

NAIT NUGGET

Wednesday, August 21, 2024
Volume 65, Issue 1

thenuggetonline.com
@thenaitnugget



IN THIS ISSUE

8 THE NUGGET'S GUIDE TO NAIT

It's easy to get overwhelmed at all the information that comes with a new school year. But don't worry, the Nugget has you covered with this resource guide.

11 THE ULTIMATE GUIDE TO ON-CAMPUS EATS

Don't be hungry, be happy. Use this map to fuel your coffee addiction or grab a bite after class.

14 STATE OF THE OOKS

Hey sports fans! Catch up on what happened with the Ooks last year. Learn which teams are hot off the championship circuit and which have some work to do.

Welcome letter from NAITSA Executive Council

Editorial by Brayden Shopland, NAITSA VP Internal

Hello there, and welcome to NAIT campus. Whether it is your first year as a student or you are returning to continue your studies, we are excited to see you and are happy to have you as part of our community. So who are we? We're your NAITSA ECs, also known as the Executive Council. Typically, the NAITSA Executive Council is made up of four NAIT student leaders: President, VP Academic, VP External and VP Internal. Each Executive holds a portfolio that covers different aspects of a student's life. They work full time to drive important student initiatives. Our goal is to support NAITSA's mission to enhance the NAIT student experience by advocating for your rights, representing your voice and creating a culture of engagement and leadership, all while providing student-driven services.

So who am I, you may be wondering? My name is Brayden Shopland and I am your VP Internal for the 2024/25 school year. My portfolio includes communications between the ECs and students—that's why I have written this article featured in our amazing campus newspaper, the Nugget!

As members of the NAITSA Executive Council for the 2024/25 academic year, we have embarked on a journey to make a lasting impact on our student community, and part of that process is setting goals to guide our year. Our four integrated goals are ambitious, yet deeply rooted in our commitment to fostering an empowered, informed and well-supported student body. The first, "Empowered Engagement," is focused on bridging the gap in meaningful interactions with students, ensuring you feel confident and comfortable in sharing your concerns. To achieve this, we will be organizing events, regular check-ins, attending NAIT Ooks games and many other initiatives that will increase your accessibility to us. Our aim is to create an environment where you feel comfortable keeping us informed, ensuring that your voice is heard and valued.

The second goal, "Aware and Prepare," is focused on timely and efficient communication. We believe that keeping you informed of important matters within NAIT and NAITSA, as well as external issues that may impact your education, student experience or well-being, is essential. By ensuring that you are aware and prepared, we hope to equip you to handle various situations effectively, making your time at NAIT as smooth and successful as possible.

"Community Collaboration," our third goal, emphasizes the importance of working with various NAIT departments and external stakeholders. By collaborating with departments such as the Nîsôhkamâtôtân Centre, International and Intercultural Community Centre (IICC), the Office of Equity, Diversity, and Inclusion (OEDI), Student Life and many others, our advocacy efforts can be well-rounded and well-informed. This collaboration also helps make sure our support is tailored to our student body's diverse needs.

Our final goal, "Student Focused Stewardship," is dedicated to holding all



NAITSA Executive Council (L to R): VP Academic Marina Bruno, VP Internal Brayden Shopland and President and acting VP External Jenna Luczak
Photo supplied

NAIT departments accountable. As students, you are the primary stakeholders of NAIT, and your needs must be prioritized in all decisions that impact your overall experience. We are committed to ensuring that every department and service at NAIT remains relevant, accessible and focused on enhancing your student experience.

Each of us has also set individual goals that align with our team goals but are more specific to our individual portfolios. Jenna Luczak, President and Acting VP External, is focusing on empowering the student body to become more involved and active, as well as supporting satellite campus students. She is also dedicated to guiding the VPs in achieving their objectives. Marina Bruno, VP Academic, is dedicated to enhancing the academic experience for all students by increasing awareness of NAITSA's academic supports, empowering student representatives on Academic Council and holding the institution accountable for academic excellence. As for myself, I am focused on enhancing student engagement, improving communication and advocating for functional student spaces. I am also working to refine the transition process for incoming EC members, ensuring they are well-prepared and confident in their roles.

Together, we are committed to making a positive difference for all NAIT students. By staying true to our values and staying focused on our goals, we believe we can create a vibrant, supportive and empowered student community. We are here for you, and we are excited to work together to make this year one of growth, connection, and success!

naitsa NAIT NUGGET

Informing and entertaining the NAIT community since 1964.

Room O-105
11762-106 Street
Edmonton, Alberta
T5G 2R1

Media Operations
(780) 471-7615
@thenaitnugget
thenuggetonline.com

ARTS & LIFE EDITOR

Alleah Boisvert
arts@thenuggetonline.com

SPORTS EDITOR

Geono Aloisio
sports@thenuggetonline.com

NEWS EDITOR

Sukhamjit
news@thenuggetonline.com

ENTERTAINMENT EDITOR

Sanjyven Alfred Joseph
entertainment@thenuggetonline.com

MEDIA EDITOR

Jalyn Dalke
media@thenuggetonline.com

PHOTO EDITOR

Skylar Boissonault

ONLINE EDITOR

Taylor Hughes

EDITOR-IN-CHIEF

Amy St. Amand
astamand@nait.ca

FRONT COVER

Edward Robinson

BACK COVER

Helen Do

The Nugget is an independent media source. The opinions within do not necessarily reflect the opinion of the Nugget or NAITSA.

Souch students left hungry; NAIT says ‘no easy solution’

By Amy St. Amand

A NAIT student has started a petition to highlight the disparity between Souch campus and main campus, but NAIT has said there’s “not a lot we can do.” The petition was started by Peter Endicott, a Boilermaker student, to raise awareness and push for change in the food options at Souch, among other scaled back services, like the campus bookstore.

Endicott started the petition because he was “fed up” at not having good options for lunch. The campus food store, Elements, has been closed since Nov. 4, 2022.

“A lot of my money goes towards paying for bills in Calgary because I don’t live in Edmonton ... I don’t really have time to make food either before I leave [for school]. So I was hoping I could get food at campus, but that wasn’t a reality,” Endicott explained.

And while many students visit the nearby Tim Hortons on their lunch break, the expenses add up, and the long lines at lunch hour don’t leave students with much time to enjoy their break. There aren’t many options on campus aside from vending machines, which Endicott says aren’t sustainable for meals.

