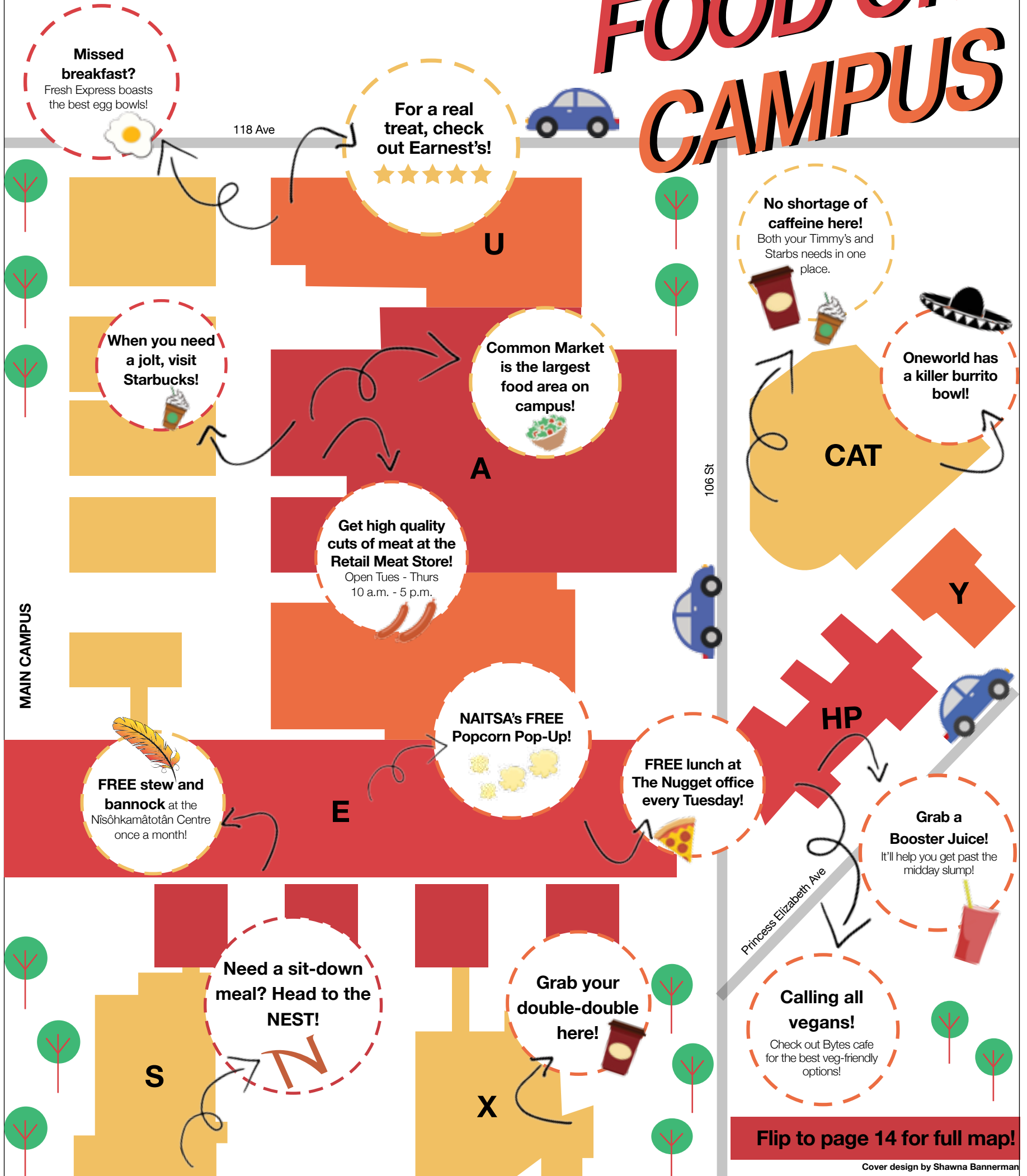


NAIT NUGGET

Tuesday, August 27, 2019
Volume 57, Issue 1

thenuggetonline.com
@thenaitnugget

THE BEST FOOD ON CAMPUS



ISSUE CONTENTS

4 NAIT VS NAITSA

Do you know what services you have access to through NAIT and NAITSA?

10 FREE OOKS GAMES

Did you know all Ooks games are free for students?

12 NEST FEST

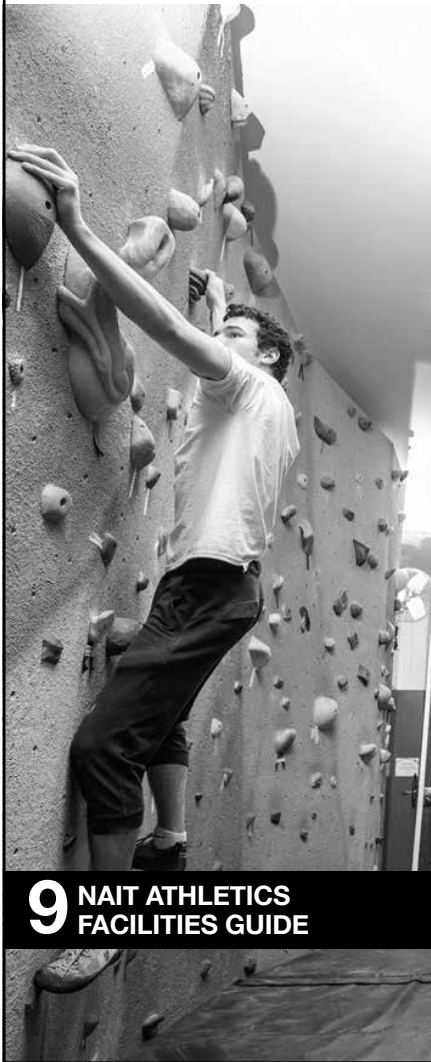
Ring in the new school year at NAITSA's fourth annual Nest Fest!

16 YEG WONDER WOMEN?

Learn how one woman is inspiring young girls across Edmonton

WHAT ELSE?

Business student takes on summer markets – pg. 7
New head of NAIT Athletics takes over – pg. 8
Tarotscopes – pg. 21



9 NAIT ATHLETICS FACILITIES GUIDE

Feltham to retire

By JACE MAKI

Originally published May 29, 2019
NAIT's self-proclaimed "Cheerleader-in-Chief" will officially retire at the end of the year.

Dr. Glenn Feltham joined NAIT eight years ago in 2011 and served as the polytechnic's sixth president. Some notable accomplishments during Feltham's time as president include launching NAIT's annual employee engagement survey, helping put together NAIT's

2021 strategic plan and the opening of The Spruce Grove Campus. Construction of the Centre for Applied Technology and The Productivity and Innovation Centre were also completed during his tenure.
Feltham oversaw NAIT's acquisition of Blatchford land and the Westwood Transit Garage property next to NAIT.
Feltham's time as NAIT president and CEO officially come to a close on Dec. 15, 2019.



Photos from NAIT



The NAIT Nugget

Mission: "Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers."

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Media Operations 780-952-3570
www.thenuggetonline.com

Senior Editor

Eryn Pinksen
studenteditor@nait.ca

Assistant Editor

HIRING

Sports Editor

Zachary Flynn
sports@nait.ca

Online Sports Editor

HIRING

Entertainment Editor

Tora Matys
entertain@nait.ca

Assist. Entertainment Editor

HIRING

Video Editor

Spencer Shortt

Photo Editor

HIRING

Social Media Editors

Jaylene Hollohan

Jace Maki

Media Operations Mgr.

