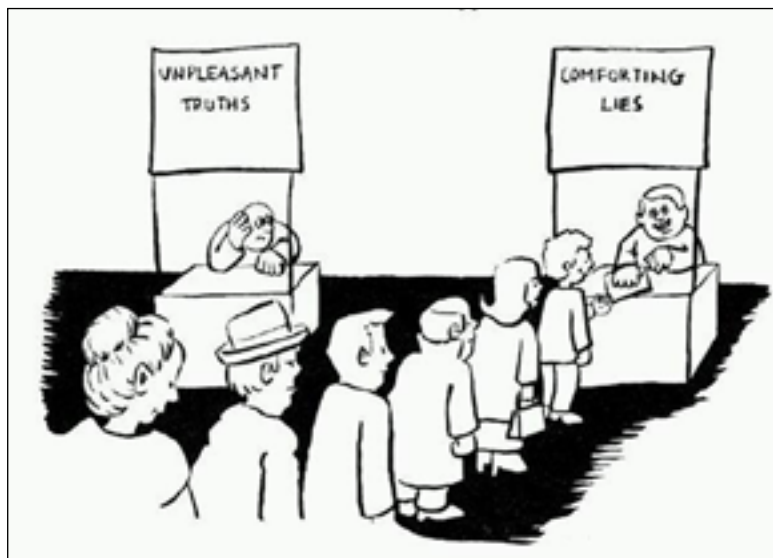
A glimmer of hope is that while many newsrooms lack the manpower to do the extensive internal fact-checking they may have in the past, more and more media sources are publishing pieces that fact-check political candidates or other Internet rumours. Their next challenge is to become more widely accepted.

Today, misinformation on the Internet isn't perpetuated "by your great-aunt who didn't understand the Internet, the misinformation that circulates online is now being reinforced by political campaigns, by political candidates or by amorphous groups of tweeters working around the campaigns," Washington Post reporter Caitlin Dewey told Manjoo. She used to write a column called "What Was Fake on the Internet This Week" but abandoned it because she didn't think it was helping.

'More harm than good'

"In many ways the debunking just reinforced the sense of alienation or outrage that people feel about the topic," she commented, "and ultimately you've done more harm than good."

The question that still lacks an adequate answer, despite Manjoo's thoughtful exploration, is how to avoid this misinformation. Can there be a clear solution? It's impossible to consume all of the media and perspectives available and can we realistically go around fact-checking and questioning everything we read? I think the first step in the right direction is to be conscious – and critical – of bias and be open to different perspectives and opposing information. And whatever you do, never trust Google for medical advice.



Gerd Leonhard

MISS AN ISSUE?

find us online at thenuggetonline.com

FOLLOW & LIKE US!

@nuggetonline

facebook.com/thenaitnugget



SPORTS

Where are the staches?



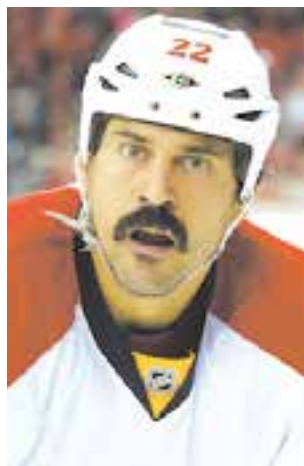
By **CONNOR O'DONOVAN**
Sports Editor
@oadsy

There are a lot of “bests” in hockey. There are the best players – forwards, D-men, goalies – best hands, best shot and best plays. A few years ago, one more category came into the spotlight, one that even the dustiest, most washed up NHL'ers can compete for. That title, which many strive to attain, yet fall humiliatingly short of, is best stache.

Like all of the other listed categories, the owner of best stache became fiercely debatable. (Sorry though, Sid, despite improvement in this category since your early days, this is one award I don't think you'll ever win. It's OK, I won't either.) The top-of-mind choice had to be George Parros. Good ol' George can sprout a snout-snuggler that Lanny McDonald would be proud of. Seriously,

you could set a Harry Potter novel in the dark depths of that facial forest. George retired back in 2014, though, leaving the title-race wide open. Who was left to top the throne and the creeper-crown? Cal Clutterbuck was an obvious candidate and he can rock it, too. Check out a picture of Cal with his stache in full form and his hair slicked back and you'll wonder why he wasn't cast as Ryan Gosling's stunt double in *The Nice Guys*. Jagr can grow a pretty dirty duster. John Tavares, Matt Moulson and Andrew Ference have all mounted respectable campaigns.

The reason for this fascination with facial hair that hasn't been seen since the 1800s – the wacky and brow-raising men's cancer charity movement known as Movember. For a couple of years, Movember support was all the rage in the NHL which was influential in catalyzing Movember support across Canada. Sadly, though, the momentum felt behind the movement in the past couple of years seems to be dwindling. In 2013, the NHL and Players' Association raised almost \$300,000 for the



George Parros

charity. The year, NHL Movember efforts are hardly even noticeable. I had to dig deep into team pages to find information regarding campaigns and what I did find had little detail or promotion behind it, leaving me the slightest amount jaded towards charitable campaigns like Movember.

These viral trend-campaigns seem to be both a blessing and a curse. In the heights of their popularity they can be spectacularly successful in raising money for their cause of choice.

Take the ice-bucket challenge, for example. In 2014 the ALS society of Canada reported that the challenge would allow them to “inject \$26 million into the ALS community over the next three years,” a cause for celebration, for sure. I'd bet that ALS fundraising has almost returned to pre-Ice Bucket levels, though. Don't get me wrong, a boost in funding and awareness at any time, no matter how short, is a good thing and ALS associations have trumpeted their infinite gratitude. But these cam-



Cal Clutterbuck

paigns seem to promote a one-and-done approach to supporting their causes. How many people only donated once to a Movember campaign and forgot all about supporting the causes that Movember highlights until the next time it came around? How many donated without even looking into the cause or, given the hype, left it that others had covered the need to donate?

Let me be clear, I think that Movember and similar campaigns are fantastic, and their viral nature spreads their message to more people than simple advertising ever could. It's up to us, the donors, to make sure that their efforts last.

Yoga – for the first time



By **MICHAEL MENZIES**
Assistant Sports Editor

Two-and-a-half months ago I moved from Vermilion to Edmonton to venture into the wonderful abyss of post-secondary. (As Max Webster knows, you can only drive down main street so many times). And with all the excitement a kid from a small town might have to finally leave and experience something new and exciting in the “big city,” I've also noticed some drawbacks.

My increased school and work sched-

ule, combined with this being the first year I'm not on a competitive school sports team – my fitness level has, shall we say, diminished. Hitting the gym isn't a priority and this upsets me. I used to be someone who relished the opportunity to spend an hour going for a run or playing pickup basketball or volleyball on weeknights.

The phrase: “I don't have the time,” is a phrase I don't like. You hear people say the phrase it in defence. It becomes the most airtight excuse of all. No one can refute it. We all are busy. “Oh, I would do those things I want to do, but I don't have the time.” But now that I've used the phrase more than a couple times in the last couple of weeks, it especially bothers me. I would exercise but I don't have the time.

We all have busy schedules and diverse lives. The point is nobody has the time to exercise. If time is currency than we all are poor. You have to create time for important things. You have to schedule appointments with yourself to push out a major assignment, or for 20 minutes of exercise. This reads like several other similar articles before and in this way it isn't unique but sometimes the cliché is true. Finding time to exercise, I discovered, is no exception.

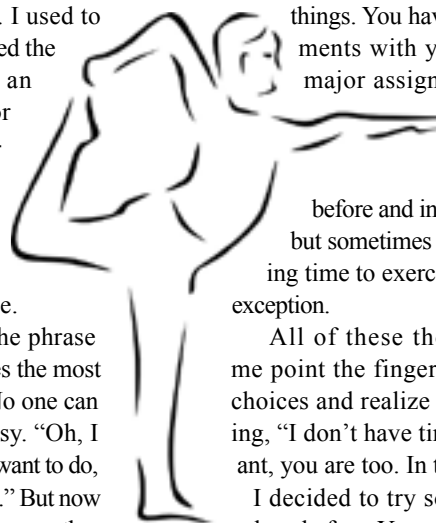
All of these thoughts finally made me point the finger at my own free time choices and realize I was better than saying, “I don't have time” and more important, you are too. In this moment of clarity, I decided to try something I had never done before. Yoga.