“We don’t even have sandwiches in the vending machines. It’s just all candy and like, beef jerky and energy drinks ... you can’t really live off that. And it’s just as expensive as going to Tim Hortons for a bag of chips and some beef jerky.”

NAIT Vice-President of Students and Campus Life, Gerard Hayes, said the low numbers of students on campus make it hard to sustain food service. “Even before COVID, it was tough for the operator to break even, let alone make any money.”

Rising food costs also make it difficult for a food operator—Hayes argued that even if there were a cafe or restaurant in Souch, the cost of food would still drive students to find less expensive alternatives. “Even to get an operator to go in there and open, students are still going across the street to Tim Hortons. They’re going down the street to the dollar store and getting snacks.”

Hayes said that NAIT is looking into adding more microwaves or warming stations so students can prep their own food. They’ve also explored alternative options, like a mom and pop operation or even food trucks, but found there wasn’t enough traffic for outside food services.

On average, there are 200 students at Souch campus each term, and students are only there for eight weeks each intake. However, the campus will eventually close when the new Advanced Skills Centre opens. But as NAITSA President and acting Vice-President External Jenna Luczak explained, the project is still in the planning stages and may take five to 10 years to complete.

“We don’t know the timeline because [the Advanced Skills Centre] hasn’t even started, so the fact that they’re decreasing services and really pigeonholing students and staff into this uncomfortable position, it just makes me work harder for my advocacy.”

“I really hope that we can put an emphasis on the fact that there are still students and staff there right now.”

NAITSA has also explored alternative options, despite food service not being a part of their mandate. “We’re put in this position where we are the students’ association and we see where the institution is lacking and we want to fill that gap for them.”

“This is the institution’s responsibility to make sure that their students, staff, their members, are safe.”

Endicott said the situation made him feel like he has been forgotten

about, especially seeing all the options available to students at main campus.

“It’s definitely disappointing to see, especially since you’re talking about a NAIT experience and trying to build this NAIT community. But I don’t see it down there [at Souch.]”



The campus food store at Souch campus has been closed since November 4, 2022, with no proposed reopening date. Photo supplied



The coffee machine at Souch is broken, which drives many students to Tim Hortons, Endicott said. Photo supplied

Pulse check: 2 new services

By Amy St. Amand

Two new student-focused services debuted at NAIT last year: NAIT's Writing Centre and NAITSA's Student Academic Rights Advisor. Let's take a look at how this new location and new position are doing.

NAIT's new writing centre

Writing help isn't a new concept to NAIT, though details on exactly *what* help existed are murky. A YouTube video called "Uncut: NAIT Writing Center Testimonial" from EssayJack suggests that a physical space dedicated to writing help did exist. However, when prompted, some colleagues at NAITSA could not recall one and didn't find any evidence of one existing in old NAITSA handbooks. When NAIT's tutoring registry existed, students could book appointments with writing tutors. As these things often do, services offering writing help fell to budget cuts, and since July 1, 2020, there hasn't been an official way for students to get writing help on campus.

Until January 2024, when a new pilot project was announced to "enhance student learning." The Writing Centre didn't have its own physical space at the start, but a hefty \$250,000 over five years from the Embark Student Foundation Major Grant Program gave them the resources they needed to open (and staff) a physical space. While the centre has only been open for six months, Coordinator Belinda Wang thinks things are going "fairly well."

"This is my first time opening a writing centre. I used to be an Interim-Director at a writing centre that was well established, with huge imprint among student and instructor population. So, opening a new centre is quite different. There are different pieces of puzzle that I have to put together," Wang told the Nugget.

The numbers support her initial guess on how the WC has been doing. In the first two months of the physical space being open, Wang shared they had 122 appointments with approximately 22-25 students dropping in.

Hiring tutors with previous writing centre experience was a key factor in Wang's success, she explained. As the selected staff were already familiar with the values of a writing centre, they didn't need as much onboarding to understand the fundamentals of how the centre would work. Instead, Wang focused on understanding how the services could be tailored to NAIT students specifically.

In the first two months of operation, Wang noticed many students asking for help on business-related communications projects. "That is new territory, new types of writing assignments that I needed to familiarize my professional and peer tutors with, because I think a lot of the tutors coming from other

institutions with their prior work experience is more traditionally tied to essays, research papers. Not necessarily heavy in terms of business communication, letter writing, advocate letters."

Despite the differences Wang saw at NAIT, she still recognized many commonalities from her experience working at the University of Alberta Writing Centre. Many of the students Wang worked with were undergraduate students, despite U of A having graduate and post-doctorate levels of education.



The Writing Centre, located in U213.

Photo supplied

"They encounter very much the same barriers, anxieties and problems and challenges that NAIT students would face at the beginning of their program because the basic research skills are the same."

While anxiety surrounding writing assignments is common, Wang encouraged students to not wait until the last minute to seek help. "Please don't consider [the] writing centre as a place where you only look for support when you are struggling, because our tutors can help you brainstorm ideas, narrow down topics, get you on the right track at the early stages of your writing."

"Our services are free and we encourage students to come in as early as possible, because we can help students with every stage of the process."

Since receiving the grant, Wang has started to plan the future of the writing

WHAT'S A WRITING CENTRE?

We've talked all about how the writing centre did in its first semester, but haven't actually defined *what* a writing centre is. Belinda Wang, Coordinator of NAIT's WC, explains that there are a few core beliefs that all writing centres have in common.

1) "Good writing is good writing across disciplines."

According to Belinda, there are specific skills and strategies that make for effective communication, regardless of the subject matter.

2) "Writing is a skill that anyone, especially post-secondary students, can master."

Despite the commonly-held belief that some people are just better at writing, WCs aim to show students that academic writing skills can be taught.

3) "We expect our tutors to work as an equal with students, rather than an authoritative voice imposing our ideas and approaches onto students."

WC Tutors don't tell students what to do. Instead, "the tutoring session is more constructed as a dialogue, as a conversation between two individuals who share and discuss ideas."



Photo via NAIT Content Collective

centre. First on the list is hiring more tutors so the WC can open five days a week. “I think in total, the number of hours that we provided [last semester] were around 28 hours. So that’s not enough to cover the entire work week. So if I have more professional tutors, at least I can keep the writing centre open from Monday to Friday.”

The other major plan is more marketing to let NAIT students know about this free service.

“We are still in the pilot stage, so we didn’t go out of our way to promote the writing centre yet,” she said. “But of course for the new year, we are anticipating a full-fledged campaign and promotions, and signing up [the] WC to all kinds of campus events.”