Nicole Murphy
nmurphy@nait.ca

Sales Manager

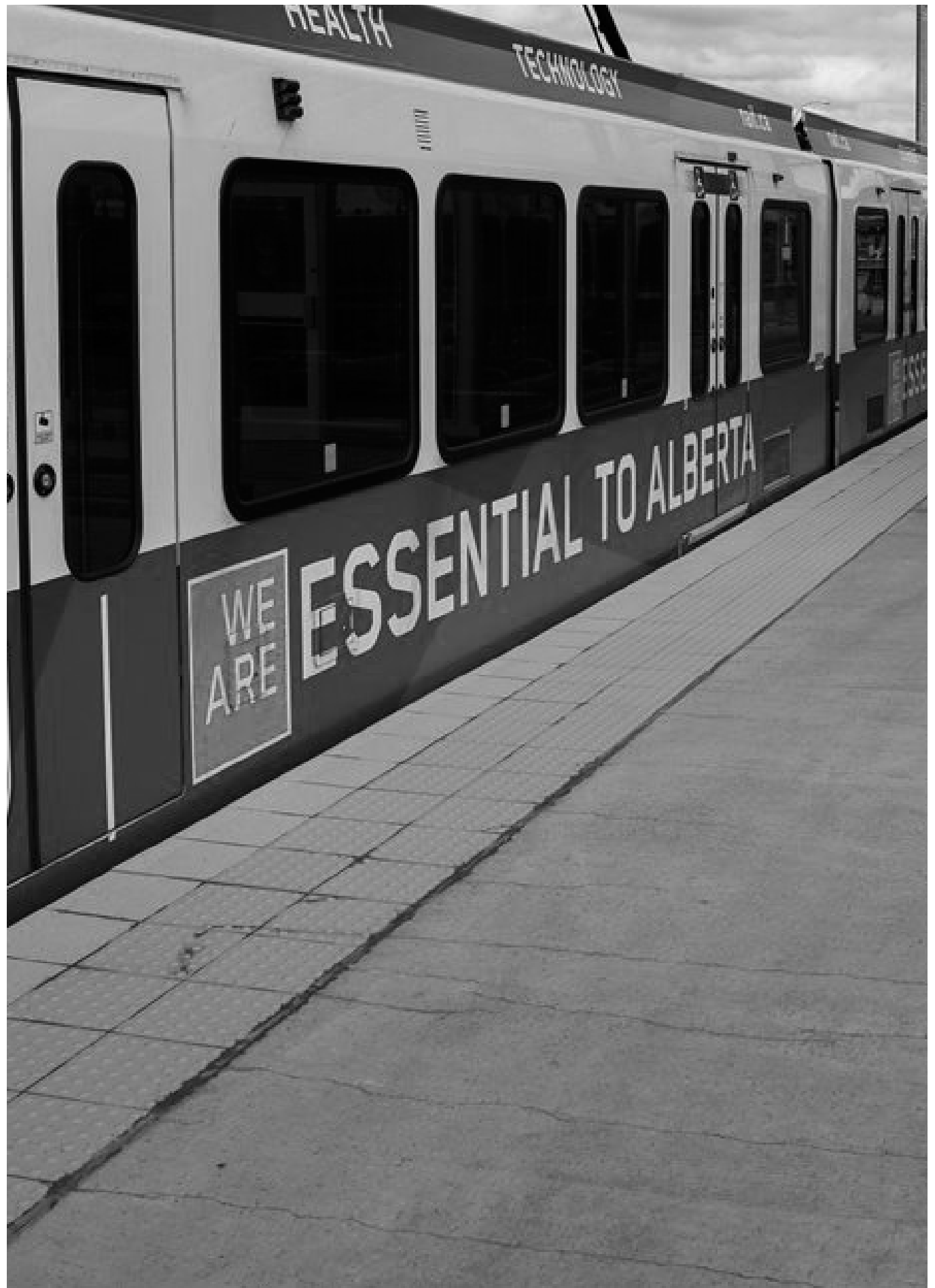
George Hong
nuggetads@nait.ca

Production Manager

Shawna Bannerman
sbannerman@nait.ca

TO APPLY FOR AVAILABLE
POSITIONS VISIT
[NAITSA.CA/CATEGORY/
JOBS/](http://NAITSA.CA/CATEGORY/JOB/)

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



NAIT

LRT to open Aug 31

By ERYN PINKSEN

The NAIT LRT station is set to open on August 31 after being closed for four months since April 28.

Jason Roth, NAITSA Advocacy Director, has been assured by ETS about the reopening of the station.

"I believe that we have impressed upon

them the necessity of having the station open on time," said Roth.

From August 26 to 30 ETS will run shuttle trains between Kingsway station to NAIT station from 6:13 a.m. to 4:30 p.m. every 12 minutes, Monday through Friday.

Bus routes 8 and 9 are recommended for this route outside the shuttle hours.

The NAIT station is closed to accommodate a less frequent schedule due to construction on the 66 street train tunnel between Coliseum and Belvedere station. The NAIT train station is a three-car station and ETS is running five-car trains system-wide to allow more riders during the upgrade work construction.

NAIT

NAITSA

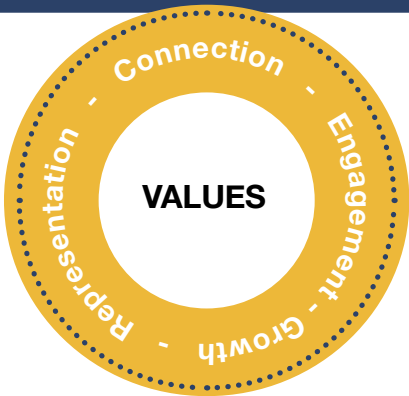
Know if you are interacting with the college or the student’s association on campus. Both have events, and provide excellent services but they are TWO different parts of the school!

Leading polytechnic post secondary institution.

Student association that acts for & on behalf of NAIT students.

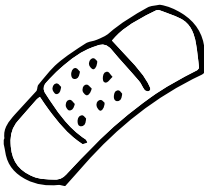
Vision: We aspire to be the most relevant and responsive post-secondary institution in Canada and one of the world’s leading polytechnics.

Mission: Enhance the NAIT student experience by advocating for their rights, representing their voice, creating a culture of engagement and leadership, while providing student-driven services. We offer a wide variety to choose from including events and activities for your entertainment; academic questions and aid; facilities to study and party; and living and health support.



FREE STUFF!

FREE STUFF!



Health Services



Counselling Services



Food Pop-Ups



Events at The NEST



Ook Games



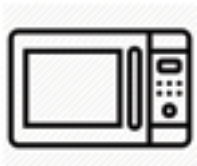
PAWS with Flynn



Techlife Today



Student Food Centre



Microwaves



The NAIT Nugget

SERVICES

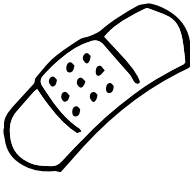
SERVICES



Retail Meat Store



Shop AT NAIT Bookstore



Health & Dental Plan



U-Pass



Ernest’s Restaurant



Scholarships



Peer Support



The NEST

NUGGET PROPAGANDA

NUGGET ALUMNI FEATURE

At The NAIT Nugget you have the opportunity to write for the college newspaper!
Our purpose is to give students the opportunity to take intelligent risks in order to educate & entertain their peers. All students are welcome to our Tuesday meeting from Noon- 1 p.m. in room E-102.
Free pizza provided.



Evan Degenhardt
Vista Radio

Free. Food.

Looking back on my time, not only did The Nugget help me maintain the elusive “Freshmen 15” IE: free pizza ... it also secretly taught me a lot about myself, and life. It made me a better teammate. It helped me reach goals and deadlines. I became a better leader and a better listener.

It shaped how I asked a question, how I listen to people. It taught me to think more critically about our world. Oh, and it paid some bills along the way, too.

The idea behind The Nugget is simple. Allow the students who populate the halls to be the voice for NAIT itself. A paper, run entirely for the students, by the students. If you’re looking for a new experience or something that will enhance your education while inside these walls at NAIT, seriously look into The Nugget. To date, it’s one of the best impromptu lunch decisions I’ve ever made.



Carly Robinson
City TV Reporter

Growing up, I always assumed I would excel in all leadership roles. In high school, I took on numerous student leader positions and figured those skills would transfer seamlessly into the workforce. So when I took on the role of Editor in-Chief at The Nugget in my second semester of Radio and Television, I thought it would

be a breeze. Boy, was I wrong. I relied on the qualities I assumed I had and didn’t end up putting in the work of managing people that I needed for success in the role. Now, this may sound like I had a negative experience with the student paper but I’m extremely thankful to have lived this at The Nugget. If I hadn’t learned this at school, you better believe I would have made some costly mistakes in my career. I know now that I need to put a lot of work into my leadership skills before taking on new roles. The Nugget gave me a safe space to explore, push my boundaries and ultimately fail without major consequences. The Nugget taught me I am not a good leader (yet).

Check out our special alumni issue of the Nugget hitting stands September 12, 2019!



Chris Figliuzzi
Funemployed

It’s been a little while since I last wrote for The Nugget, though that time I was probably writing about a b a n d o r doing a porn review ... a n d y a , i t ’ s exactly what i t sounds like. So what the hell am I doing back? Well as a former assistant Entertainment Editor I have been asked to come back and write about how The Nugget has helped me in my post NAIT professional life and, well, the short answer is it hasn’t ... like at all.

It didn’t help me get my internship, my first professional job and it has absolutely no bearing whatsoever on my current career path.

All that being said though, I would go back and do it again in a heartbeat. The Nugget helped me find my dumb shit partners, the guys and girls I spent 24 hours awake with trying to pull off ridiculous projects, activities and benders.

The Nugget helped me find friends that have lasted the test of time, one of which I had the privilege of standing beside on his wedding day. Many have been there when I was at the lowest points and I sincerely miss spending those days with them.

So maybe The Nugget hasn’t helped me in a professional way but it has provided me a wealth beyond anything I ever thought possible in my personal life ... plus it fed me lunch every Tuesday and paid enough to buy a couple of beers every week.



Lauren Fink
Airborne Traffic Reporter

It wasn’t until the winter of 2014 when I was interning for the Edmonton Oilers in Digital Media and was on assignment in Calgary for the CHL Top Prospects game that it first hit me the paper had a reach that could benefit my career and impact my life.

Before puck drop I was sitting in the Saddledome’s press level making small talk with the reporter beside me and another gentleman who was the reporter’s publisher. The publisher was adamant my name sounded familiar but at this point I was very new to the industry and couldn’t think of any way he would know of who I was – I wasn’t yet a “published” writer (except for The

Nugget). Despite my persistence that he likely didn’t know who I was he pressed on, “you’re a writer? Are you sure you’re not published somewhere?” That’s when I said, “well I guess only for a campus newspaper in Edmonton.” He said, “you’re Lauren Fink, from the NAIT Nugget! We publish that paper, I’ve read some of your pieces.” I cannot even sum up my emotions in that moment. It was a huge boost to my confidence being new to the industry and ended up being just one of the times where something like this happened to me because of my involvement with The Nugget.

Enough good things can be said about the paper, the networking alone is worth writing just one piece. I will say, though, that once you write one article, you’ll be hooked! That’s what happened to me and I can thank Evan Degenhardt for that. I wrote one athlete profile for Evan then became his assistant sports editor and eventually his successor. I met some of my best friends at The Nugget and almost every single one of the other editors and writers included in this article have had an impact on my life or continue to do so.

If you have ever wanted to try writing, The Nugget is the perfect place to start. You’ll gain experience, make money and be able to network with not only other writers but with those other industries as well

Biz student takes class experience to markets

By ERYN PINKSEN

NAIT business student manages six brewery market stalls, applying classes and skills learned in program.