Yoga is something I've wanted to try for a long time but, again, never had the time. Well, the trick is I still don't but now

I'm going to create the time and invest it in myself.

The online program is a 30-day introduction to yoga video series that encourages anyone to give it a try. I'm one week into it and, frankly, I look forward to it every day. I appreciate the challenge it presents to my body. I appreciate the soreness and the tightness of my limbs. I am a beginner and that's OK. There are plenty of programs on campus that will help you get back to daily or semi-weekly exercise. You have to spend a bit of time looking and invest the rest into yourself.

When going to school, it's difficult to become a one-track mind. But you are not just the work you do. Take a couple times a week to remind yourself of that fact with some physical activity. Besides, we saved the hour anyway. Reinvest it in yourself. Check in with your body, do a pushup, run out the door, stretch your weary limbs. Have a little fun, kids. Try and feel alive. Namaste.



Keeping Score

Here or there?

Will the Stanley Cup end up in Canada or the U.S. this year?



By **CONNOR O'DONOVAN**
Sports Editor
@oadsy

Well, we witnessed quite the feat last week. The blasted, blighted, curse stricken Chicago Cubs finally tasted the baseball glory that eluded them for 108 years. Those Cubs fans really are troopers, if you ask me. I would totally have chosen a new team by now, the bandwagon jumper that I am. But hey, if you want to be stubborn, go for it.

So, who will next sip the sweet nectar that five million Chicagoans got smashed on at the team's parade last week? I'll give you a hint. The answer involves the Stanley Cup returning to its rightful place at the centre of the hockey universe. Nay, it will return to the centre of the entire universe! That's right, this is the year that the Stanley Cup returns to Toronto.

Cup's coming to Canada

Just kidding, but it will return to Canada.

As many of you know, the Cup hasn't been awarded to a Canadian team since the Canadiens won it in 1993. There could be a couple of reasons for this curse. Maybe the hockey gods decided to punish all Canadians for the riotous actions of Montrealers that caused \$2.5 million in damage following their Game 5 victory. It might also have something to do with the greasy little move then-coach Jaques Demers made when he called for a measurement of Marty McSorley's stick. (The call resulted in a penalty for McSorley, whose stick curve was deemed illegal, allowing the Habs to tie things up late in the game. It was a greasy move because, let's face it, most sticks on the ice that night would have drawn that penalty.) Whatever the reason, the trial that Canadian, and by extension Canadian, hockey fans have been put through will be put to an end this year when the Habs once again win the Stanley Cup.

There were a couple of big uncertainties surrounding the Habs coming into the season. The most talked about (and right-

fully so) was whether or not Carey Price would return to world-class form after a November 2015 knee injury that put him out for the rest of the season. Thirteen games into the season, there shouldn't be anyone left who believes he hasn't. Price is currently sitting with a perfect 7-0-0 record. His .952 save percentage is the best in the league for a goalie that has played more than five games. That percentage was even higher prior to Montreal's 5-4 win over Philadelphia on the weekend, a game that proved that no matter how sloppy the Canadiens play in the 190 feet in front of their own net. Carey will always be able to act as the security blanket they need to keep on winning. He isn't solely responsible for the Habs' success so far this year, but he's been a large chunk of it.



Price is a regular season stalwart that will get Montreal into the playoffs, provided he stays healthy. Anything can happen in the playoffs, of course but there's no goalie that can step up like CP31 can. He's that good. Another interesting fact: Price, who was also perfect in September's World Cup of Hockey, hasn't actually lost a game in almost a full calendar year.

Shea is shining

Another big uncertainty – how will Shea Weber fill the void left by PK Subban? He's been doing pretty damn well so far, at both ends of the ice. His 10 points leave him just one out from the defensive scoring lead and he's assembled a league-leading plus/minus while playing over 25 minutes a game.

A third uncertainty – what will the maniacal Russian Alexander Radulov bring to the table and how will Montreal's skeptical fan base react to the KHL star? His nine points are not insignificant on a very balanced Canadiens point sheet so far and his partnership with Alex Galchenyuk has shown glimmers of greatness. His play, to quote the cliché, can be electrifying and the fans are responding positively (see their reaction to him speaking a single word in French after being awarded the first star against the Flyers).

There is a lot of season left to play, and the Habs aren't without areas of potential improvement but at this point they're as good a bet as any to win the Cup.

Oh, there was that whole losing 10-0 to Columbus issue but, if history is any indicator, all that means is that Al Montoya will be traded to Colorado and go on to become one of the greatest goalies of all time.



By **MICHAEL MENZIES**
Assistant Sports Editor

Well, 108 years is a while. In fact, it's a bloody long time. So Leafs fans, settle down, alright. You've got a ways to go young grasshoppers.

When contemplating all the smitten teams, all the curses in pro sports, we've been checking off a few in just the last couple months. Not only did the Cubbies lift the World Series' hardware last week but Cleveland (ESPN's winner of most tortured sports city) finally had a championship team for the first time since 1964 with the Cavaliers' NBA title this past summer. Who will be the next franchise to end a ridiculous drought?

The St. Louis Blues will be the next team to snap their long-standing sports drought. Since entering the NHL via expansion in 1967, the Blues have not once won the Stanley Cup. What makes it even more disheartening is that the first three seasons St. Louis was in the league, they were in the Stanley Cup final and lost!

Bobby Orr soaring through the air, arms raised, face jubilant is one of the most iconic images in sports history. But it also

began a drought of now 46 seasons where the Blues have failed to reach the Stanley Cup final. Head coach Scotty Bowman (the winningest in hockey history), left thereafter to Montreal, creating another dynasty run of six Stanley Cups in the decade for the Habs. The Blues, meanwhile, wallowed in obscurity, remaining competitive but with nowhere the same punch as before. Fans thought they had just the man in Brett Hull to reverse their woes. But it was all for naught as the team found roadblocks in midwest rivals Detroit Red Wings and Chicago Blackhawks.

St. Louis as a sports city, however, has integrity. The St. Louis Cardinals for the past several seasons have always been in contention and have a built a system whose consistency is the zenith in North American professional sport.

Currently, the Blues have one of the best rosters in the NHL. With the right mix of veterans and young stars, the Blues, when playoff time rolls around, are as well equipped to achieve success as anyone else. The knock on them before last year's postseason was that they were a great regular season team but couldn't finish when it mattered most. The Blues silenced doubters by powering past the perennial favourite Chicago Blackhawks and the top-seeded Dallas Stars to the Western Conference final. In the end, they bowed out in six games but proved to all the pundits and sports writers that they are serious and want to bring the first Stanley Cup to St. Louis.

If I were to place a conservative bet on all the dumbstruck, tortured teams and fan bases, I'd risk it on the Blues.



MEN'S VOLLEYBALL

Aussies come to NAIT

By **MICHAEL MENZIES**
Assistant Sports Editor

As the first-place Keyano Huskies men's volleyball team took down the NAIT Oaks over the weekend, there was plenty of international blood on both sides of the match that ended in a victory for the Fort McMurray school. Seven players combined from both rosters were from outside Canada. More interesting – only two different countries made up those seven bodies, Poland and Australia. Four Polish players suited up for Keyano and three Aussies for the Oaks.

Looking for an edge

Seeing international players in the ACAC isn't new. Teams are always looking for an edge and finding the right international player can enhance a team. While it might seem surprising at first to see these foreign players travel so far to play collegiate volleyball in Alberta, the fact is Canada represents one of the most favourable places for international players when seeking the next step in the game.