“Now that we have more money, we can experiment a bit more in terms of services, different times, different staffing models ... hopefully we’ll get more students’ interest and want to walk into the writing centre to talk about writing.”

The Writing Centre is located in U213, and is a free service for all NAIT students. Visit the WC’s website via the NAIT library website to book an appointment, or drop-in during opening hours to speak with a tutor.

NAITSA’s Student Academic Rights Advisor (SARA)

Students come to post-secondary to learn. Some choose to learn about business, others engineering, art or science. And being a post-secondary student always comes with unexpected lessons you didn’t plan to learn, like not studying early enough before a test or forgetting to save your project and losing everything. But Renata Medeiros, NAITSA’s Student Academic Rights Advisor (SARA), also knows that that students also want to learn about their academic rights and responsibilities.

“Students want to know about their rights, and they want to be prepared in case something happens. They want to know the information, and I think that’s fantastic, because that’s honestly my goal with this position, is for students to understand what their rights are.”

Started last year after the ombuds position at NAIT was found redundant, NAITSA’s SARA aims to guide students through academic conflicts by acting as non-partisan support. Medeiros can refer students to other areas for support when needed, attend meetings with students as a neutral party, empower students to make informed decisions regarding their academic concerns and more.

Since the role started a year ago, Medeiros has noticed changes in how students approach academic concerns. “Students are now more aware that they have rights and that not everything that happens to them is their fault,” she explained. “And that something should be done. It shouldn’t be that way.”

But more than just an understanding of their rights and responsibilities, Medeiros has noticed an increase in proactive appointments, where students seek information about how to handle potential conflicts, rather than reactive ones, where an issue or conflict has already transpired.

“Not all of the [students] that come to see me have an issue. They are just there to understand what their rights are, and you know, sometimes they come to me because they know that their friend is having an issue, so they want to be a resource for that friend.”

Medeiros guessed that of the 319 students she saw from June 2023 to June 2024, about 30 per cent visited to gather information. On the other hand, 70 per cent of students visited her because something happened and they wanted to know what to do. “Or they want to know what to change in the future, because they come to me and not only know their rights, but their responsibilities too. So if they know that they are guilty, or they know that they did something wrong, they want to know how to be better in the future,” she explained.

While Medeiros believes there’s still room for improvement in educating students and staff on academic rights and responsibilities, she’s seen several cases that justify the necessity of a position like this.

“So far the feedback has been amazing,” she explained. “It’s a very, very diverse campus and we have students coming from all over the world with unlimited types of backgrounds. They need us. They need a space where they feel safe to ask their questions, that they know there’s not going to be judgement or ‘how did you not know about this?’”

“Especially in post-secondary learning, it can be very challenging to move from a place where you were used to it and you went to school for several years and then you come to Canada, you come to NAIT, and it’s completely different.”

But not just international students use SARA—Medeiros noted that there’s a “very even split” between domestic and international students that make appointments with her. Medeiros, who was an international student when she attended NAIT, is happy that her office can be a safe space for all types of students. “I’m just doing what I wish I had back in my days as a student. I’m very happy that this position exists, and that I’m the one creating it and being there for students.”

In the upcoming semester, Medeiros plans to continue her outreach efforts to engage with both staff and students about the role. She’s also planning new events where the NAIT community can see her in a different setting.

To find out more about what NAITSA’s Student Academic Rights Advisor can help with, or to book an appointment, visit <https://nait.ca/student-services/sara/>

Clubs corner: A year in review

By Amy St. Amand

Clubs corner is a place to highlight some of the things happening at NAITSA Campus Clubs. Find out what's upcoming, hear success stories and learn how to join a club or start your own.

The post-secondary experience is about more than just academics. While there's nothing wrong with focusing purely on your studies, you'd be missing out on crucial opportunities to make lifelong connections and develop your soft skills—those things people say employers really want. There are so many ways to get involved, including joining a club. NAIT is home to an abundance of interesting clubs. Some are focused on shared hobbies or skill development, while others are primarily about specific programs or graduation years. In the last academic year, there were over 60 active clubs on campus, and 68 per cent of those were returning clubs. Some of the longest-running clubs include Enactus NAIT, the Construction Engineering Technology Student Club and the Chinese Student Association.

What's a club?

What exactly do clubs do? Well, lots of things. Most clubs host events, ranging from fundraising activities to social mixers. Last year, some of the biggest events included a Vaisakhi Celebration hosted by the Punjab at NAIT club. Over 200 people attended to try Indian delicacies, learn about history and dance in CAT crossing. The Computer Technology Club also had an event called IT Connections that they hope to make an annual thing. The event was primarily a career fair specifically for IT students, but it also featured industry experts giving talks and networking opportunities.

What's new this year?

A lot. The NAITSA Campus Clubs department has brought in a ton of new rental options for clubs this year, including a major tech upgrade. There are two new wireless speaker and microphone systems, a classroom karaoke set and new TVs and game consoles. They also invested in updating their board game selection. "We had a lot of games that just don't even exist anymore. Maybe they were really popular in the 90s, but aren't quite keeping up with the times," said Cassidy Skinner, NAITSA Campus Clubs Events Supervisor. "I think we've brought in like 15 new board games."

The clubs department has also upgraded some of their support offerings to students. New this year is the option to book meetings with Campus Clubs staff. If club executives are struggling with social media, they can book a meeting with the Marketing Manager, or if they need help with grants or finances, meetings are available with the Finance Supervisor. "That's a super cool resource that students can book however much time they need, whether it's like 15 minutes



Clubs Showcase from 2022.

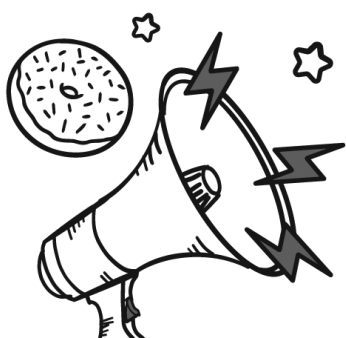
Photo via Instagram @naitclubs

or an hour or whatever that looks like," said Skinner.

There's also some new events and opportunities for club members to mingle, get involved and gain GIVER points. For example, they are hosting a Clubs Mixer on Sept. 17, where students can meet the Clubs team and other clubs members, or even find a new club to join. Club members can also sign up to volunteer at Nest Fest or Pancake Breakfast to earn GIVER points (points given to clubs who "help the community at large").

How can I sign up?