"It's a lot of fun and definitely a lot of work," said Ben Crothers about his summer staffing, managing and running farmer's market stalls in the Edmonton Area for Red Deer's Troubled Monk Brewery.

Crothers is in his 4th year at the JR Shaw School of Business and will graduate this fall with a major in marketing and a specialization in sales.

"I was thinking about it and there's up to fifteen classes that directly applied to what I'm doing right now," said Crothers. "And without that experience that I've got from NAIT, there's no way that I would have been able to take this role on."

"Definitely without NAIT, I don't think I would be seeing the same success as I am with this."

To incoming business students, Crothers encourages them to take in all that NAIT has to offer.

"This is such a unique school and you're going to build connections with other students and instructors that you can't get at other institutions," said Crothers.

Working in a contracted position for the summer, Crothers has gained first-hand experience managing staff, coordinating business and putting his business classes, like Sales Management and Professional Selling Principles, into practice.

"I do a lot of forecasting how much product we're going to need, ordering it all, inventory management, all

the hiring and staffing and then actually being at the markets themselves," said Crothers.

"And it's such a good atmosphere there, such friendly people that are just so excited that now we're allowed to sell beer at markets."

Farmer's markets are popular events in Edmonton where local artisans, farmers, breweries, bakeries and other small businesses are able to set up stalls to sell their merchandise. Some markets run year-round to accommodate their popularity.

Crothers ran six Troubled Monk Brewery market stalls around the Edmonton Area over the summer. He said one of the greatest values of a farmer's market is having staff at the stalls talking about the product.

"You get to meet the Troubled Monk staff as opposed to going somewhere else where you would have someone else speaking for our product, said Crothers. "Now we actually have staff at these locations building brand awareness and really getting the name out there, which is great."



Photo Courtesy Of Ben Crothers

Advice from a student senator



2018-19 Senators

NAITSA

By ERYN PINKSEN

Students have the opportunity to run for Senate, which is comprised of representatives from all nine sectors of NAIT. Nominations run from Aug 27 to Sep 30 and the online election is October 10 to 16.

Past senate member Joning Yu would be running again if not for graduating in the fall.

"Meeting other senators and other teams from different programs is a great experience because they are proactive people who take initiative and you will all

learn from each other," said Yu.

The Senate governs NAITSA, the student's association, passes bylaws, approves the budget, and keeps the Executive Council accountable. Students are elected to represent the nine program groups at NAIT.

Last year there were 16 students including Yu, but she said that at first it can definitely feel intimidating to get involved.

"Initially it sounds a little scary," said Yu. "You are technically competing with other candidates and you don't know how many candidates there will be."

"What makes me feel like doing it is that we are students' voice and we bring that voice to the NAITSA executives and, to me, that's really important."

Yu is in the diploma business program studying finance. While she served on the Senate and finance subcommittee, she also worked as a peer mentor in the NAIT International Centre and took five courses per semester.

She said to keep a balanced schedule it's important to know the things that motivate

you and prioritize with a schedule.

"Know what to expect and what your expectations are for yourself," said Yu. "I know what my bad habits are so I can try to prevent them."

The general Senate meetings are bi-weekly where the senators question the Executive Council on their objectives and projects to ensure the student voice is represented.

"It's a really formal type of meeting, which I wasn't used to sitting in," said Yu. "The organizations I have worked for weren't as formal. But you will learn a lot about how it works in a more political meeting."

Despite having an adjustment to the meeting style, Yu explains that the chair is very patient and questions are always encouraged.

"It's a great way to learn and grow, to get involved on campus, to gain a different experience and to learn how executive works and how everything operates between NAITSA and NAIT," said Yu. "I would say it will broaden your horizons."

New head of NAIT Athletics



By ZACHARY FLYNN

There is a new head of the Athletics Department at NAIT after the Athletics Director position was abolished for budgetary reasons.

Jordan Richey is now the head of the department, moving into the role that John Bower previously filled.

Budget Cuts

Richey said that while there are budget reductions, they won't be drastic and should not affect NAIT students and student-athletes in a major way.

"Within athletics, it's mostly cost correction," said Richey. "All the cuts or changes that have been made are strictly to align with what other members of the ACAC are doing at the top-end."

For example, the department has reduced the number of athletic therapists from three to two. Compared to other schools that have one or no therapists on staff, the Oaks are still at the top of the division when it comes to areas like coaching salaries, athletic trainers and therapists as well as other services for student-athletes.

Coaching salaries are also set to take a hit in the coming years. Richey said that those salary reductions will be slowly phased in over the course of the next two years. He also said that while salaries will be reduced, coaches will still be paid well.

"We are the leaders right now in the ACAC. We just won't be way above the leaders in terms of coaching salaries," said

Richey.

With NAIT operating at a financial deficit for the last few years, the institution is forced to make financial changes. For Richey, it's not so much about cutting areas of NAIT Athletics, it's more about tracking spending and finding ways to save money.

"To the outside world it is viewed as NAIT Athletics is making cuts which is a reality," said Richey. "We at least have a plan with our reductions, or cost correction, to stay at the top end of the ACAC."

While budget cuts may be the topic of the day, Richey and his leadership team of coaches and athletics staff have three main focusses going into the next school year.

"Scholarships, bums in seats, and a more cohesive unit."

Richey's main goal as the new head of NAIT Athletics is to bring everyone together.

"One of my strengths is team building and I think we've gotten away from that a little bit which is funny because that's what we do with our teams... But as far as making Athletics a cohesive unit, we've operated a lot with a 'silo mentality,'" said Richey.

With a leadership team consisting of coaches and admins staff, new jerseys that will bring a consistent united look to the Oaks, and reinforcing the "Oaks supporting Oaks" mentality, Richey hopes that the new look and feel will have a positive effect on both the Oaks and their supporters.

"That's my biggest goal – to get us all part of one cohesive unit and to integrate us in campus life as much as possible," said Richey. "I think that should have a ripple-down effect to the student-athletes. If they see a tighter-knit group, it'll be a better, more enjoyable and rewarding experience for the student-athletes."

Another big focus for Richey is finding ways to get NAIT students to games.

"Student-athlete feedback was they all want more people at their games, more fans at their games and we hear that – the student-athletes are our stakeholders," said Richey.

He is looking for ways the Oaks can work with NAITSA, the Nest and others to get more students to the games. He is also suggesting to the ACAC (Alberta Colleges Athletic Conference) that they have earlier start times for games rather than the current 6:00 p.m. and 8:00 p.m. start times in the gym and a 7:00 p.m. start time in the rink.

"In a city like Edmonton, we're competing against the Oilers, the Oil Kings... There are so many things we're competing against," said Richey.

He hopes that with earlier start times for games, it will encourage students to stay after class and catch a game or two.

"So at least we can get those students who want to stick around for a beverage in our licensed facility to watch a game and they can still be home by 6 o'clock."

Richey is also looking to work on providing more student-athletes with scholar-

ship money.

"A lot of these students athletes can't work. They can't have separate jobs because they're training and playing on weekends so they need that financial support."

Scholarship money for student-athletes also provides an incentive for an athlete to play for the Oaks rather than go to a different school.

"Other institutions have caught up and surpassed us now, offering more scholarship dollars so that's one of the priorities the leadership team has put forward," said Richey.

Creating a following

Richey hopes that as time goes on, NAIT students will become more engaged, attend more Oaks games and build more of a community and following around NAIT's varsity teams.

Richey has worked at NAIT for over a decade. He's spent his time in a number of positions within NAIT Athletics and is looking forward to his time as head of the department. He says that his time with NAIT and all of the experience he has in the department has him prepared for the new role.

"This has kind of been my dream job since I started coaching here 18 years ago. I always wanted to be in a position to provide leadership to an Athletic Department. I look forward to doing good things for the department, student-athletes, staff, and everybody involved with athletics," said Richey.

NAIT Athletics

ATHLETICS FACILITIES GUIDE

By ZACHARY FLYNN

NAIT Gymnasium

Location: E-140

Drop in at the NAIT gymnasium for activities like badminton, volleyball, basketball, indoor soccer and other activities. NAIT's volleyball, basketball and badminton teams also use the space for their league games. Check the schedule posted on the door of the gymnasium to see when certain activities are taking place.



Fitness Weight Centre

Location: S-006

Hit the gym before class to go for a workout before you head home. The Fitness weight centre has cardio and strength training equipment, as well as squash and racquetball courts for you to use. All you need is your NAIT ID card and your gym attire. Change rooms, lockers and showers are available.



Sports Equipment Centre

Location: E-026

Located right under the gymnasium, you can rent out lockers, towels, and other equipment like skates, basketball, badminton racquets and more.



NAIT Arena

Location: S-221

Skate on an NHL-sized ice rink, go for a jog around the indoor running track, or catch a NAIT Ooks hockey game at the NAIT Arena. You can bring your own helmet and skates or rent some from the Sports Equipment Centre with your NAIT ID. A CSA approved helmet and visor is required to skate.



NAIT Pool

Location: S-030

NAIT's saltwater pool is located at the end of the Fitness Weight Centre and features an Aquaclimb sports wall, diving board, and has both a shallow and deep end.

BASKETBALL

Former Ook returns as coach

By JOSH HUI

A former NAIT men's basketball player returns to lead the Oaks following Mike Connolly's move to MacEwan University.

Slav Kornik replaces Connolly after a search that lasted nearly two months. Connolly aided in the hiring process and is confident in the future of the men's basketball program.