Hamish Hazelden, Mitch Lewington, and Simon Coat all thought so, as they max out the most international players a team can have on the active roster in volleyball. All

three foreign players have trained at the Australian Institute of Sport, the location for that nation's national development program.

"They don't have university sport (in Australia) like we do. So it's all going through a club system," said NAIT men's volleyball coach Doug Anton.

"They don't have a sponsorship system, so athletes then have to pay their own way and trying to get the best athletes available and with travel costs, they struggle in a lot of those areas."

The Australian Institute of Sport starts developing national team level athletes in their early teens and provides a daily training environment that includes access to sports science, dormitory accommodation and state-of-the-art coaching and facilities. While there is full-time funding for the athletes, it does decrease as they turn 19 and 20. This encourages these athletes to seek out institutions (like NAIT) if they want to pursue a career in the game, while still looking at educational programs that are also geared towards their interests. This means NAIT provides an outlet for athletes to get comfortable with their surroundings while they're still looking to play university volleyball down the road. In the meantime, they

are tested by a very competitive league.

"We can provide that stopgap," Anton said. "It's a little bit of helping each other. We can then get access out of Australia for some of their top players who are interested in pursuing volleyball as more of a career," he said.

"These players are then more willing to travel as part of their lifestyle and we can provide the daily training environment that they need to continue their improvement and take the next steps."

Time frames not ideal

Often, the time frames for properly acquiring an international player don't work out as ideally as hoped. College squads would love to begin talks in November and December but being in the thick of the season, the process usually doesn't begin until January. If not then, as in NAIT's case, it becomes a scramble at the last moment to get a player enrolled into a program.

"By the time we had made contact and said these were the guys we wanted, we were getting late into the registration process," Anton said.

"It was early to mid-April when that happened, so their programs of choice were full with extensive waiting lists."

Obviously, from a coach's perspective, Anton looks first at the volleyball quality of

the player. But if the marks and educational aspects aren't there, then they might move on in the recruiting process.

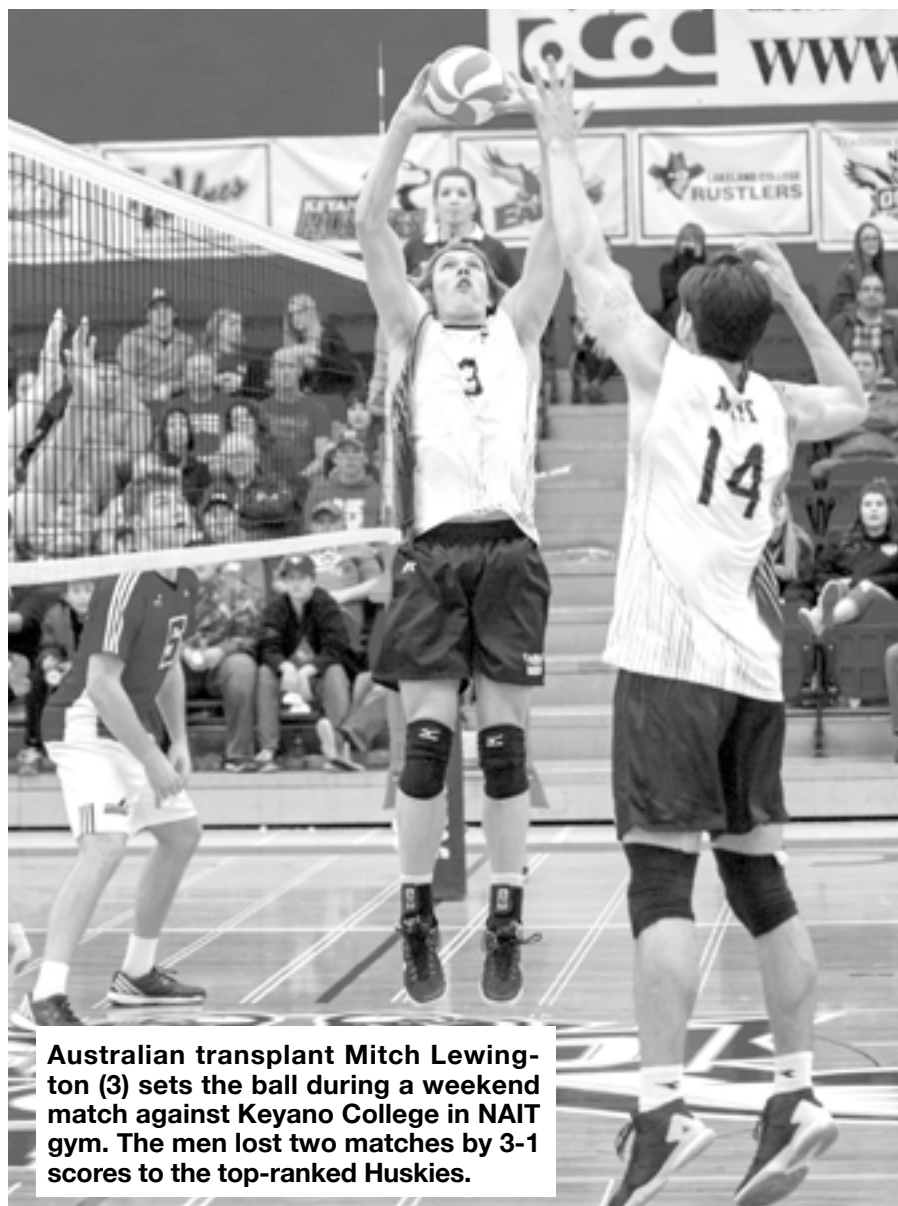
"Their high schools (in Australia), in general, are very much on par. But the way they structure their high school is different. They don't have as many courses. So when they come over here and need a physics and chem and math to get in here, they may have science and they may have math but they don't have the physics and chem."

The college aspect, though, is one of the attractive features for a team to accept international talent.

"College typically have two-year programs. So the potential of turnover of athletes is a lot higher" he said.

Eighty per cent of the athletes have been only playing one year, 15 per cent for two years and this is since the 1980s."

It's numbers like those that mitigate risk for NAIT in case things don't work out between the player and team. They know they might not have the player long anyway with their high turnover numbers. So despite triple the amount of time spent compared to the rest of Anton's roster and with the risk they could move on when the year is out, teams such as NAIT will still take a chance if they think the quality of their roster will improve for the main goal of a Provincial Championship.



Australian transplant Mitch Lewington (3) sets the ball during a weekend match against Keyano College in NAIT gym. The men lost two matches by 3-1 scores to the top-ranked Huskies.