Ooklife.ca is home to all things NAITSA Campus Clubs. See every active club by searching through the organizations and selecting the 'NAITSA Campus Clubs' branch, or look through the calendar to find what events are coming up. To talk to someone in person, head to the NAITSA Office at O108 and chat to the folks at the clubs counter.



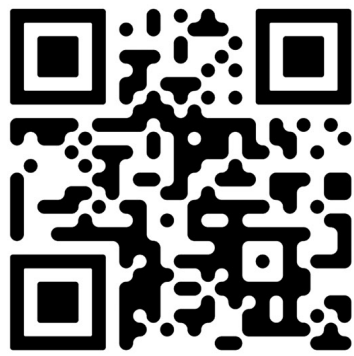
HAVE SOMETHING TO SAY?

WRITE FOR THE NUGGET AND GET PAID TO SHARE YOUR VOICE.
EMAIL INFO@THENUGGETONLINE.COM FOR MORE.





Do you want to be a NAITSA Insider?



naitsa.ca/insider

Subscribe to our Newsletter for the latest news and deals!

THE NUGGET'S GUIDE TO NAIT

School is a big place, and especially at the beginning of a semester, students are hit with information overload. From classroom guidelines to where to go to get your OneCard, it can be challenging (and overwhelming) to know where to go when you need something. But don't worry! We've compiled a list of resources that most NAIT students will need at some point during their time here.

MENTAL HEALTH SUPPORT

NAITSA's Peer Support

Talk to thoroughly trained students about whatever is on your mind. Peer Supporters provide a safe listening space and can connect you with resources or empower you to make decisions. For in-person, head to J209B from 9:00 a.m to 3:00 p.m. Monday to Friday. LiveChat is also available during the same hours if online is more your style.

NAIT Counselling

Registered counselors can help you with a number of challenges, including anxiety, meeting academic demands, adjusting to life as a student and more. Book an appointment on your student portal.

NAITSA MyWellness

Get a free Mental Health assessment, reduced wait times to see a counsellor and more with this online resource. It's free for all NAIT students, regardless of how many courses they are taking. And bonus—you can keep using it after you graduate! Visit <https://www.mystudentplan.ca/nait/en/mywellness> for more information.

NAIT and NAITSA also both have therapy dogs! Check the calendar at naitsa.ca/pawss or find Flynn across campus!



CULTURE & CONNECTION

International and Intercultural Community Centre

Dubbed NAIT's "home away from home" for international students, the IICC is a great place for all NAIT students to find community. They host events, offer information and so much more. Visit them at W101 or view their events on Ooks Life.

NAITSA Campus Clubs

Looking to meet people with similar interests or develop your skills? Campus clubs are an excellent way to make friends and level up your campus experience. If you can't find a club that you're interested in, start your own! Find out more by visiting the clubs counter in the NAITSA office at O108.

Ooks Life

A hub for campus events, ookslife.ca is the easiest way to stay connected to what's happening on campus. You can see what events are coming up, RSVP to save yourself a spot and even communicate with various clubs and departments. Make yourself an account and see what you can find!

Nîsôhkamâtôtân Centre

NAIT's Aboriginal Centre aims to create an inclusive community by drawing strength from Aboriginal communities and honouring the traditional ways of knowing and teaching. But the centre isn't solely for Aboriginal students—they host a number of events, like monthly stew and bannock or NAIT Treaty Days. Find them in E121.

SPORTS & FITNESS

Support the Ooks

NAIT is home to a number of sports teams, and we've got some pretty good teams, too! Take a break from studying and cheer for the home team. Games are usually on the weekends so you can't even use having class as an excuse.

NAIT gym & arena

Paid your fees? Cool, now you can access the gym, arena and MacEwan's pool! Drop in to play basketball or badminton in the gym or use the arena's 18-metre-long walking track to track your steps in.

NAIT fitness centre

Need to lift some weights to blow off exam steam? Studies show that moving your body reduces stress, so head to NAIT's fitness centre and get your lift on. To visit, head down the spiral ramp in the S building.

Recreation programs & classes

From fitness classes to esports, intramurals and active study spaces, NAIT Recreation has so much to offer. Login to your student portal to see more.



CAREER & ENTREPRENEURSHIP

NAIT Career Services

Connect with a Career Advisor and get a professional to review your resume or LinkedIn profile, do mock interviews or share tips and tricks for the job search. They also host hiring fairs, do drop-in career advising and more. Book an appointment on your student portal. Looking to see what jobs are available? Visit NAIT's Career Portal. Want to chat with alumni already working in the industry? Check out Ten Thousand Coffees, where students can chat with alumni.

Mawji Centre for Entrepreneurship and Innovation

Got a business idea or interested in learning more about entrepreneurship? Visit the Mawji Centre! They host tons of events with guest speakers, networking opportunities, competitions and workshops. Their Blue Book Program takes students from an idea to a full-fledged business. At the end of the program, students can show off their business idea at the yearly showcase. Find them in CAT309A or email mawji@nait.ca with questions.



ACADEMIC SUPPORT

Learning Services

If you need help with strategies for effective studying, assistive technology or extra time on exams, Learning Services is the place to go. The Learning Advisors can discuss any barriers you might face and help you find suitable accommodations. Head to E105 from 10:00 a.m. to 2:00 p.m. on Monday to Friday, or visit learningservices.nait.ca for more information.

Nimbus Learning

If getting a tutor is more your style, check out Nimbus Learning. It's a course-specific tutoring app that connects peer tutors with students looking for extra help. You can either sign up to be a tutor, or find your course and book an appointment with a tutor. But don't worry—all the tutors are verified by NAITSA and have received at least 75 per cent in the course they tutor. Download the Nimbus app to get started.

Writing Centre

A newer addition to NAIT, the Writing Centre offers free writing support for NAIT students. You can drop-in to speak to a tutor, or book a virtual or in-person appointment. They can help with research papers, lab reports, capstone projects, presentations and more. Visit U213, or email write@nait.ca.

got
and
ends,

and
on at
to get

dies
to
d



MORE HIDDEN GEMS

Wellness Wednesdays

Get free five-minute massages on the first Wednesday of the month thanks to NAITSA. Find registered massage therapists across main campus.

OWL Book Swap

Need something new to read but don't want to spend money on a new book? Head to the OWL Book Swap, where you can donate old books and pick up something new! They typically happen once a month in the CAT Glass Box, so check ookslife.ca to see when the next one is coming up.

Nest events

Take a break from studying and head to the Nest on Thursday nights for a variety of events. Win scandalous prizes at dirty bingo, sing your heart out at karaoke or show off your knowledge at trivia.