"Slav is a perfect fit for NAIT at this time. With the transition of the athletics department, Slav Kornik is a great pick to take over the head coaching duties at NAIT. I fully supported Slav's application for head coach - I think he will be great with the returning guys and he will shape the program into his own and will put his own stamp on it," said Connolly.

Kornik not only has plenty of coaching experience, he also has experience coaching multiple current NAIT Oaks players. Jamal Hinds, Karnakshpal Toor and both Kade and Logan Pease have all played for the new Oaks coach before they arrived at NAIT.

Kornik was also a part of two ACAC (Alberta Colleges Athletic Conference) championships and was captain of the 2002-2003 national championship team where he was

named MVP of the tournament. He shined under former NAIT Oaks and current Mount Royal Cougars head coach Marc Dobell, who he said is his favourite coach from his playing days.

"He was the most dedicated coach I'd been around at that point so he taught me what commitment and dedication is like and I loved it. He taught me a lot, not just X's and O's but with being committed to the game, putting together a program and the amount of time it takes... it helped to develop who I am," said Kornik.

When Slav Kornik was a NAIT radio and television student, being men's basketball head coach was never in his plans. Now, he describes his new role as his dream job.

"I didn't expect this to happen ten, fifteen years ago but once I started getting into coaching and pursuing it more and more... I thought one day of coming back here. It's an unbelievable feeling to be back with the program as head coach," said Kornik.

After graduating from NAIT, Kornik began working as a reporter at Global News but also decided to pursue coaching, which proved to be a difficult transition from his time as a player.

"It is your ability to work with people, work with ath-

letes, communicate, that sort of thing... There's just a whole big part of basketball that as a player you learn some of it, but you don't have to understand it quite to the depth you do as a coach," said Kornik.

Kornik spent multiple years coaching high school basketball, including three years as the senior boys head coach at Strathcona High School. He also coached for Team Alberta four times with two of those years as the head coach of the 15U boys team. He gained further coaching experience at the Alberta Basketball Association's Centre for Performance and Targeted Training Program.

Kornik got a taste of coaching at the post-secondary level the past couple years under Barnaby Craddock at the University of Alberta. Craddock is the only head coach in U Sports history to take three separate teams to a national championship and Kornik has learned a lot from the experienced coach.

"Getting to work with him closely and get an understanding of how he puts together a program, practices, game strategy, in-game adjustments and scouting... I can't say enough about the experience. Without it I probably wouldn't be here," said Kornik.

How does Kornik describe himself as a coach?

"I like to think I'm a really committed coach... I'm a hard-working guy who's trying to learn the game, I care a lot about my athletes, I want the best for them academically and on the basketball court and I want athletes who are gonna be dedicated to the program, who want to come [to NAIT] and get an education."

Kornik's basketball journey started long before post-secondary, though.

"I started following my brothers, then I started playing on a community team, I played in junior high at Sir John Thompson and then went on to [Archbishop] O'Leary and had some good success," said Kornik.

While in high school, Kornik won a city championship as a member of the O'Leary Spartans while being named an all-star twice and league MVP. He came to NAIT while also having the chance to play on the U19 provincial team. Kornik was not the tallest player on the court, but it was the spirit and determination he played with which made him successful.

Kornik says he'll miss his time as a reporter but he looks forward to transferring his skills from the newsroom to the bench.



Athletics Manager Jordan Richey welcomes Kornik to the Oaks.

NAIT Athletics

Ooks games free for students

By ZACHARY FLYNN

Amidst budget reductions across NAIT, including reductions in the Athletics department, NAIT Oaks home games will continue to be free.

Hockey, basketball, soccer, volleyball and badminton games are all played on campus as the Oaks fight to get to provincial and national tournaments.

Seb Cava, the Promotion and Events Athletics Assistant explained that while the games are free, students have already paid for the experience.

"All the students, while they pay for their tuition fees, they also pay a [Recreation & Athletics Fee]," said Cava.

The Recreation and Athletics fee covers informal recreation activities, access to facili-

ties like the pool and weight centre, as well as free admission to NAIT Oaks home games.

Cava also says the games are a good way to spend your Friday or Saturday, supporting the athletes.

"Well there's always going to be a good show, right? It's post-secondary athletes so [they are] committed to the sport and it's what they do best - it's why they're playing at this next level," said Cava.

There are opportunities at the games to leave with more than you came with.

"We're going to try to up the promotions, giveaways," said Cava. "Regardless of the game, it's going to be a good show."

Information about the Oaks' seasons can be found on page 11 and team schedules can be found on NAITOoks.com



Fans cheer on the Oaks at a women's basketball game.

NAIT Athletics

BOOKS 2019-20
SCHEDULE

Soccer

Dates: Sept 6 - Oct 20
Location: NAIT Field (Beside NAIT LRT Station)
Provincials: Oct 25, 26, 27 @ Emerald Hills Regional Park, Sherwood Park, hosted by NAIT (Men's and Women's)
Nationals: (Men's) Nov 6-9, hosted by Durham College
(Women's) Nov 6-9, hosted by Concordia University of Edmonton

Basketball

Dates: Oct 18 - Dec 7, Jan 9 - Feb 29
Location: NAIT Gym
Provincials: (Men's) Mar 5-7, hosted by U of A Augustana
(Women's) Mar 5-7, hosted by Medicine Hat College
Nationals: (Men's) Mar 18-21, hosted by Humber College
(Women's) Mar 18-21, hosted by Vancouver Island University

Volleyball

Dates: Oct 10 - Nov 30, Jan 10 - Feb 22
Location: NAIT Gym
Provincials: (Men's) Feb 27-29, hosted by Lethbridge College
(Women's) Feb 27-29, hosted by Medicine Hat College
Nationals: (Men's) Mar 11-14, hosted by St. Thomas University
(Women's) Mar 11-14, hosted by C  gep Garneau

Hockey

Dates: Oct 11 - Nov 30, Jan 10 - Feb 29
Location: NAIT Arena
Provincials: (Men's): Quarter Finals - March 6-8, Semifinals March 13-15, Finals March 20-22, host TBD
(Women's) Semifinals Feb 27-Mar 1, Finals March 6-15, host TBD
Nationals: N/A

Badminton

Dates/Location: Nov 24, hosted by Old College; Jan 19, hosted by The King's University; Feb 2, hosted by Concordia Univeristy of Edmonton
Provincials: Feb 23-24, hosted by NAIT
Nationals: March 4-7, hosted by the University of Toronto Mississauga

Curling

Dates/Location: Nov 29-Dec 1, Hosted by Lakeland College, Lloydminster; Jan 24-26, Hosted by NAIT, Avonair Curling Club
Provincials: Feb 28 - Mar 1, Hosted by Portage College
Nationals: March 13-22, Hosted by Portage la Prairie



Fourth annual NestFest



Students enjoy the 2018 Nest Fest.

Facebook



The Monsters of Schlock with perform Friday at Nest Fest.



Photo Credit

By TORA MATYS

NAITSA is preparing for the fourth annual Nest Fest, a two day long welcoming celebration on September 5 and 6. Festivities run from 11 a.m. to 6 p.m. both days in the CAT Quad.

Both days are filled with live entertainment, games and vendors from across Edmonton including The Rec Room and local breweries. Score food for under \$5, as well as beer and coolers for \$3. OoksLife will be giving students the chance to enter the money tunnel and win up to 5 thousand dollars on your One Card. Entries can be submitted through the @ookslife Instagram page.

Thursday is the day for rock. From 12 p.m. to 1 p.m. the 70's style rock band from Calgary, The Static Shift,

will be taking you back with their new take on psychedelic rock. They have shared the stage with bands like Billy Talent, The Sheepdogs, Trooper and many more. If you can't wait until then, check out their new EP *Deja Vu/1965* on Youtube @thestaticshift.

At 4 p.m., Patrick Ramsey hits the spotlight. Ramsey was the 2019 winner of OoksLife's annual singing competition, Take The Stage. If you missed Take The Stage, get a sneak peak of Patrick on Instagram @dependsontheday.

Finishing off the night is Nest Fest veterans and Edmonton's favourite cover band, The Barkelles. They headline Thursday night's show from 4:30 p.m. to 6 p.m., and perform covers of everyone's favourites from Snoop Dogg to Johnny Cash to Sublime. The Barkelles are sure to

play something for everyone.

Friday is the day for 'shlock', featuring The Monsters of Schlock. This brother duo combines comedy and stunts to make a truly 'schlocking' performance. Between the two of them they have broken 25 world records, and have been dubbed Canada's most prolific record breaking team. They have been performing this freak show-comedy hybrid for 15 years and perform around 200 shows a year.

"Our intent is to bring a lot of high energy and good times, and you'll get to see a couple of guys do some pretty dumb things, but hopefully we can all have a laugh about it," says Orbax, one of the brothers.

To close out the night, DJ Mike Tomas from Kiss 91.7 will be spinning the best top 40 and new hits, until 6 p.m.

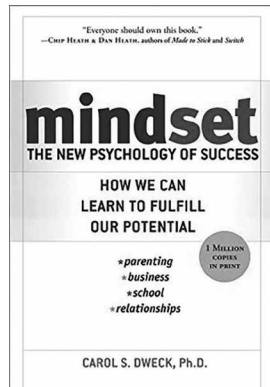
NUGGET BOOKSHELF

Read your way to success

*For those students that are always stressed, depressed and overwhelmed.
Here are some books that could help you no matter where you are at today.*

By NICOLE MURPHY

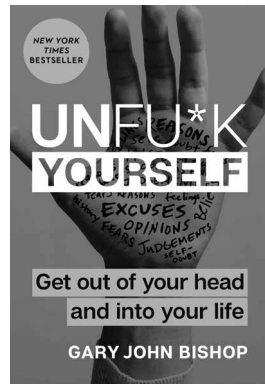
Mindset: The New Psychology of Success
by Carol Dweck



This read explores the idea that there are two types of mindsets: fixed and growth. We all fluctuate between both. A fixed mindset tells you if you are not good at something right away that you shouldn't even try. A growth mindset tells you that no matter what, you can get better in all areas of your life.