Photo by Railene Hooper

Athletes of the week

October 31-November 6

Hannah Gorgichuk
Women's Volleyball



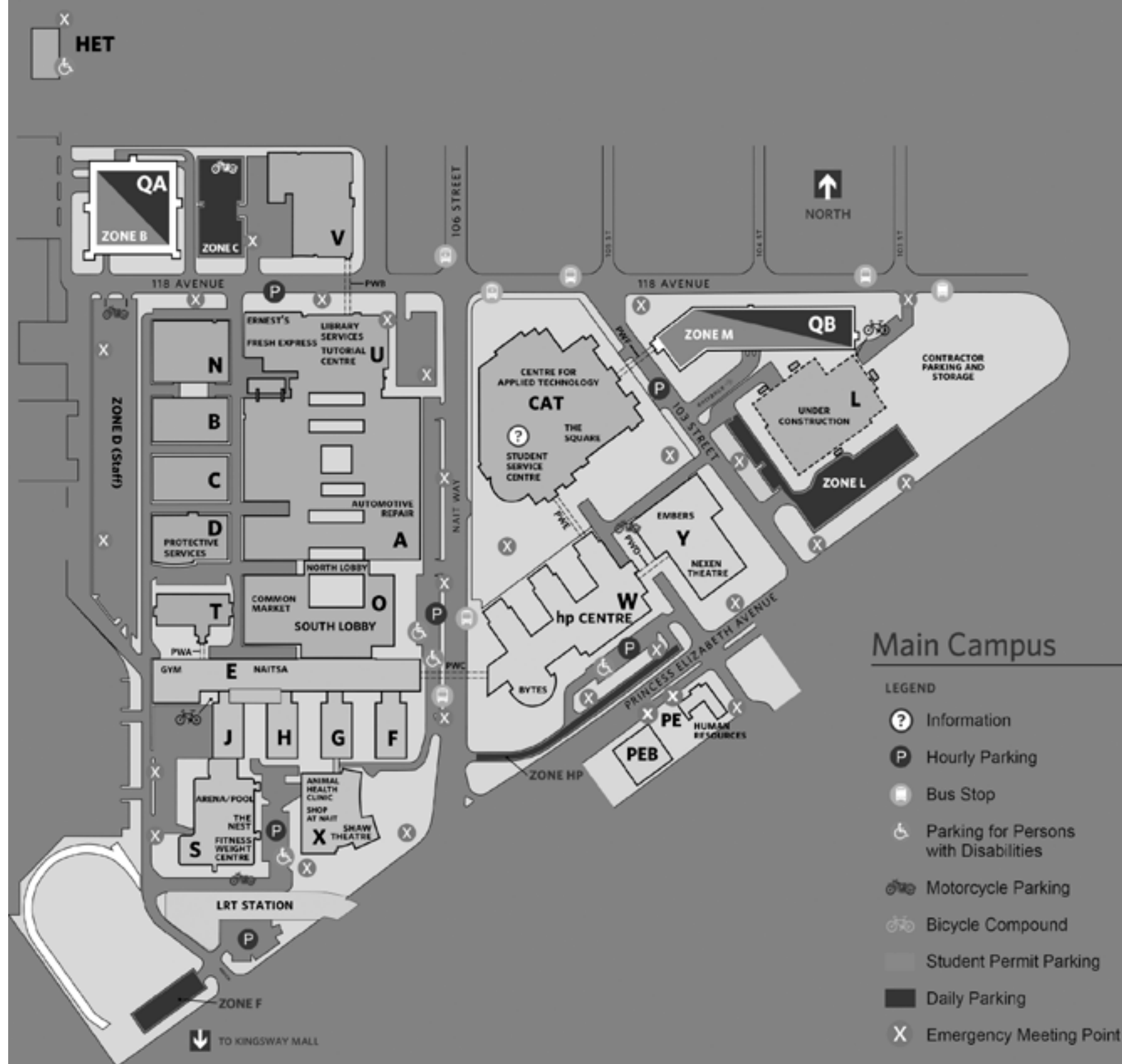
The NAIT women's volleyball team split a two-game series with the Keyano Huskies this past weekend. Despite losing three sets to one in the opener Friday at NAIT, Hannah had eight kills, five digs, four service aces, a block and was one of the Oaks' best players. The following day, the Oaks defeated the Kodiaks 3-1 with Hannah contributing seven kills, 14 digs and two service aces. "Hannah has had a great start to her rookie season, and this was her best weekend yet," said NAIT head coach Benj Heinrichs. "She works hard to execute the fundamentals and as a result has been very consistent ..." Hannah is a first-year Landscape Architecture student from St. Albert.

Tanner Dunkle
Men's Hockey



The Oaks continued their winning ways this past weekend with a sweep over the Concordia Thunder. With a goal and an assist Friday, Tanner helped the Oaks defeat the Thunder 4-1 at NAIT Arena. It was Saturday when Tanner really broke out as he erupted for four points (two goals and two assists) in NAIT's 8-2 road win over Concordia. "Tanner had another strong week contributing in all areas including a team leading plus-five," said head coach Tim Fragle. "He continues to have strong chemistry with his linemates and is consistently going to the tough areas on the ice to create offence." Tanner is a third-year Civil Engineering student from Red Deer.

NAIT Main Campus Map



Main Campus

LEGEND

- Information
- Hourly Parking
- Bus Stop
- Parking for Persons with Disabilities
- Motorcycle Parking
- Bicycle Compound
- Student Permit Parking
- Daily Parking
- Emergency Meeting Point



naitstudents

naitsa

yourNAITSA

naitsa.ca

naitstudents

rm e-131

ENTERTAINMENT

Perfection – on social media



BRENDAN CHALIFOUR
Entertainment Editor

After receiving positive feedback on my last column headlined “Take control of your life,” I decided to write a follow-up article about happiness and how we portray ourselves through our online profiles.

“There is often a big gap between outward appearances and inner reality,” said the 14th Dalai Lama. This is one of my all-time favourite quotes. It captures the truth, that sometimes people project themselves in a way that is misleading, which in turn results in us perceiving them to be something they are not. When I think about this, social media is the first thing that comes to mind. Some people appear to lead perfect lives but I often ask myself, aren’t they just showing their best moments?

With social media, because the photos are so carefully

selected and edited, they don’t portray our lives accurately at all. It is easy to scroll through your feed, seeing everyone’s seemingly “picture” perfect lives. Think about someone who always posts photos of their adorable kids and their healthy meals. But don’t forget, you don’t see their reality. Their kids throw tantrums, too, like all kids do. And those healthy meals that person uploads each day? Don’t think that you have any less willpower than they do simply because you caved and stopped after school for a cheeseburger. I’m sure that person does that once in a while, too, they just choose to not show you that.



Instagram Search Engine

Looking at someone’s Instagram feed can sometimes make you feel like your life is less perfect and less glamorous, but don’t forget that those photos aren’t their entire life. It takes one second to capture a photo, and then you don’t get to see the rest of their day, the realities of their lives. I can guarantee that they have relationships that are as messy as yours, they fight with people they love and they feel sad sometimes too, like we all do. The number of followers you have on Twitter, your friend count on Facebook and the number of likes and retweets you get is not a measure of who you are as a person. Those numbers don’t make you a happier individual, define how popular you are today or how many friends you have. However, those real connections, like when you tell a friend about something stupid you did the other day and hear them laugh or have someone call you on a Saturday and ask if you want to join them for a trip to the farmers’ market, those are real connections, those are the ones that matter.

Don’t feel bad about yourself when you see how happy someone’s life seems online. Remember how happy your life is in those moments that you don’t share online, too.

Erin Anderssen said that “Facebook is more about showcasing ourselves than it is about taking a deep interest in other people.”

Strive to create the authentic connections that will make you a happier person and “unfollow” those who don’t.

Going back to School?

We'll Help You Save!



Only pay half the rent in September, December & January, and use your savings for books, holidays or anything you might need!

BOARDWALK
RESIDENT COMMUNITIES
Bringing You Home

587-600-1922
www.bwalk.com

Some conditions apply. Must show a valid Student ID. Offer available to new move-ins only. Cannot be substituted or combined with any other offer on 12-month leases. Credit will be applied to your account.

TELUS Internet and Optik TV™ included.
In selected areas.

SOUND WAVES

Tove Lo still pushing limits

By CARRIE HUMBKE

A new album by Tove Lo has been released right before her 29th birthday! As one of my favourite singer-songwriters, Tove Lo recently unveiled her new sophomore album, *Lady Wood*, on the iTunes Store, at the same time as she released her 31-minute short film called *Fairy Dust*, which accompanied the album. The *Lady Wood* album is divided into two chapters: "Fairy Dust" and "Fire Fade." The album includes "Cool Girl," "Influence" and eight other songs with a Canadian price of \$10.99. She has become known for "joyful sexual liberation and lots of swearing ... it's something she continues on this second album," said one reviewer.

Cuts:

1. Fairy Dust (Chapter I) [Album Only]
2. Influence (feat. Wiz Khalifa)
3. Lady Wood
4. True Disaster

5. Cool Girl
6. Vibes (feat. Joe Janiak)
7. Fire Fade (Chapter II) [Album only]
8. Don't Talk About It
9. Imaginary Friend
10. Keep it Simple
11. Flashes
12. WTF Love Is

"Lo is known for her raw, grunge-influenced take on pop music," (Wikipedia, Nov, 2016)

Ebba Tove Elsa Nilsson (Tove Lo), a was born and raised north of Stockholm, Sweden.