Artisanal Food Market

Get cheap meats and baked goods from NAIT's Culinary students at the Artisanal Food Market! Formerly the NAIT Retail Meat Store, the market got a facelift last year and is now located beside Common Market at O120. Life is expensive, but your meat doesn't have to be!



photos via NAIT Content Collective, NAIT Ooks and NAITSA

Make studying easier with these hacks

By Sanjiyven Alfred Joseph

Studying can be a burdensome process for students. Like it or not, it must be done to ensure that you complete your diploma or degree successfully. Each student measures success differently, but here are a few hacks that can be used by high achievers or those who just want to cross the finish line.

Make your own notes

Make sure that your notes are short and concise. Remember that you are making these notes for yourself, so use shortform, symbols or diagrams that are tailor-made for you. Do not rewrite the whole textbook; instead pick and choose points that are important and discard filler words. You can borrow notes from your friends, but it is vital to personalize them for yourself, as they are for you to understand.

After making your notes, highlight key points that will help you trigger your memory. Do not paint the whole book. Personally, yellow or bright coloured highlighters work best for me as it is striking and points me towards the important points to remember.

My favourite hack is to use acronyms. I tend to infuse humour into these acronyms to remember difficult points. I find that making your notes humorous and playful helps with memory and makes studying less dull or boring. So, get creative and come up with acronyms that are U.S.E. (useful, simple, effective).

Don't sit in the back

A teacher's pet is not the only person who sits in the front of the classroom. When attending lectures, you should make it a habit to sit in the front or at least closer to the instructor. This will enable you to hear the instructor clearly and focus on the lesson, not unnecessary chatter or distracting noise. And because you can actually hear the instructor, taking notes is easier. Additionally, you will be more noticeable when you intend to ask a question. There is no such thing as a stupid question. Asking questions not only helps clear your doubts but might also help other students understand the subject matter better, as the instructor may use an alternative way to explain something.

Take breaks when you need them

If the cause is lost, pause. Take short breaks. Long breaks will ruin your study



Photo via Freepik

momentum and make you procrastinate. And procrastination will not allow you to reach your destination. During these short breaks, grab a quick bite, take a quick walk or refresh yourself. This will keep you energized, especially when tackling bulky subjects.

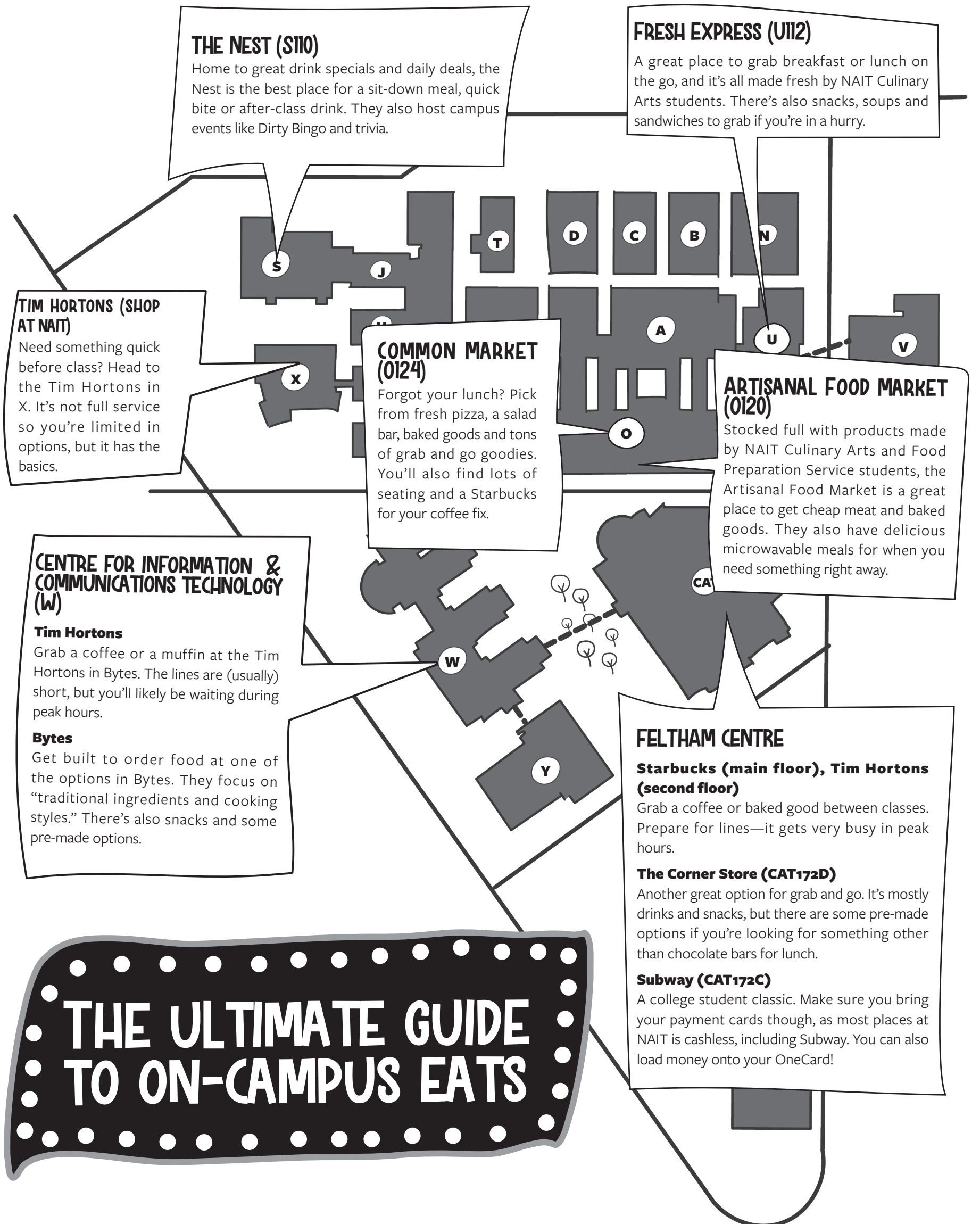
Don't just memorize

When studying, there will be certain points or formulas to remember. But I always remind myself to follow this mantra: do not memorize, but mesmerize. It simply means that instead of straining your brain to remember every single word, read something to understand it first. By understanding, you will be able to remember better. And in exams, you will find yourself writing effortlessly, which in turn, may mesmerize the person reading your answer.