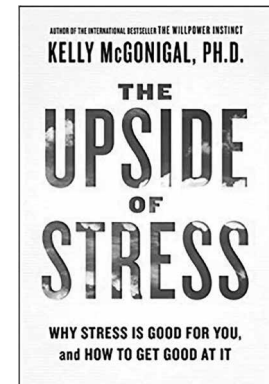
What mindset do you think leads to the best life?

Unfuck Yourself
by Gary John Bishop



There are some very hard truths in this book. I enjoyed listening to the audiobook because I liked the writer's voice... and by voice I mean the way he approaches self-help in a tough-love, no BS, free of rainbows and lollipops kind of way. This is a great read to help you recognize and move past your self-imposed limitations.

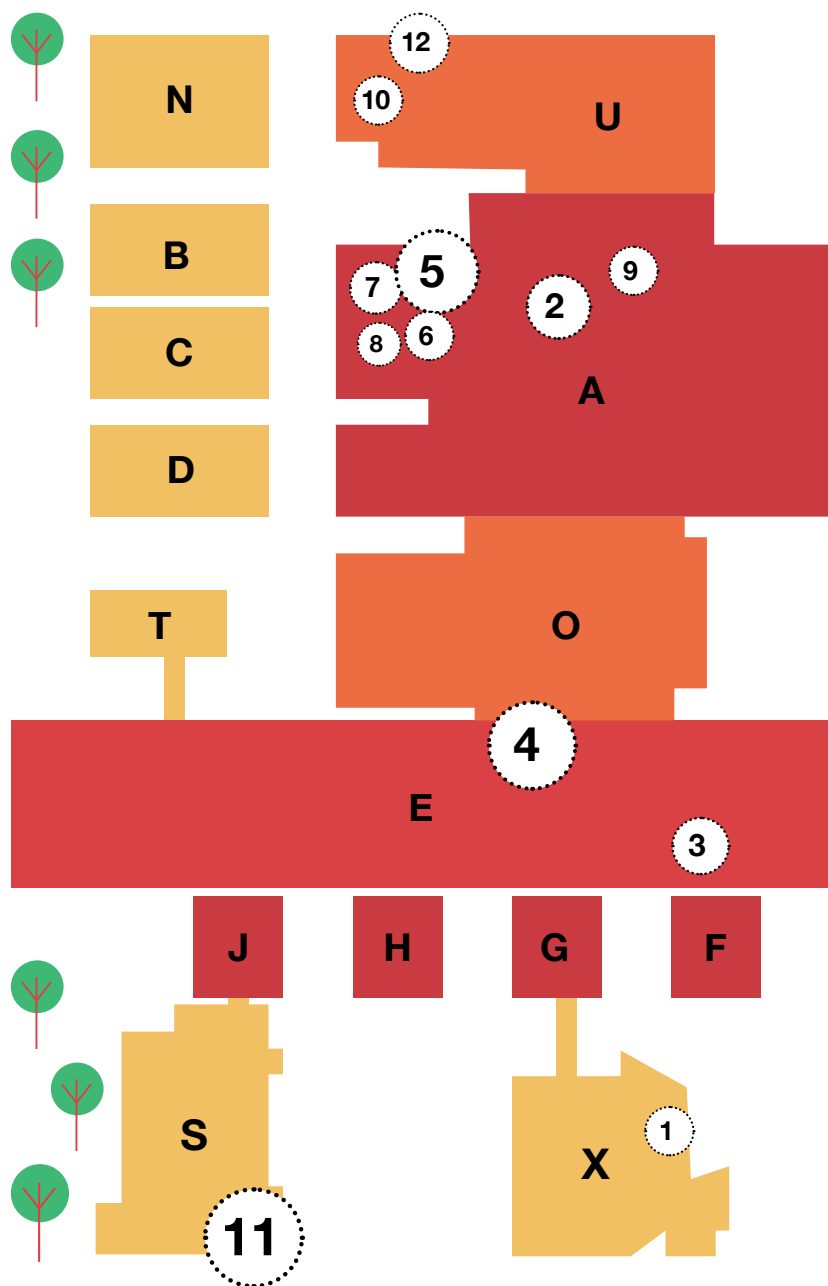
The Upside of Stress
by Kelly McGonigal



This book may be a hard pill to swallow... but if you do it could save your life.

Stress is actually good for you... GULP... it only physically harms your body if you believe that it is bad. Read the book or watch her TED Talk to have your mind blown.

We provide confidential student-to-student supportive listening. No appointments necessary. For more info, visit naitsa.ca/peer-support. THIS PROJECT WAS MADE POSSIBLE BY PARTIAL FUNDING FROM THE GOVERNMENT OF ALBERTA.



THE BEST FOOD ON CAMPUS



Follow @thenaitnugget to find out about free food events!

By EMMA MORRISON

MAIN CAMPUS

1. Tim Hortons is one of the most common places to go for a quick coffee or to grab a bite to eat! NAIT has three locations on campus to make it convenient for all students to access. They are located in the X building next to Shop AT NAIT, in the Bytes Cafeteria, and in CAT on the second level just above Starbucks.

2. Starbucks is great if you're craving a handcrafted coffee or a hot beverage. NAIT has two locations. They are in the Common Market just next to the Retail Meat Store and on the main level of the CAT building!

TIP: Both Tim Horton's and Starbucks have a mobile app that can help you beat the rush by ordering from them!

3. Fill up on free pizza at **The NAIT Nugget** meeting every Tuesday from 12-1 p.m. in E-102.

4. The **Nîsôhkamâtôtân Centre** offers free stew and bannock once a month! Visit the centre at E-121 to find out when!

5. Common Market has one of NAIT's largest selections. This is where you'll find Panago, Kudos Greek bar, Corner Grill and The Blue Plate. Common Market also has freshly baked goods made by NAIT's Baking program.

6. Kudo's Greek Bar offers fresh Greek inspired dishes, such as Donairs, Spanakopita, and the best Greek salad on campus.

7. The Blue Plate serves two homestyle meals that switch up everyday so you never eat the same thing twice.

8. Corner Grill is the best place to score all day breakfast on campus, or grab a juicy Alberta beef burger. This is also your stop for chicken fingers and poutine.

9. NAIT'S Retail Meat Store is run by the Professional Meat Cutting and Merchandising program. Pick up cuts of freshly prepared and packaged meat, poultry, fish and cheese for awesome prices!

10. Fresh Express is a great place to go if you need a quick snack or drink. The student special is thought up by NAIT's own culinary students and changes everyday. You can also get pizza by the slice or hearty stir fry bowls.

11. The Nest is a great place for a sit down meal with your fellow NAIT students. They have a variety of dishes, drinks, and daily specials. Don't forget to check out NAITSA's regular events like music bingo and karaoke!

12. Earnest's has been voted one of Canada's top 100 restaurants. Experience high end contemporary cuisine and exceptional service at reasonable prices.

HP CENTRE

13. Bytes Cafe: Bytes sports some of the most culturally diverse meals and dishes! Here you'll find Tim Hortons, Square Root, e.terra, and Booster Juice.

14. Square Root is Alberta's first on campus vegan restaurant. Try their Beyond Meat burger, one of the many Buddha Bowls, and sandwiches. The menu switches from breakfast to lunch daily.

15. e.terra is the best place to get Asian cuisine on campus. Their made-to-order stir-fries and curry dishes are less than \$10.

16. Booster Juice is a great and healthy way to get that energy up again with high protein and antioxidant smoothies and shakes.

CAT:

17. Mercante is your bougie pizza hotspot. With a variety of thin crust fire roasted pizzas you'll forget you're in a cafeteria and not the Italian countryside. While you're there, try the Ook's Soda for an exciting twist on pop.

18. Oneworld has the largest selection of handcrafted burgers on campus. They are made from Alberta beef and infused with flavours from around the world. While you're there, try their fries tossed with rosemary and parmesan.

19. Subway: Eat Fresh...

20. The Corner Store is a great option if you need a quick snack or are in a rush with its ready-made sandwiches, muffins and a variety of drinks.



Mindfulness: 4 ways to try it

By TANYA SPENCER



Get to know your student counsellors!

Hello! My name is Tanya and I started in mental health as a crisis line volunteer for the Sexual Assault Centre of Edmonton in 1992 (holy cow, has it been that long?). I grew up on a farm so I like bees (and talking about cows) and I love knitting and needlework.

I love working with my colleagues to offer counselling and chaplaincy supports. I'm so honoured to speak with many of you in person. When you feel vulnerable and hurt, we see your strength and dedication to bettering your education and overall situation. Sometimes much of what we do is give you permission to look after yourself.

If I could talk to every NAIT student, I would say two things:

- Your experience is real and valid – no matter what anyone else thinks
- You don't have to be 'sick' or at your wit's end to come & see us. We do wellness!

Catch yourself using the word 'stress' and replace it with any other phrase. Try:

- 'that was disappointing'
- 'I wasn't expecting that'
- 'wow, I learned more from that than I thought'
- 'that wasn't as bad as I worried it would be'
- 'that is not my strong suit'
- 'I am better at this than I was last year.'

When you are tempted to think "my whole experience is awful," remind yourself that every day is just one day.