She started to pursue her musical career in songwriting and earned a publishing deal with Warner/Chappell Music in 2011, later that year, on the date of Oct. 14, She released her first album *Queen of the Clouds*, which opened at No. 14 on the U.S. Billboard Top 100 in October, 2014. The single "Habits (Stay High)" sold over 2.6 million copies in the U.S. and reached the Top 10 in Austria, Canada, France and Switzerland.



Just Jared

*Staying in my play pretend
Where the fun ain't got no end
Can't go home alone again
Need someone to numb the pain*
— Habits (Stay High)

Called "Sweden's darkest pop export" by *Rolling Stone* magazine, she has never been afraid to express her thoughts and emotions in her songs. Tove Lo uses

words like "sex" and "drugs" on most of her songs.

"I just like to talk about drugs in my songs because obviously a lot of people know what I'm talking about – it's not a secret. I can tell that everyone knows what I mean when I say these things," she said in an interview.

"That's so me; I want to be

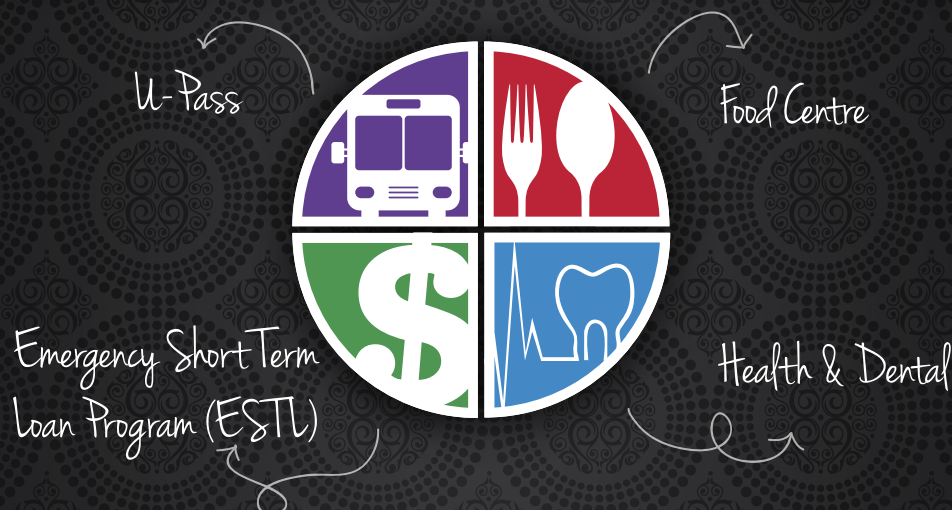
that self-destructive person."

Besides writing and performing her own songs, Tove Lo also participated in the creation of Cher Lloyd's studio album *Sorry I'm New* in 2014 and co-wrote the 2015 single "Love Me like You Do" by Ellie Goulding (which reached No. 3 on the U.S. charts).

We are the Naitsa Service Hub!

WHAT DO WE OFFER?

The NAITSA Service Hub is here to make your time as a NAIT student easier. Come to us with all your questions about the Health & Dental Plan, U-Pass, Food Centre or Emergency Short Term Loans.



EMERGENCY SHORT TERM LOAN (ESTL) PROGRAM

Eligible **credit** students facing unforeseen financial emergencies **may** qualify for a small 30 day loan from the NAIT Students' Association. For more information, come in to the NAITSA Service Hub or email estl@nait.ca

FOOD CENTRE

Hunger should not be a barrier to your education. Come to the NAITSA Service Hub in E131, or fill out your hamper intake form online at naitsa.ca/food-centre. Contact foodcentre@nait.ca for more information.

HEALTH & DENTAL

NAITSA has worked to design a reasonably priced health and dental plan to give students peace of mind. For more information about your coverage please visit mystudentplan.ca/nait or contact studentplans@nait.ca

THE DEADLINE TO OPT OUT OR ADD FAMILY IS SEPTEMBER 30, 2016.

U-PASS

The U-Pass gives eligible students access to City of Edmonton, St. Albert, and Strathcona County Transit while you're at NAIT! For more information please visit naitsa.ca/upass or email upass@nait.ca

U-PASS IS AVAILABLE IN THE SOUTH LOBBY KIOSK AUGUST 22-SEPTEMBER 16
MON-THUR 8:30AM-6:00PM | FRI 8:30AM-4:00PM

ASK THE EDITORS

Why settle for just one opinion?

Mid-term grades are coming out. What do you recommend doing if your grades aren't quite what you were hoping?

•••
Danielle Fuechtmann
Editor-in-Chief

Take a look at your grades and determine what your strengths are and where the issues are. Maybe it's pretty clear how you can improve in the problem areas but if not, meet with your instructor for some help and to develop a strategy to get your grades up.

Also, even if you feel like you need to double down on your study habits, don't neglect self-care. Any of the Nugget staff will tell you that I'm the queen of burning the candle at both ends but I promise that keeping a balance between working hard and taking the time for sleep, self-care, and fun will pay off. While it might feel like you're giving up precious work time at first, these things will ensure that when you are in class or working, you'll be your most productive self.

•••
Nicolas Brown
Issues Editor

Ah the joy of being in a course that has no exams! However, that wasn't always the case and over four years in the business program has taught me many valuable lessons for that post-midterm funk. Whether you burned the midnight oil studying or didn't crack a book to prepare, if you are determined to recover for the home-run stretch you'll need to convince your instructors that you are actually committed now.

Your best bet is to meet with your instructors. Schedule a meeting with them, come prepared with the course schedule and rubric. Sit down with them and have a frank discussion on what you need to do for the rest of the term to recover - if you can. Many courses don't have the leeway for extra assignments to boost grades, so you'll need to take the hand given you in planning the rest of the term. Your instructor is your best resource though, so that's my advice - talk to them!

They're not as scary as they look... at least, most of them aren't.

•••
A.J. Shewan
Assistant Issues Editor

Take the time to review your previous assignments and see where the issues have been. Chances are there is typically a common theme for something that is missing to get the grades you seek. Time management can be a game changer. Finding that eloquent balance between enjoying your life and never coming out of your studies for air can make a real difference. Failing that, sit down with your instructor and seek out their thoughts on what you can change. They might have some good concrete suggestions for improvement. NAIT has some fantastic tutoring services that might make those large problems seem smaller. Classmates can often be a terrific resource. There are many spaces around campus to host

a study session. It is likely that there are many of your classmates facing the same challenges.

•••
Brendan Chalifour
Entertainment Editor

Review and respond. If you are unsatisfied with your current mark's, review what your regular study habits are, your attendance in class, and how much time you are leaving to work on your assignments. You don't need to hibernate all weekend long in order to get good grades, just ensure that you are balancing and managing your time effectively. If you don't put any thought into which assignments you'd like to work on or which chapters you will study this weekend, you're essentially putting your time out on the curb for anyone to grab. Block off chunks of times in your calendar and hold yourself accountable to actually doing your work at that time.

BE THE SOLUTION

ATTEND AN EVENT TO SUPPORT UNITED WAY'S MISSION TO END POVERTY

DATE	TIME	EVENT	LOCATION
NOV. 8	11:00 AM - 1:30 PM	Kickoff Lunch	Main Campus: NAITSA Student Lounge, CAT 200 Patricia/Souch Campus: eat AT NAIT locations
NOV. 14 - DEC. 1	11:45 AM - 12:45 PM	50/50 Raffle Sales (Draw Dates Nov. 10, 18, 25 & Dec. 2)	Tuesdays on CAT Main Street, Wednesdays at Fresh Express, Thursdays at Common Market, anytime at shop AT NAIT
NOV. 15	All Day	Toonie Tuesday - Coffee & Tea	Common Market, Fresh Express, Embers, The Corner Store, Plates & Elements
NOV. 17	10:30 AM - 1:00 PM	Chili Lunch	Blue Plate, Common Market
NOV. 22-24	All Day	Be a Hero	Common Market, Fresh Express, Embers, The Corner Store, Plates & Elements
NOV. 22-25	Various Times	1/2 Price Fitness Classes	Sign up in O117
NOV. 23	8:00 AM - 2:00 PM	Silent Auction	Patricia Campus
NOV. 23	8:00 AM - 2:00 PM	Technology Sale	The Crossing, CAT
NOV. 25	10:30 AM - 1:00 PM	Artisan Bread and Turkey Sausage Sale	South Lobby

Hope to see you there!