It's about the journey

Finally, know that you will get there. Whether it is a diploma or a degree that you are pursuing, the destination is certain. You will get your certificate and you will graduate. Work towards your end goal, and use these hacks to make the journey easier!





THE NEST (S110)

Home to great drink specials and daily deals, the Nest is the best place for a sit-down meal, quick bite or after-class drink. They also host campus events like Dirty Bingo and trivia.

FRESH EXPRESS (U112)

A great place to grab breakfast or lunch on the go, and it's all made fresh by NAIT Culinary Arts students. There's also snacks, soups and sandwiches to grab if you're in a hurry.

TIM HORTONS (SHOP AT NAIT)

Need something quick before class? Head to the Tim Hortons in X. It's not full service so you're limited in options, but it has the basics.

COMMON MARKET (0124)

Forgot your lunch? Pick from fresh pizza, a salad bar, baked goods and tons of grab and go goodies. You'll also find lots of seating and a Starbucks for your coffee fix.

ARTISANAL FOOD MARKET (0120)

Stocked full with products made by NAIT Culinary Arts and Food Preparation Service students, the Artisanal Food Market is a great place to get cheap meat and baked goods. They also have delicious microwavable meals for when you need something right away.

CENTRE FOR INFORMATION & COMMUNICATIONS TECHNOLOGY (W)

Tim Hortons

Grab a coffee or a muffin at the Tim Hortons in Bytes. The lines are (usually) short, but you'll likely be waiting during peak hours.

Bytes

Get built to order food at one of the options in Bytes. They focus on "traditional ingredients and cooking styles." There's also snacks and some pre-made options.

FELTHAM CENTRE

Starbucks (main floor), Tim Hortons (second floor)

Grab a coffee or baked good between classes. Prepare for lines—it gets very busy in peak hours.

The Corner Store (CAT172D)

Another great option for grab and go. It's mostly drinks and snacks, but there are some pre-made options if you're looking for something other than chocolate bars for lunch.

Subway (CAT172C)

A college student classic. Make sure you bring your payment cards though, as most places at NAIT is cashless, including Subway. You can also load money onto your OneCard!

THE ULTIMATE GUIDE TO ON-CAMPUS EATS

GROW YOUR CAREER. JOIN STUDENT GOVERNMENT.



NAITSA SENATE ELECTION 2024/2025

NOMINATIONS OPEN AUGUST 27 - SEPTEMBER 25
DISCUSS AND MAKE DECISIONS ON BIG PICTURE ISSUES
THAT CONCERN NAIT STUDENTS

- 12 student representatives
- 10 meetings throughout the school year
- Honorarium up to \$723
- Leadership experience
- Your position will be recognized on your co-curricular transcripts

**Interested in becoming
a senate member?**
Nominations close at 4pm,
September 25.

VOTING INFORMATION BOOTHS

Main Campus
NAITSA Office O108

HP Centre 1st floor
near Bytes

Main Campus
near Fresh Express

CAT 1st floor
near the Crossing

Main Campus X-wing
near the bookstore

CAT 2nd floor
near the student lounge

Patricia Campus

Souch Campus

**Online voting using your
NAIT student portal**
October 11-17 at 4pm

For more information, visit
naitsa.ca/elections

naitsa

Ooks Director named 2024 Athletic Director of the Year

By Geono Aloisio

NAIT Athletics and Recreation Director Jordan Richey took home the gold after being named both the regional and national Athletic Director of the Year. The CCAA (Canadian Collegiate Athletic Association) and the ACAC (Alberta Colleges Athletic Conference) celebrated Richey's outstanding achievements earlier this year.

The list of Richey's accomplishments is long. He revived the NAIT golf and cross-country programs after they were cut in 2014 for financial reasons. Under his leadership, the Ooks Scholarship Golf Tournament has seen three consecutive sellouts since its return from a decade-long pause. The CCAA also highlighted Richey's involvement in significant organizational overhauls in the Athletics and Recreation department. When Richey started at NAIT in 2019, the two departments were separate. But under his guidance Athletics and Recreation were combined—a change that “significantly strengthened the support system for student-athletes and the broader NAIT community.”

But those aren't the only improvements Richey made to student supports in the past year. The ACAC celebrated his involvement with the conference championship-hosting protocol committee, along with his committee that gained NAIT three nominations to the ACAC Hall of Fame.

CCAA VP Marketing Bob Murray called Richey a “selfless leader who always puts others first” and someone who “carries himself with the utmost integrity and is a role model to the athletes and staff that make up Ooks Athletics at NAIT.”

Along with his accomplishments on the provincial and national stage, Richey has had a major impact on academics. He created a new team award to recognize contributions to the community and collaborated with the NAIT Advancement Office to offer four new student-athlete scholarships. Richey also raised the GPA requirements for athletic scholarships, which the ACAC press release explained “have led to improved academic performance.”



After a decade-long pause, the Ooks Scholarship Golf Tournament has seen three consecutive sellouts under Richey's (left) leadership. Photo via NAIT Ooks

Success in the classroom has also led to success in sports. The men's volleyball team won their first CCAA National Championship in program history and their first ACAC title since 1977, while the women's hockey team brought home their first conference championship in nine years after losing in the finals to Red Deer last season. The new golf and cross-country programs hit the ground running in their inaugural season, with eight student-athletes from the two clubs qualifying for nationals and golf's Mason Gorski receiving the CCAA Men's Exemplary Leadership Award.

Richey's impressive achievements and relentless dedication to NAIT Athletics and Recreation pave the way for a promising future of continued success and excellence in the 2024/25 season.



Richey's support helped pave the way for the men's volleyball team to earn their first ever CCAA National Championship.

Photo via NAIT Ooks

State of the Ooks: 2024/25 season preview

By Geono Aloisio

It was a historic year for the Ooks. The men's volleyball team secured the Canadian Collegiate Athletic Association (CCAA) National Championship for the first time in program history, and the women's hockey team won their first Alberta College Athletic Conference (ACAC) title in nine years. Another season is around the corner; here's a look at how all the teams stack up before the 2024/25 school year begins. Most of the Ooks action doesn't start until October, but the soccer season is underway on Sept. 6. Visit naitooks.ca to get the full schedule.

Volleyball

Fresh off the first CCAA National Championship in program history and first conference title since 1977, the men will need to fill some gaps if they want to defend their title. Entering his second year as Head Coach, Phil Dixon will be without the services of the team's top three kill leaders—Shae McIntyre, Wyatt Turnbull and Ross Bishop—who combined for 484 kills last season. The loss of three top-point scorers means a lot of production needs to be filled; the pieces remaining from last year's team must fill those roles if the Ooks want to contend for another national title.