I stole that from Jeff Lynne. I also like "sometimes ya gotta be strong."

Get a hobby you can hold in your hands.

So much of what we do is online or has no visible product. I knit and make things so that I can see the fruits of my labour. See if you can lose yourself for even 15 minutes in something that yields a 'thing.'

Act as if you are the only person you have to impress.

True success is doing your best & feeling proud of your effort. Forget about whether this moment is worth posting or will prove to your parents that you're fine. Aren't you worth impressing as much as they are?

The Wonder Women of YEG

By TORA MATYS

Theresa Stanley is leading an army of strong, confident woman and girls around Edmonton. Head coach at Phoenix Taekwon-Do and sixth degree black belt, she competes and trains athletes for competition around the world. Recently she has started the Girls on Fire movement, a series of interactive workshops focusing on giving young girls confidence and inspiration.

"I've always known that there was a need for something for girls to help with their confidence. And I know there's things out there like joining Girl Guides and other things but that's not necessarily for every girl. I know there's a lot of girls out there that want to do self-defence but aren't necessarily ready to sign up for a full Taekwon-Do class.

So I said, well is there a way I can bring self-defense and martial arts and amalgamate it something that is really cool and fun, but also really light hearted where we can have the discussion about bullying and depression, or things that are weighing on them like mental illness," said Stanley.

Over the past year she has been working with other local woman in putting together different workshops for girls ages 8 to 14. Stanley has brought in make-up artists, photographers, and painters to teach the girls and inspire confidence in them. They discuss topics that can sometimes be overlooked such as cyberbullying and give girls the tools

to either prevent or overcome it.

Recently, the Girls on Fire movement held their first Confidence Conference where they partnered with local businesses, including CTV, and over 120 girls attended.

They spent the day doing activities to build their "Confidence Tool Kit" as Stanley would call it, covering topics like how to eat to make your mind and body feel good and learning self-defence. At the end of the day they all participated in a board break, where they wrote the insecurities on the board and literally stomped them. With the huge success of the conference, Stanley and her team already have the next one in the works, and plans to expand.

"The ultimate end game, I would love to see this brand reach out in Calgary, I'm already started planting seeds, and into Vancouver. Ultimately a program that can be taught by other martial arts women around the world no matter what martial art they are teaching. They are all teaching self-defence to some length, but to take the concept of fun and confidence and martial arts and create a community of girls," says Stanley.

Even though the Girls on Fire movement is geared towards younger girls, Stanley teaches and trains adults at any of her Phoenix Taekwon-Do locations across Edmonton area. Anyone ages 4 and up can train and learn the confidence and skills martial arts has to offer.





BOLD BEAUTY:

TRY EVERYTHING

By ERYN PINKSEN

The Pumpkin Spice Latte had its earliest launch date yet and Fall is officially almost here. This season always brings new colours, new wardrobes, the September issue of Vogue and new makeup trends.

The classic fall eyeshadow colours are rich burnt oranges, warm taupes and deep chocolate browns. Don't forget the pops of purple and the adventurous day of Halloween where you can play with any makeup looks that comes to mind.

Here are a few quick tips you can take with you as we transition into the cooler weather with warm tones and rich colour palettes.

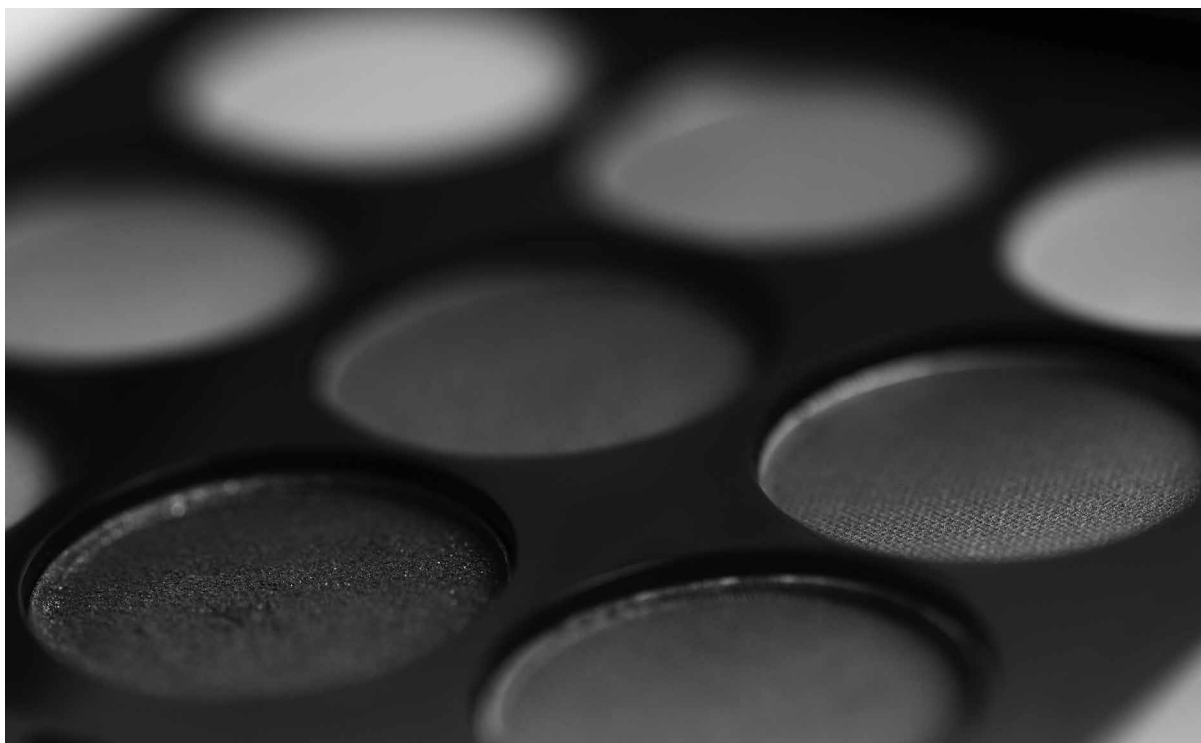
I worked at Sephora for two years and I always heard people ask about the rules to follow or exact colour combinations they were supposed to stick to. Playing around is the best advice I can give when it comes to makeup. My favourite piece of advice to give when it comes to make is try everything! It's experimental, and really, that's the best part.

While people think there's a mathematical formula that comes with contouring, that's not at all the case. The simplest way to bring a little bit of contour in your everyday makeup routine is to take a taupe coloured bronzer (nothing meant to sun-kiss or add a glow) and hug the hollow of your cheek with upward sweeping motions. You'll bring attention to your cheek bone and it will look subtle and natural!

A quick tip for when you're rushing out the door is to sweep a warm brown eyeshadow colour on your lid and lightly into the crease, it will make for a perfect fall look that gives the appearance of hours of effort that still saves you time in the morning.

For beauty on a budget, there are many subscription services that don't break the bank and save you a trip to the store. Ipsy is a \$10 service that delivers 5 sample sizes of a wide variety of products. From nail polish to blush to foundation samples and mascara, Ipsy lets you try out different products before buying or just sticking with the samples that come. You personalize your service with a questionnaire as you sign up so they're tailored to you. And a small makeup bag comes with every delivery.

Bold Beauty is a new column for the Nugget where we will have writers share different beauty tips and tricks. Keep an eye out in our future issues for more!





FOR YOUR LISTENING PLEASURE ...
The Shuffle
The Post Summer Setlist

By ELI O'DONNELL

As we come into another school year, make new friends or reunite with old ones, one thing permeates the air: everyone is swapping songs from the summer. Here's your post-summer setlist that's sure to get you amped for class.

"Everybody's Free (to wear sunscreen)" - Quindon Tarver and Josh Abrahams

This one is interesting. The dialogue that makes up the lyrics is a graduation speech for the class of '99. The whole thing is set to music and is full of great advice to take into the oncoming semesters.

"C.E.O." - The Happy Children

Subtle, relaxed and vibey. C.E.O. delivers on the message that getting older takes you to new places, creates new experiences and creates opportunity.



The Happy Children

"Ripple (Live at the Warfield Theatre, San Francisco, CA 10/04/80)" - Grateful Dead

A jammy acoustic tune, perfect for some easy listening. Perfect for the upcoming transition into fall.

"Do Ya Thing" - Gorillaz Prime

For a lot of new students, fresh out of high school,



starting post-secondary is freaky. "Do Ya Thing" is all about just being you the best you can. Plus, that synthy bassline just SLAPS.

"Black Bear" - Black Bear

A song about a black bear. Doing all his black bear things. This one calls on the yearning for the freedom we feel when in that class.

"Bones" - Crumb

Your same old homework music not cutting it anymore? Look no further. The snappy little drumline has a very focusing effect. Study sesh approved.

"Slootz House" - King Scrat

Fast, loud and in your face, this garage punk jam comes from the B.C. born band; King Scrat. It's about waking up after that one party that everyone (or, more realistically, no one) will remember.

"Chinese New Year" - SALES

Can't lie, this one comes straight from tiktok. A light summery tune about a fleeting love and a significant change. Relatable and replayable.



SALES

"Planet B" - King Gizzard and the Lizard Wizard

King Gizzard's first taste at thrash metal and continuing a theme they explored in their latest album, Fishing For Fishies. This one is all about climate change, and it's LOUD.

"Art School" - Remo Drive

An emo bop all about that one person whos just too cool for you, art school (obviously), and that deep angst that creeps up now and again.



Remo Drive



Unsplash

Studying made simple

By **EMMA MORRISON**

Studying is a huge part of being in school, however it can become extremely stressful and time consuming when starting a new school year. These 4 tips can help you manage a multiple-course load and save you some time and stress.