PRESENTS

BUILD A COMPANY IN THREE DAYS!

3 DAY STARTUP

CONSTRUCTION AND TRADES

DECEMBER 2 - 4

APPLY BY NOVEMBER 25

nait.ca/3DS | #3DSNAIT



FROM THE KITCHEN

No-bake energy snacks

By Hana Laverick

Ingredients:

- 1 1/2 cup of rolled oats
- 2/3 coconut flakes
- 1/4 almond butter (or any nut butter of your choice)
- 1/2 cup ground flaxseed
- 1/3 cup pure maple syrup
- 1 banana, mashed
- 2 tbsp chia seeds
- 1 tsp vanilla
- 1/2 tsp cinnamon

Directions:

- 1) Measure out all of the ingredients, and mix them together in a bowl.
- 2) Refrigerate for 20 minutes.
- 3) Roll them into one-inch sized balls (about 1 1/2 tbsp)
- 4) Store in an airtight container in the fridge for up to two weeks

I always find that I am in a rush getting to school, work or the gym because I never give myself enough time to have a proper meal or even a little snack to fuel me for the day. In most cases, this isn't ideal, especially if you have a long day ahead of you!

I have always been a fan of creating healthy snacks that are quick, easy and cheap to make and that will last me for the week. I am assuming most students feel the



Photo by Hana Laverick

same way since we constantly talk about how we don't ever have time for anything... amirite? I am a huge fan of sharing these

super cool recipes with you as well, so we can all feel satisfied by delicious food every single day! These healthy little bites of

energy are so tasty; they're perfect for all of us, especially at school or keeping you satisfied until the next meal. Enjoy!

GAME REVIEW

Time to make a Switch?

By GERVAISE BRANCH-ALLEN

In March 2015, entertainment company Nintendo announced its plans to enter the mobile gaming industry to surprised fans. To reassure consumers that they would continue to develop video game hardware, Nintendo also announced their latest system, code-named NX. Last month, they revealed the latest system as the Nintendo Switch.

The Nintendo Switch is a gaming

system that can play games on a TV screen and can be taken on the go via a tablet. While playing at home, the tablet rests in a docking station that connects to your TV so you can play with the primary controller. When you remove the sides of the controller, called Joy-Cons, you can slide them onto each side of the tablet and take it out of the dock. The tablet has a built-in screen so you can

continue to play your game on the go.

When you play on the go, you can use the left and right Joy-Cons to play a game. To play with another person, you can detach the Joy-Cons and turn them horizontally to play together. Nintendo has also shown a traditional controller called the Switch Pro Controller for use at home.

A variety of games have been announced or shown for the system including *The Legend of Zelda: Breath of the Wild*, plus new *Super Mario*, *Splatoon* and *Mario Kart* games. Additionally, third-party titles like *Just Dance 2017*, *Dragon Quest X* and *Project Sonic 2017* are coming to the console.

Nintendo's eighth generation console, the Wii U, wasn't as successful as they had hoped. Many consumers believed the Wii U's GamePad was simply an accessory to Nintendo's previous console, the Wii, rather than the controller for a brand-new system. Other consumers didn't even know the Wii U existed! For Nintendo fans that did purchase a Wii U, many enjoyed the games available for the system as well as the compatible amiibo figures. Fans also had many complaints, including the GamePad's battery life and limited support from third-party developers. So there is a lot of

pressure on Nintendo to create and market the Switch much more successfully.

Technical specifications have not been revealed in full, such as battery life of the tablet, but some details for the console's specifications have been released. Nvidia has confirmed that the system uses a custom processor and Nintendo has confirmed that the system uses game cards similar to the Nintendo 3DS rather than discs. More details will be revealed in January.

Nintendo needs to market this console in a way that makes it more successful than the Wii U, while also catching the interest of lapsed Nintendo fans, hardcore video game players and kids and families who enjoy Nintendo's products. It may be difficult for Nintendo to reach all these audiences with different expectations but the relative simplicity of the console will be more appealing to general audiences.

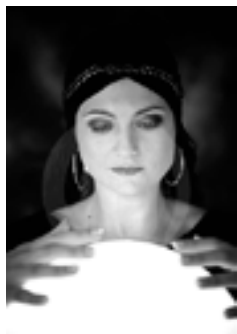
The Wii had a very revolutionary feeling. Catchy marketing can really grab consumers' interest. If you show the system, Nintendo characters and some of the games that will be available with say, Will Smith's Switch song playing, I'm sure consumers will pay attention. The Nintendo Switch is set to release in March 2017.



Forbes

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

November 10-16

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

Scorpio (Oct. 23-Nov. 21)

You should know what your best quality is. Use it more.

Sagittarius (Nov. 22-Dec. 21)

Look to the stars and gaze in wonder-

ment that you are just as bright as they.

Capricorn (Dec. 22-Jan. 19)

Share a laugh with a friend and enjoy a memory that you will have in the future.

Aquarius (Jan. 20-Feb. 18)

A bubble bath will awaken your inner tiger. Roar your worries away.

Pisces (Feb. 19-March 20)

Laughter is your best friend this week. Use it and you won't lose it.

Aries (March 21-April 19)

Take a risk on all hurdles this month. You are too great not to trust yourself in any aspect.

Taurus (April 20-May 20)

Reward yourself with a dollop of relaxation. Your inner-peace will thank you.

Gemini (May 21-June 21)

Use positivity for every problem

and witness your problems become easier.

Cancer (June 22-July 22)

Your beating heart is the opposite of beaten. Get out and live, you sweet creature.

Leo (July 23-Aug. 22)

Meet your friends and family with warmth, and you will feel warm. Don't

be cold this winter.

Virgo (Aug. 23-Sept. 22)

Solidify any uncertainties you have in your life and see that you've only learned more.

Libra (Sept. 23-Oct. 22)

Learn a new skill. Your brain and heart will not be disappointed.

NAIT Student Counselling

Room W-111PB, HP Centre, Main Campus

Telephone: 780-378-6133

Website: www.nait.ca/counselling

NOVEMBER EVENT LIST

3 | NEST: CELEBRITY WHO AM I?

4-9 | BYELECTION FOR PRESIDENT

VOTING PERIOD (ONLINE)

5 | KIDS PARTY

7 | HOW TO: BLOG WITH WORDPRESS

9 | HOW TO: BASIC DIGITAL PHOTOGRAPHY

10 | NEST: MOVEMBER KARAOKE

14 | HOW TO: BACKPACKING

17 | NEST: WES BARKER

21 | FREE FOOD: EVENING STUDENTS

24 | NEST: DIRTY BINGO

27 | NAIT TRIATHLON

29 | HOW TO: WINE TASTING

30 | WELLNESS WEDNESDAY

30 | HOW TO: SELF DEFENSE

NAITSA CLOSURES

11 | REMEMBRANCE DAY

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



naitstudents



naitsa



yourNAITSA



naitsa.ca



naitstudents



naitstudents



rm e-131

Poetry Corner

Self deprived *By Salina Hua*

*I don't know who I am anymore
Meeting everyone's needs and happiness
before me has lost me
Who am I
Am I happy
Should I be happy
I've come so far and the one thing I said ruined
everything
Losing the one who truly loves me and here I*

*am in denial that I love them
Who comes first
Should he or should I
Who am I
Maybe I just need moments to sit
Breathe the air and clear my mind
I need a refresher to why I'm in this
Why is this happening
My love for him isn't always consistent*

*Is it the amount of attention he gives me
Some days he'll lack
Some days he'll exceed
Am I asking for too much
It's probably just me
I'm not okay
There's too much on my plate
I just want to go far, far away
I don't know who I am anymore*

Are you feeling pressured and stressed?