The women's team extended their lack of post-season appearance last year; it's been three seasons since they've made it further than the regular season. For a team that went 5-14 with eight of 13 players in their first year and handed the 16-3 Kings University Eagles one of their three losses in the regular season, the Ooks record should improve in 2024/25 as their players gain experience.

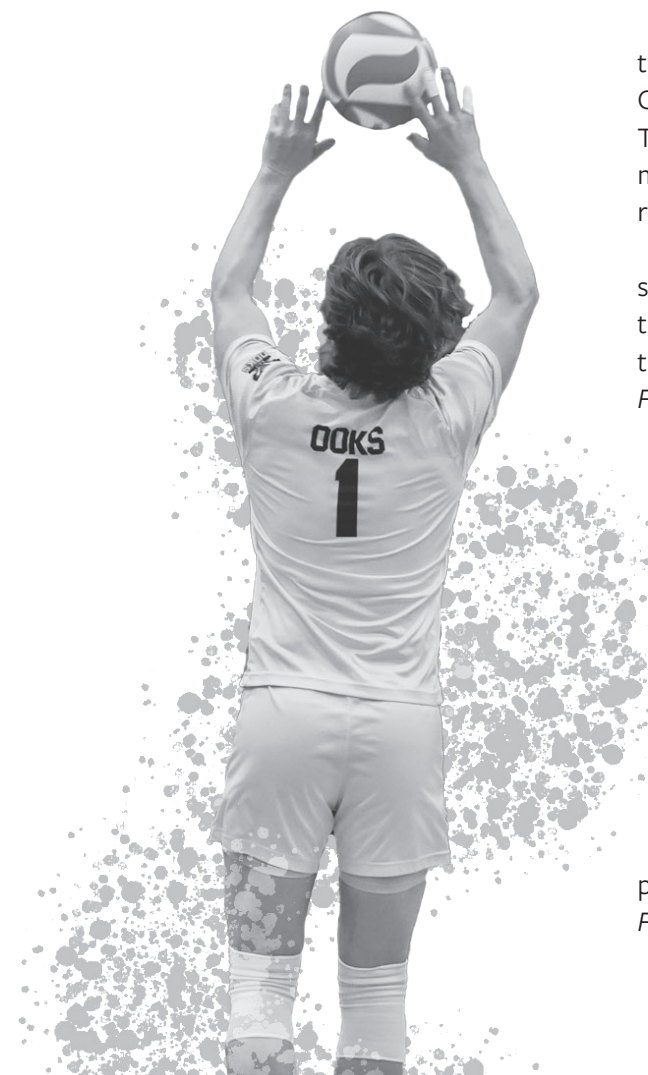
First home game: Nov. 1

Basketball

The men entered the playoffs for a fourth consecutive year after finishing 8-12 for the season. They scrapped their way through the play-in game before falling to the eventual ACAC champion, the Keyano College Huskies, in the divisional round. Newly appointed head coach Adika Peter-McNeilly—former Edmonton Stinger and winner of the 2021 Canadian Elite Basketball League Sixth Man of the Year Award—will take the reins of a men's team with a ton of potential. Eleven of 14 players were in their second year (or earlier) of eligibility in 2023/24. Time will tell if that potential gets them the win this year.

On the women's side, despite posting a combined record of 13-27 since winning the 2022 CCAA National Championship, the Ooks tied for fourth in the division with two other teams. Unfortunately, they missed the 2024 playoffs due to a tiebreaker. The roster is mostly fresh—13 of 16 players are in their second year or earlier. As they gain experience, 2024/25 could be the year the blue and gold clinch their first playoff berth in three years.

First home game: Oct. 25



Curling

Finishing fourth at the CCAA nationals, the men took home bronze in the ACAC championships after posting a 9-1 record in tournaments before narrowly missing the podium in Fredericton. With ACAC Curling Coach of the Year Karynn Flory Simmons leading the program, the mixed and women's teams should improve on last season's performance.

Regionals: Nov. 24-26

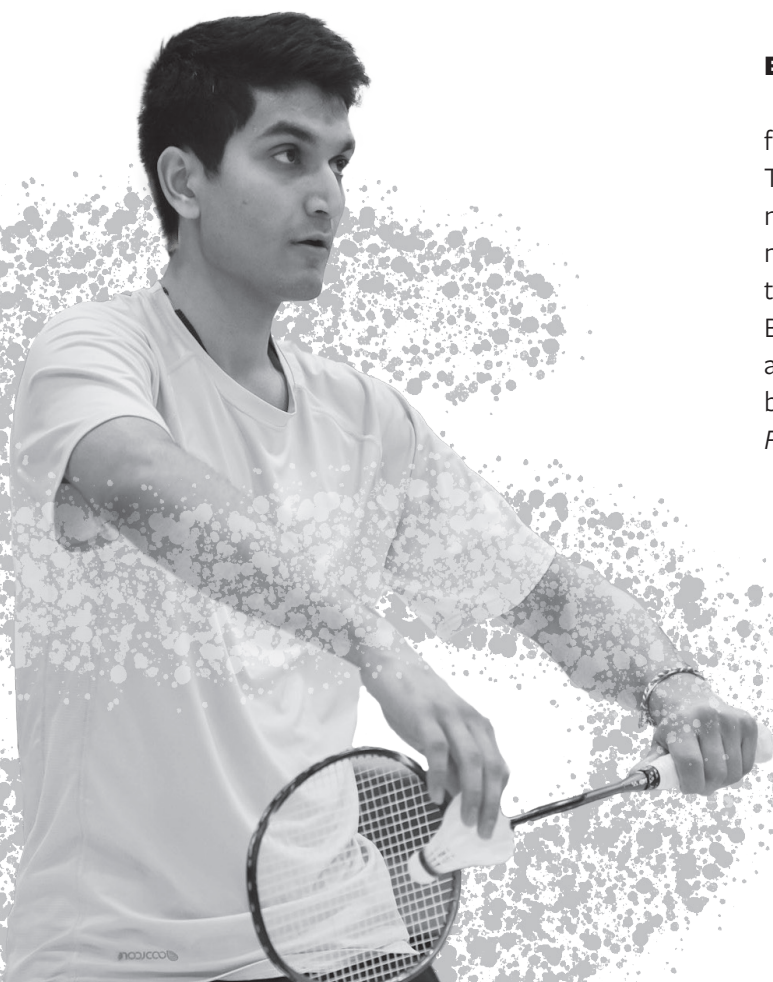
Golf

Also making a comeback after a seven-year hiatus, NAIT snatched a bronze medal in golf during their inaugural season at the ACAC championships, qualifying six golfers for nationals.