Prioritize:

As easy as it may sound, prioritizing can be one of the most difficult parts of studying. A daytimer or planner can be extremely useful to help you visualize your upcoming tests and assignments. Course work and deadlines have to be put in order of least to most important so you know what you have to study and for how long. Try allotting small portions of time throughout the day to different subjects. Something as simple as 30 minutes in the morning while you eat breakfast or on the bus makes a huge difference. Planning out small study breaks is helpful when you have a full course load.

Study what's important:

Studying what is important isn't studying what you

already know. It is important that you study what concepts you deem difficult to grasp and focus on them. However, you should still review old concepts and material you are comfortable with so you don't forget them. Don't be afraid to book time with an instructor to clarify some of those confusing parts.

Take breaks:

Your brain is of no use if it's tired. Sleep deprivation and constant concentration has been proven to be a detriment to the way you process information. Study in 30 minute intervals and give yourself a 10 to 15 minutes break in between to allow your brain to process the information you just learned. The break also allows time for movement, snacks and, most importantly, rest. It can also prevent frustration and stress during several hours of studying.

Get to know your learning style:

Everyone assumes that you must study in a quiet space sitting in a chair with your head in a book; however, each person learns differently. It's important to know how you learn or process information.

If you are an auditory learner, you learn by listening or sound. Try recording yourself reading or explaining the key term you're trying to learn. This way you can go back and listen a thousand times without becoming frustrated. Plus the recordings or voice memos can be used as an archived study guide for final exams.

If you are a visual learner, you learn by watching. Diagrams and videos are a great way to study. Try using a giant piece of paper to make a diagram of what key terms you are trying to remember. It is crucial that when making this diagram to use lots of colours and symbols to help you make and see the connections.

If you are a kinesthetic learner, you learn by doing and you need to move. Try making a muscle memory exercise that will help you remember some key concepts. When possible, try hands on activities.

All these steps can be used to help you study better and more frequently. The most effective way to maintain good study habits is consistency. Making sure you study every day and keep up with your school work.

COLOUR ME!





TAROTSCOPES

with **SCREAM QUEEN B**

Tarotscopes (Tarot + Astro) is your energetic imprint and personal story for the month, cast by Lindsey from Scream Queen B Tarot. To book a personal reading for your love, career or personal destiny, go to www.screamqueenbtarot.com.



Relationships are on the forefront this month as September is influenced by the 2 of Cups, a symbol of connection, true love and our soul's recognition in others. Take note of all the court cards that have come forward this month as these represent actual people in your life. We are all mirrors for each other and there is much to be learned from being in connection with others. It's time to embrace love and intimacy in all its forms. Read your astro sign below to see how this will show up for you:

VIRGO (August 23 - September 22) **6 of Wands (Reversed)**

Do you feel like you're held back from expressing yourself or your passions? A victory or cause for celebration is blocked for you now, particularly with a character that matches the King of Swords. This old soul (Aquarius, Gemini, or Libra) tends to get caught up in their own head, feels more like ice than the fire you're wanting. To set your course straight, you may have to take the lead and honour what you want to experience.

LIBRA (September 23 - October 22) **The Lovers**

Congrats Libra - the 2 of Cups with The Lovers is an unmistakable presence of a soulmate! Whether in friendship or romance, this connection will change the course of your life. The Lovers is a card that also speaks to being at a crossroads and needing to make a choice that honours your heart. This is not a time for practicality. Take a leap! And be sure to celebrate the love you've found!

SCORPIO (October 23 - November 21) **5 of Wands**

Where is the competition and conflict in your life? This card signals difficulty in communications, expectations and being on the same page. Resentments will hold you back this month, so free yourself through owning your part and noting that whatever irritates you in others is something to work on within yourself.

SAGITTARIUS (November 22 - December 21) **Princess of Swords**

You may be challenged by someone near to you who is swinging the sword of truth a little too close. This could be an Air sign (Aquarius, Gemini or Libra) or someone who often speaks without thinking, who could be a little immature or a tad dramatic. Try to see this person with compassion to understand what they intend beneath their abrupt message.

CAPRICORN (December 22 - January 19) **Knight of Cups**

Love is in the air! Someone is offering you their heart as the Knight of Cups is a character of immense charm and romantic flare. Their intentions are true, so answer the call to invite more vulnerability into your life and see where this mutual attraction goes. Watch out for a water sign (Pisces, Cancer, Scorpio).

AQUARIUS (January 20 - February 18) **Queen of Swords**

This is a call to step deeper into your power. The Queen of Swords is the presence of someone who knows what they want and is strategic in conquering their ambitions. There is much to learn from this person, whether a mentor, family or friend. Let her lead the way.

PISCES (February 19 - March 20) **Ace of Wands**

The spark of mutual attraction is about to catch fire. A new relationship or steamy encounter that has the potential for longtime feels. Like a magician's wand, this card contains all the possible magic of chemistry and connection that delights the soul, so dive in. If you're single, you won't be for long.

ARIES (March 21 - April 19) **4 of Wands**

Creating long-term foundations are important to you now. This can be establishing your new home life,

a family or taking your relationship to the next level of commitment. There is plenty to celebrate right now and you find yourself surrounded by people that honour your new found happiness. Enjoy!

TAURUS (April 20 - May 20) **The High Priestess**

You are diving deeper in to the realms of your intuition, influenced by a spiritually-minded, witchy woman. If you are called to study reiki, chakras, meditation or even Tarot, do it. There is much to be gained by some soul-searching and personal healing.

GEMINI (May 21 - June 20) **4 of Pentacles**

Who in your life can teach you the value of saving your money, creating energetic boundaries, or preserving your potential? Getting grounded and building up your resources is key this month. If you don't know what to do to achieve your goals, find someone who does!

CANCER (June 21 - July 22) **Knight of Swords (Reversed)**

Someone in your life is unsure of where to go and what to do - and that could be having a negative impact on you, creating self-esteem issues and self doubt. A loved one could be very lost right now, so practice boundaries, detachment and acceptance. You can be supportive, but you cannot fix anyone's problems.

LEO (July 23 - August 22) **The Fool**

You are called to take a leap of faith into a brand new world, to embrace change and the unknown with excitement instead of dread. Your plans have taken an abrupt shift, and the Knight of Pentacles (Capricorn, Taurus or Virgo) is going to be a major influence for you now. Let go of what you thought would happen to embrace what is meant for you.

CREATIVE CORNER

S P A R T A N C E N T R E Z N
B F L Y N N P Y E H H E T M M
G C V N R E N N O T S E H K D
I A I Z G K A H H I M N G Q S
D T M F Z A I P X A C M D K X
R B S S P R T C V N M H O C N
X U W H E P S E Y H A O B L H
P I O O N E A N P D I I I O Y
H L N P T U K T L Y N M Y X M
P D H A T E S R R X C U V C V
H I W T M V G E K R A J U K X
I N T N T E G G U N M G O Z Y
V G I A D E X Y N Q P O C R X
H U M I Z U I O G S U I U U M
W L U T F R Y T Z R S P J O N

WORDS TO FIND:

CAT BUILDING

FLYNN

HP CENTRE

MAIN CAMPUS

NAIT

NAITSA

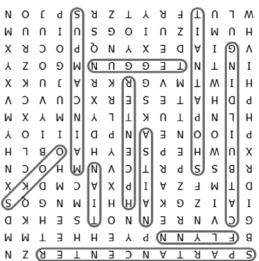
NUGGET

OOKS

SHOP AT NAIT

SPARTAN CENTRE

ANSWERS:



POETRY

HOME
By Shawna Bannerman

Every corner of the country echoes of old home.
From the sky, green, grey, amber patches call home.

Again, the boxes are re-filled, re-moved, re-emptied.
Again, I try to make rations of home.

I create connections with the inanimate,
I become attached to some unconscious home.