Mindfulness & Meditation for NAIT Students is a free short course that offers skills to decrease your stress and help you find more satisfaction in your daily life. Hosted by NAIT Counselling Centre.



Nov. 8, 15, 22 & 29

11:15 to 12:05

To register:

sandrad@nait.ca

NEST TAPHOUSE GRILL

WEEKLY SPECIALS

\$7 FOOD SPECIALS	\$4.50 DRINK SPECIALS <small>*All liquor served is 1 oz</small>
MONDAY Nest of Wings	MONDAY Fireball Shot
TUESDAY Taco Trio	TUESDAY Crushed Ice Margarita
WEDNESDAY Classic Poutine	WEDNESDAY Lamb's Rum Hiballs
THURSDAY Pepperoni Pizza Bites	THURSDAY Flavoured Absolut Vodka
FRIDAY Daily Soup Cup & Garden Salad	FRIDAY Bottle Pilsner

FOR CURRENT HOURS PLEASE VISIT US ONLINE
NESTTAPHOUSEGRILL.COM

ALL SPECIALS AVAILABLE WHILE QUANTITIES LAST. DINE IN ONLY.

REVIEW US ON:

NEST TAPHOUSE GRILL

OILERS

GAME TIME FEATURE

\$4.50 PINTS (16OZ)
MOLSON CANADIAN

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

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

A conversation with Striker

By CONNOR O'DONOVAN
Sports Editor

First formed back way in 2007, Edmonton metal outfit Striker has been steadily growing over the last 10 years. They've toured North America and Europe, have opened for Metallica in Edmonton and recently slid into their neon spandex to rock the Nest for NAITSA's Metal Night.

Striker is Dan Cleary on guitar and lead vocals, Tim Brown on lead guitar, William Wallace on bass and Adam Brown on drums. *The Nugget* had a chance to sit down with the band before their show in late October to talk about metal, touring the world and going independent for their latest and upcoming records.

Can you tell me a bit about the history of the band?

Adam: I think what kicked it off the most was in 2008. I wasn't in the band at the time. They were asking me but we all went to Germany for a bunch of metal-fests like Headbangers – we've actually played Headbangers twice ... so it's cool to play a festival after going to it. So when we went, one of our friends in our network brought the shitty EP ... like it was really bad.

Tim: Well I don't know about that.

Adam: It was pretty bad.

Tim: It was unpolished

Adam: It was very unpolished. Then, that was back in the day with those little mp3 players, our friend was running around the festival putting one earphone in someone and then that turned into a small record deal in Germany. Then that, I don't wanna say fame, but that interest in Germany kind of built on our reputation here and it kind of snowballed from there.

What drew you guys to metal in the first place?

Adam: I think, if you really wanna grow with playing your instrument. Metal is very technical, it's fast. There's a lot of challenging and fun parts about playing metal music. All of the best musicians play metal.

William: It's like an offshoot of jazz-

Tim: In terms of the best proficiency, it's like jazz, fusion and metal. That's it. Those are the fastest, most insane genres.

Dan: Especially for drums, vocals and guitar. In other genres like pop and gospel the bass is a much more prevalent instrument, but when you think of shredding guitar, you think metal.

Adam: Well, we do. Some people might think Hendrix.

Dan: That's the evolution, though, it just becomes faster. That's the problem with guitar players, everybody's always trying to one-up each other until it's unplayable.

Do you think metal has lost some of the popularity it used to have?

Tim: I don't know about that. I think metal's pretty popular. I mean you hear metal all the time but there's a lot of different styles now, so what you consider to be metal can be a lot of different things. To someone who doesn't listen to metal, metal's

just everything with a heavily distorted guitar. It's all one thing but there's such a huge difference between what a grindcore band is and what Striker is, so you might be hearing metal and not realizing it.

Adam: It's really weird because Metallica will sell out two nights in a row, so there's obviously a huge metal fan base. So, it's like, how do you tap into that fan base in Edmonton? We'd be happy to draw 600 fans. We'd be stoked. Then Metallica brings out 40,000 so, where are those fans?

You've opened for Metallica. They seem to have lost some of their popularity over the last few years. Are you guys fans of all of their music?

Tim: After being in a band for so long you can kind of understand the progression of Metallica. Like we release an EP and the next album people are already saying 'why didn't you do stuff like the EP?' and it's like, 'man, what are you talking about. That was a year ago.' They're already saying 'it's not this'.

Adam: Yeah. That being said, I don't listen to anything after the *Black album*.

How have you guys progressed?

Adam: I think we've become more polished over time.

'The album we just released (*Stand in the Fire*) was the first major album that we released independently as artists ...'

– Striker drummer Adam Brown

Tim: We have better crafted songs.

Dan: We have more key changes now. *So you just released an album in February, but I've heard you're already back in the studio...*

Tim: We got this really sweet tour and we have a bunch of songs ready to go so we figured, let's get it going.

Adam: The album we just released (*Stand in the Fire*) was the first major album that we released independently as artists, so we just figured: let's hash another one out, let's see where

this goes. It's kind of a big risk transitioning to being an independent artist but it paid off and we're trying to milk that.

William: I don't know why anybody would be on a label anymore. The main thing is if you don't have any capital to work with that can be a big problem but you can go to any bank and get a loan.

What's been different about producing an album independently?

Tim: It's a lot of work.

Adam: You need to do all of the work yourself. Some people can't just can't be disciplined enough.

What new responsibilities did you have?

Dan: Well the label just kind of gave

us stuff-

Tim: The label does dick-all and then takes all of your money and that's about it.

William: They work like a really shitty high interest loan.

Adam: When we signed with them, they were like, 'we have all of these huge contacts' and it's true, they do, but it's not for you, you know, it's for their top bands. They can get them on sweet festivals. They can get them on sweet tours. We went in thinking we were pretty big fish and then realized how small fish we were. Even getting their attention was just a pain in the ass. They're in Austria and there's an eight-hour time difference, so they'll take days to answer your e-mails and you're like 'I need this now!' Having control is just way better.

William: It's like the difference between having a boss and not having a boss or having your own business. It's safer to go and get a job somewhere but if you do it on your own, everything you do or don't, comes back to you.

Do you think you'll stay independent?

Adam: Yeah, it works for us. We still have a big team, like there's 10 or 12 people connected to us – booking agents, publicists – there's a whole foundation and at some point it might become unmanageable for us, but it works for how big we are as a band right now.

Dan: The industry is changing in such a way that there's a lot of services that you could only get with a big label but now there's a lot of companies that offer those services to anyone. Everybody's money is green. You can go out and hire whatever publicist you want or whatever manager you want. As long as you're posting the numbers, nobody gives a shit.

You've recently partnered with Yellow-head Breweries. How did that come about?

Tim: Well we just drink a lot, and they respect our drinking habits.

Adam: They wrote our publicist, and he wrote us, and our immediate answer was yes. We didn't even know any of the details. We were just like, 'beer, Edmonton, yup!' It's been amazing, they're really cool.

Dan: We play one benefit show a year as part of their roster and in return they print some merchandise for us, so we have co-branded beer cozies, they print some shirts for us and they offer a bunch of other services. They have some grant writers and music directors associated with them.

Adam: I think it's a very healthy relationship. I think it's a good fit. We love beer, and they are willing to support the arts community in Edmonton. That's very cool.

Do you see any other such partnerships in your future?

Tim: I would love to get more alcohol sponsors.

Dan: Medical marijuana, IHOP.

William: Liposuction.

Adam: Plastic surgery.

Tim: Hair regrowth, I'm looking like Vegeta over here.

William: We should treat it now, so we have hair when we're older ...