Multi-sport athletes Michaela Kibblewhite and Mason Gorski led the way for the Ooks, finishing 16th and 18th to cap off an exceptional first season. The program's first recruiting class will tee off in 2024, along with the standout golfers from 2023. Expect another exciting year for the Ooks on the links.

North Regionals: Sept. 9-10

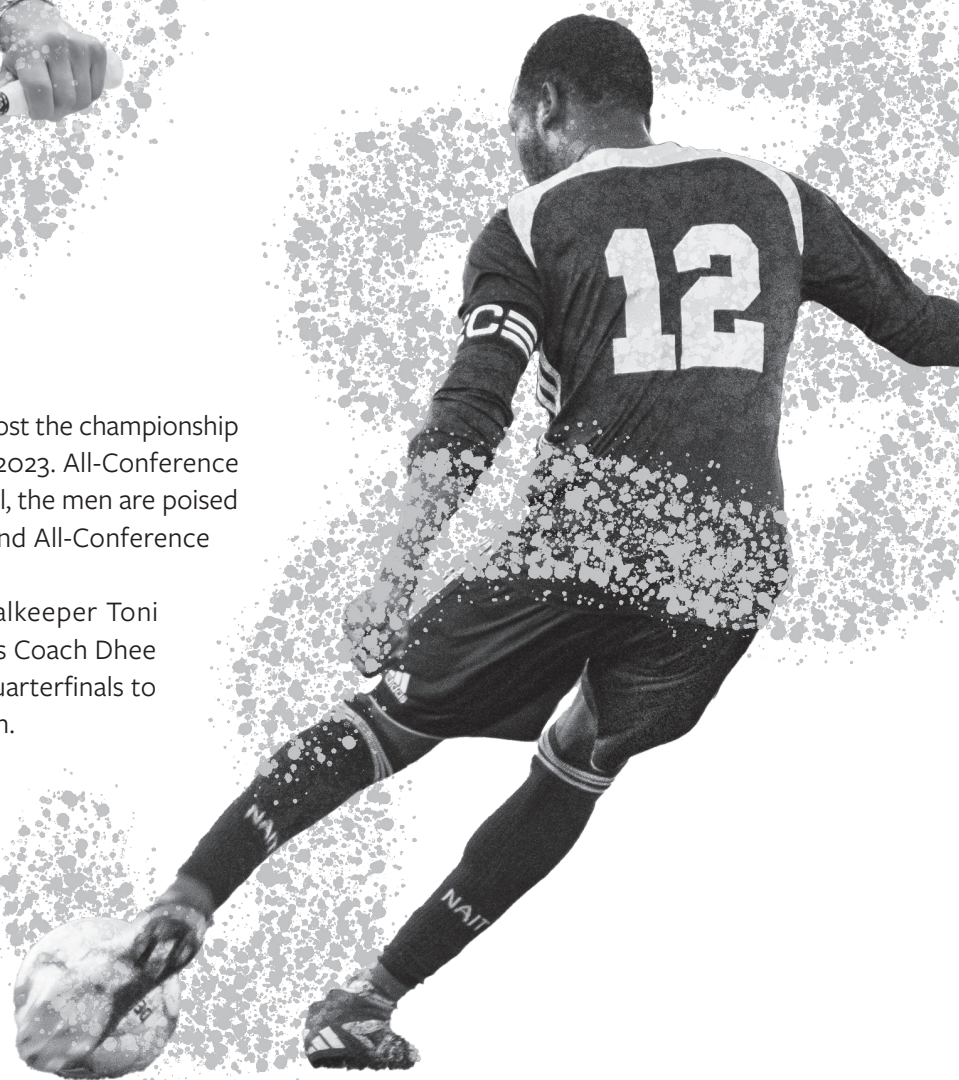




Badminton

It was a great end to the season for badminton; the team claimed four silver medals in five categories at the conference championships. The blue and gold's success on the court continued at the CCAA nationals, where the Oaks picked up bronze in men's singles and mixed doubles. 2023/24 marked the first season since 2006/07 that NAIT went without a gold medal at the ACAC championships. But with ACAC All-Conference players Anirudh Sharma, Smit Patel and Mansah Pandit returning, it should boost the Oaks' chances of bringing home some hardware in badminton.

First tournament: Nov. 19



Soccer/Futsal

Coming short of claiming their first conference title since 2018, the men lost the championship 4-2 in penalty kicks to The King's University and took home the silver in 2023. All-Conference defender Javier Cassie's graduation will hurt the Oaks on the back end. Still, the men are poised for a deep playoff run with forwards Felix Mutuyemungu, Elijah Bossio and All-Conference midfielder Peter Jones returning.

Graduation will also hit hard for the women's team. The loss of goalkeeper Toni Burse and midfielder Ahlam Abubaker leaves some crucial roles to fill. It's Coach Dhee Govender's second year at the helm, and although the team lost in the quarterfinals to SAIT 3-1, nine players will be in their third year or later in the 2024 season. This leaves lots of room for potential for the women's team to break through and win the title.

First home game: Sept. 19



Hockey

The women's team's 2023/24 season was one for the record books. The team won the 2024 conference title against Lakeland College—their first conference championship in nine seasons—after being swept by the Red Deer Polytechnic Queens in 2023. The Oaks lost two core pieces to graduation: All-Conference forward Bre Martin and all-time career win record holder goalie Kaitlyn Slator. However, they retained most of their squad, including third and fourth-year forwards Cheyenna Harden and Cassidy Shandro, who finished third and fourth in the ACAC for points last season.

The men's playoff journey did not end with a title. The blue and gold's journey to overcome their 2023 loss to Red Deer in the ACAC championship was cut short in the second round against the Concordia Thunder. And since their last title in 2022, the men have seen a steady drop in playoff success. Still, with All-Conference goalie Ryley Osland returning to the crease for another season, 2024/25 could be another championship year for both the men's and women's teams.

First home game: Oct. 26

Buckle up!

WE'VE GOT MORE ISSUES COMING.



NAIT NUGGET



@thenaitnugget



@thenaitnugget



thenuggetonline.com