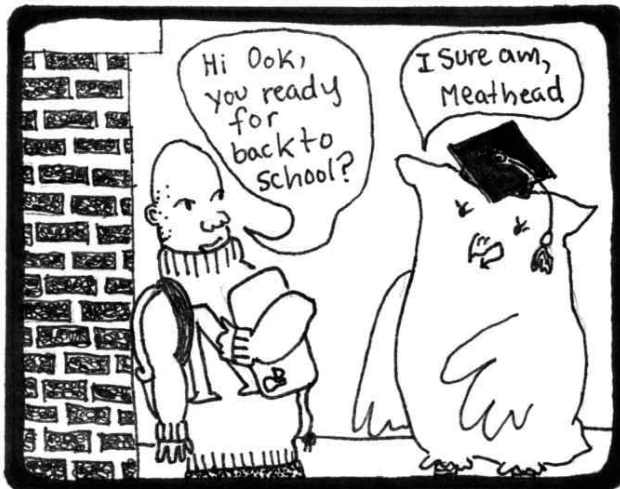
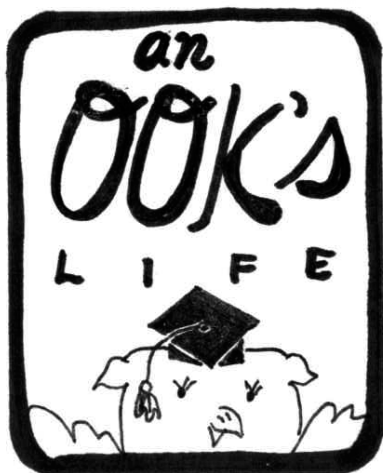
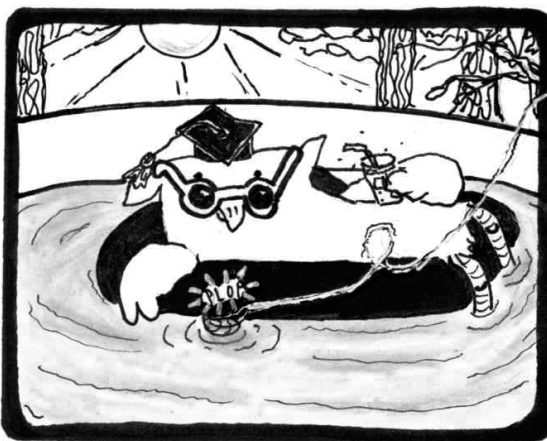
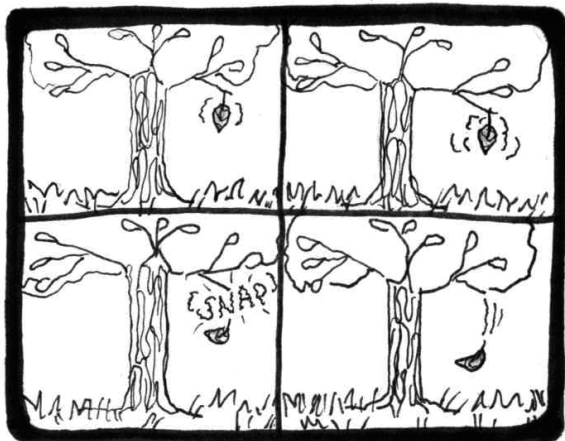
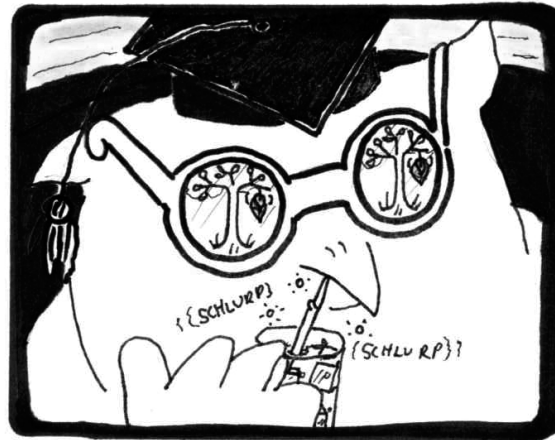
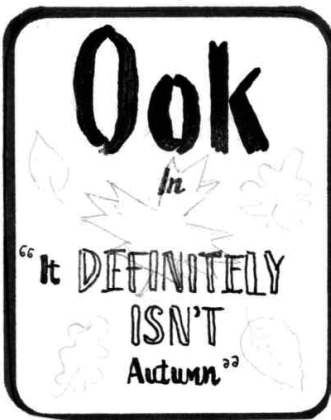
I'm always moving, conducting on-going research,
But only scratching the surface, not deep enough to scar home.

I'm seeking solace, a resolve of my own identity.
A firmness of purpose that is parallel with home.

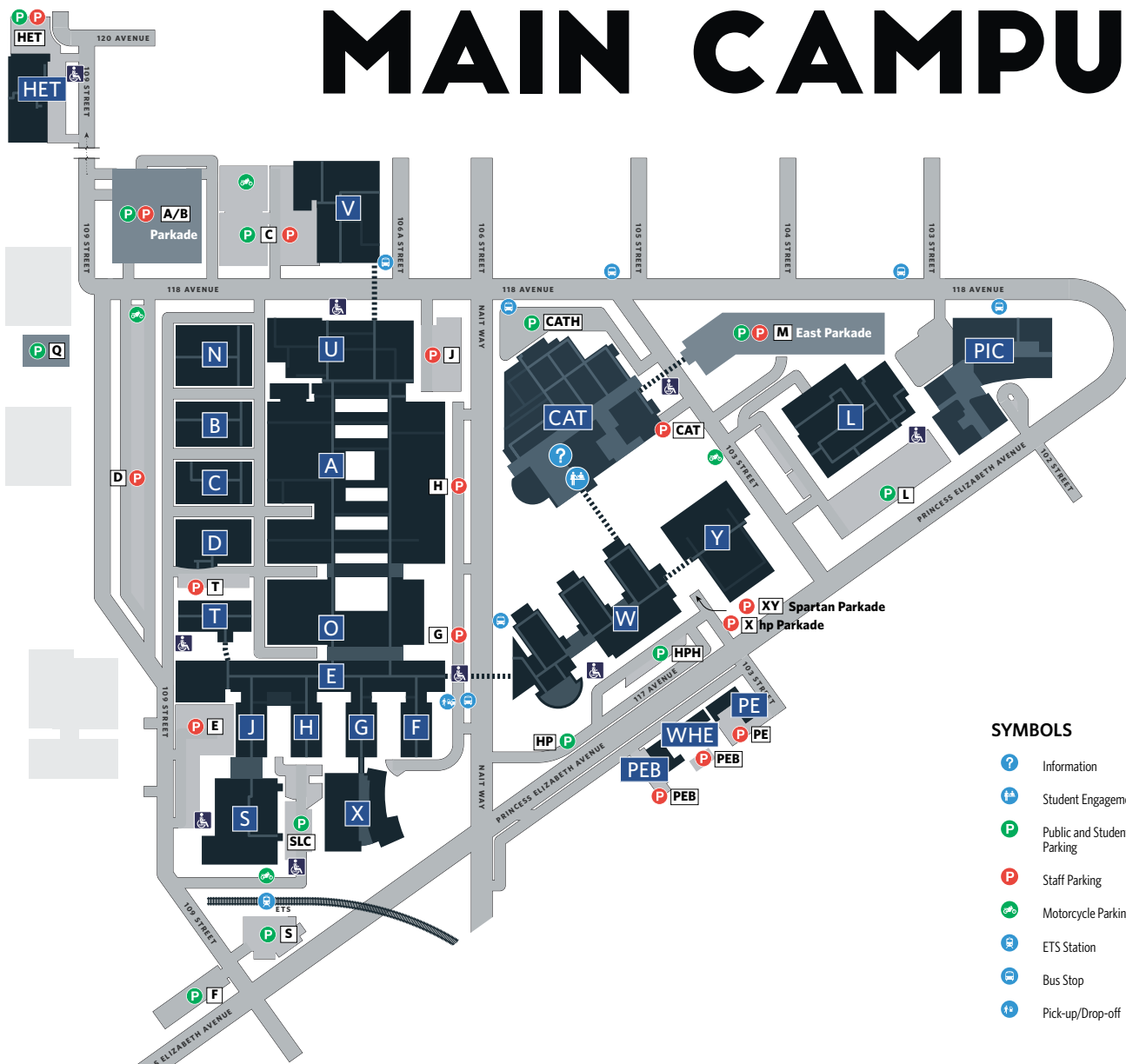
The home I'm looking for is not a noun,
It's an adjective, a narrative entitled, boldly, "home".

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

CREATIVE CORNER



MAIN CAMPUS



SYMBOLS

- Information
- Student Engagement
- Public and Student Parking
- Staff Parking
- Motorcycle Parking
- ETS Station
- Bus Stop
- Pick-up/Drop-off

LOCATIONS

EDMONTON

Main Campus
11762 - 106 Street nw

Patricia Campus
12204 - 149 Street

Souch Campus
7110 Gateway Boulevard

NAIT Distribution Centre
11311 - 120 Street

CALGARY

NAIT Calgary
816 - 55 Avenue ne

BUILDINGS

- | | | | |
|------------|---|------------|------------------------------------|
| A | Industrial Building | PE | Human Resources Building |
| B | Shell Manufacturing Centre | PEB | Princess Elizabeth Building |
| C | Gateway Mechanical Services Centre | PIC | Productivity and Innovation Centre |
| CAT | Centre for Applied Technology | S | Activities Centre |
| D | Services Building | T | Administration Building |
| E | Technical Building | U | Learning Resources Centre |
| F | Medical Wing | V | Industrial Technical Building |
| HET | Heavy Equipment Technology Building | W | hp Centre |
| J | J-Wing | WHE | Western Hog Exchange |
| L | Continuing Education and Industry Training Centre | X | South Learning Centre |
| N | Sandvik Coromant Centre | Y | Spartan Centre |
| O | Central Building | | |

OFFICES AND SERVICES

- | | | | |
|----------------|----------------------------------|-----------------|---------------------------------------|
| E-114 | Accounting Cash Office | E-134 | NAIT International Administration |
| S-105 | Athletics | W-203 | NAITSA Computer Commons |
| O-117 | Campus Recreation Services | E-131 | NAITSA (NAIT Students' Association) |
| CAT-215 | CAT Computer Commons | O-115 | Office of the Registrar (South Lobby) |
| W-111 | Computer Training Centre | CAT-180N | Parking Office |
| W-111 | Continuing Education | D-104 | Protective Services |
| W-111PB | Counselling Centre | W-111PB | Learning Services |
| E-121 | Encana Aboriginal Student Centre | X-114 | Shop at NAIT |
| O-119 | Health Services (South Lobby) | O-101 | Student Awards |
| W-101 | International Centre, | O-117 | Student Engagement |
| U-310 | Library Services | | |

- | | |
|----------------|---|
| CAT-180 | Student Service Centre
Admissions and
Enrolment Support
Advising and Career
Development Service
Services
Funding and Financial Aid
Services
Pre-Admission
Immigration Advising
Student Payments |
| U-210 | Student Study Lounge, |
| O-117 | Student Well-being
and Community, |
| U-210A | Tutorial Services |

Map locations are subject to change. Visit nail.ca for most current information.