Striker lead guitar Tim Brown

Photo by Tim Potter

Sleep, success connected



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Did you know?

- Humans spend one-third of their life sleeping (about 25 years)
- 17 hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol level of .05 per cent
- 12 per cent of people dream only in black and white
- 10 to 11 days without sleep can kill you; in contrast it takes up to two months without food to starve
- You burn more calories sleeping than you do watching television
- Cramming all night for exams can cause more harm than good. If you do have to do night-time cramming focus on the main points and try to get at least some sleep

What is sleep?

We cycle through five sleep stages during the night. The cycle length varies for each individual but the average is 90 minutes. The deepest stage, REM sleep, occurs in bursts totalling about two hours per night and usually begins about 90 minutes after falling asleep. While you sleep:

- Your brain recharges
- Your cells repair
- Your body releases important hormones
- You recuperate both physically and mentally
- Your immune system rejuvenates
- You may process emotional issues that occurred during the day

Why get enough sleep?

Sleep deprivation affects

- Your energy level, your ability to focus, your ability to concentrate and learn, your decision making and critical thinking skills, your judgement, your reaction time and even your visual alertness – in short your overall academic performance.
- Your mood. Depression and irritability increase and ability to handle stress decreases.
- Your appetite (which increases and can therefore cause weight gain) and your sex drive (which decreases).
- The incidents of motor vehicle accidents due to decreased focus and alertness.

In addition:

- Chronic sleep deprivation may contribute to diseases such as diabetes, high blood pressure, heart disease and mental health problems, as well as lowered immunity to colds and flus.

tribune to diseases such as diabetes, high blood pressure, heart disease and mental health problems, as well as lowered immunity to colds and flus.

- Sleeping less than seven hours each night reduces your life expectancy.

You are sleep-deprived if:

- Your alarm clock wakes you up
- You have trouble getting out of bed in the morning
- You fall asleep in five or less minutes at night. The ideal is 10-15 minutes to fall asleep, which means you are still tired enough to sleep well but not exhausted

- You nod off during the day
- You need coffee or energy drinks to keep you alert

When and how much?

- The optimal amount of sleep time for college-aged students is 7.5 to nine hours per night. Students are often sleep deprived and unfortunately, over time, this begins to feel normal.
- As a group, 18- to 24-year-olds deprived of sleep suffer more from impaired performance than older adults.

- Some research shows that the most restorative sleep occurs between 10-12 p.m.

Where?

- You need a consistent sleep environment free of distractions. Ideally your bedroom should not be used for anything except sleep.
- Your bedroom should be cool and dark at nighttime and your bed should be comfortable and supportive.
- Keeping your sleep environment clutter free and removing study materials from sight can be helpful. If you do study in your bedroom try to tidy up your desk

before you go to bed.

- The light emitted from electronic devices, including LED lighting on alarm clocks, can affect sleep. If you use an LED alarm clock try and point it away from you.

How to improve your sleep?

- As much as possible, have regular sleep and waking hours. A regular eating routine is also beneficial.

- Develop a regular bed-time routine. Including something relaxing such as reading a novel, listening to music, a warm bath or meditation, can improve your sleep quality. Writing down three things you are grateful for right before you go to bed reduces depression and stress, and improves sleep.

- Avoid your computer for at least two hours before bed. The light from computers mimics daylight and triggers your brain to become alert. Ideally, you should avoid watching television the hour before bed as well. If you wake up during the night computer usage close to bed-time may be the cause.

- Stop eating within three hours of sleeping. Eating too close to bed-time interferes with release of melatonin which is important for sleep. However some people find a high protein snack, such as a small handful of almonds before bed, helps them sleep.

- Avoid overuse of caffeine. Caffeine remains in the system for six to eight hours, so avoiding caffeinated foods and beverages after lunch can be beneficial.

- A regular exercise routine can help reduce cortisol, a stress chemical that interferes with sleep. Thirty-second

bursts of intense exercise several times a day can also reduce cortisol levels. Avoid intense exercise within two hours of bedtime.

- The optimal time for most students to study is between 6-8 p.m. – your brain is most alert during those hours. Finish studying at least one hour before going to bed. This gives your brain time to organize the material and to relax and wind down before you sleep. (Early afternoons are usually the time of least alertness.)

- Plan ahead. Have your school materials packed, your clothes laid out and your food ready to grab and your keys visible the night before so you can sleep without worrying and can start the day in a relaxed state.

- Have a realistic study plan and stick with it. Knowing that you are doing the best you can will alleviate some of the stress that interferes with sleep during final exams.


For problems with sleep, stress or any other personal or academic concerns see a counsellor at NAIT Student Counselling. Counselling is free to registered NAIT students and is completely confidential.

- **Main Campus:** Counsellors are available from 8-4:30 Monday to Friday, with extended hours, 7:15-5:15, on Thursdays. Call 780.378.6133 or come in person to Room W-111PB, HP Centre.

- **Southern Campus:** A counsellor is available on Thursdays. Book by calling 780.378.6133 or in person in Room Z-153.

- **Patricia Campus:** A counsellor is available on Tuesdays. Book by calling 780.378.6133.

MIND




MOOD

Free 4-Week Seminar

PLEASE REGISTER BY SENDING AN
EMAIL TO COUNSELLING@NAIT.CA

2nd Session Scheduled for:
Thursdays, October 27th TO
November 17th, 2016
4:15 to 6:15pm.



Learn Cognitive Behavioral Techniques to

- Increase your self-esteem & confidence
- Reduce depression & anxiety
- Move towards your full potential.

This course is based on material from *Mind Over Mood: Change How You Feel by Changing the Way You Think* by Dennis Greenberger and Christine A. Padesky

WHAT'S GOING ON AROUND CAMPUS

WEEKLY CLUB MEETINGS

To get involved please visit www.naitsa.ca/clubs/current-clubs/

WHO	WHEN	WHERE
International Club Film Series: Cinema the the Theatre	Wednesdays, Sept 6, 2016-April 12, 2017 6:30pm-8:00pm	Stanley A. Milner Library
International Club Film Series: From Books to Film	Fridays, Sept 8, 2016-April 7, 2017 2:00pm-4:00pm	Stanley A. Milner Library
Crafting Club Weekly Crafting	Thursdays, Sept 8-Dec 1, 2016 5:00pm-10:00pm	Room X-213
Super NAITSA Anime Club Weekly Meetings	Fridays, Sept 9-Dec 16, 2016 4:30pm-8:45pm	CAT 140
Civil Club Meetings	Thursdays, Sept 8-Nov 17, 2016 2:30pm-4:30pm	CAT 312
Super Smash Bros Club Meetups	Mon & Thurs, Sept 12-Dec 15, 2016 5:00pm-10:00pm	Nexen Theatre
Investment Club Weekly Meetings	Tuesdays, Sept 13-Dec 6, 2016 4:30pm-6:00pm	CAT 213
IntoNAITion Toastmasters General Meetings	Mondays, Sept 12-Dec 19, 2016 4:45pm-6:00pm	Room X-203
Juggling Club Weekly Juggling Jam	Mondays, Sept 19-Dec 19, 2016 5:00pm-7:45pm	Shaw Theatre
NSC Super Smash Bros Meetups	Thursdays, Jan 5-April 13, 2017 5:00pm-10:00pm	CAT 191
Civil Club Study Sessions	Fridays, Oct 7-Dec 16, 2016 10:00am-12:00pm	CAT 312

UPCOMING CLUB EVENTS

WHO	WHAT	WHEN	WHERE
Muslim Student Association	Talk to a Muslim	Wed, Nov 9-Dec 14, 2016 2:00pm-4:00pm	CAT 200 C
BTech	Post Midterm Mixer	Wed, Nov 9, 2016 4:30pm-6:00pm	The Nest

NAITSA **CAMPUS CLUBS
CENTRE**

**VISIT THE
CAMPUS CLUBS CENTRE**

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

Check out the Clubs Website for other
upcoming Important Clubs Dates