IN THIS ISSUE:

October 2020 Events
Organization Structure
SMHC - Mental Health
President’s Advice
Student Affairs
Academics
Student Recognition
Submit your own story/creation

CONNECT WITH SAKC!
<table>
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<th>MON</th>
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<td>Extended SGB Elections Campaign! (Sept 21 - Oct. 2)</td>
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<td>Halloween Kahoot! (Oct 27-30)</td>
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"Enhance the Keyano College student experience by advocating for their rights, representing their voice, creating a culture of engagement and leadership, while providing student-driven services."

At all times, act in good faith and in the best interest of members and the organization.

Know what SAKC does, know your role, be prepared to contribute, stay informed, and always act prudently and reasonably.

Everyone has their role to perform, and the organization is at its most functional when everyone focuses on performing it.
School can be very stressful and especially in this time of heightened anxiety and worry, if you’re feeling overwhelmed and need additional support, you’re not alone.

The Empower Me program allows students covered by the SAKC Health Plan to connect with qualified professionals for a number of issues, from financial insecurity to anxiety or depression.

You have access to an additional support service 24/7, 365 days a year, from anywhere in Canada or the US, through Empower Me.

Learn more at www.studentcare.ca
Can relate! Hahahahaha! XD

me not studying but also being aware that every second I spend doing nothing is increasing the probability of my failure but still not being bothered to study but still panicking

Parents: "Are you getting all your work done? Are you reading ahead? How is your sleep schedule?"

College Students:

When you are the first person to enter the online class

online classes (due to corona) starter pack
*chaotic energy*
pretending that you're not sitting on your bed
turning on the camera and turning it off in 3 seconds
"could you repeat the task please?"
books everywhere
"mute your mics everybody!!!"
somebody showing off their pet on camera
"starting monday we'll be using online lecture"

My wifi:
It is the month of October a.k.a Halloween month. Let’s get the spooky on.

How are you and how are your classes going?

Email me about any concerns or worries you face with the current changes.

5 pieces of advice every college student can use:

Pay attention in class
= less time spent on homework
= more fun

Take advantage of your college resources
e.g library, skills centre, info commons

Studying isn’t everything
- join extracurriculars
 e.g SGB (SAKC Board of Governors)

Stay in touch with your family
- try to call them at least once a week

Your competition is not your classmate but you. Embrace your strength!

CONTACT:
Chioma Igbokei
President
president@sakc.ca
pres.sakc@keyano.ca
We want to see Keyano College students get more engaged in our monthly activities and win prizes!

CONTACT:
Marvin Tibby
VP Student Affairs
SMHC Chair
vpstudentaffairs@sakc.ca
savp.sakc@keyano.ca

Job Postings
We try to ensure when there are job postings, we want students to take advantage of it. More information can be found on our online platforms.

Bowling Night & 9 Round
SAKC will be hosting a bowling night and a 9 Round (fun activities for students), one in October and the other in November. Look out on our social media for updates!

Online Games & Prizes
We have online games with gift cards prizes, so join us and enjoy the fun and laughter. Look out on our social media for updates!

Contact Us!
In this pandemic SAKC wants you to know that you are not alone so feel free to call on any of us if you are having any personal issues, we are willing and ready to listen to you.

Any Ideas? Let's Hear It!
If you have any idea about things you would enjoy just let us know so we can arrange it and make it a success.
We are now a month into our fall semester and we would like for students to send us their feedback on how online classes are going. What concerns need to be addressed? What can be improved? How can we help students more effectively?

5 Tips for Taking Online Classes

- **Treat an online course like a “real” course.**
  - When it comes to online classes, you need to have the discipline to sit down and say, “I am going to work on this,” as well as the dedication to actually follow through.

- **Hold yourself accountable**
  - Set goals for yourself
  - Check in with yourself weekly

- **Practice time management**
  - Look at the syllabus and make note of major assignments
  - Create weekly schedule that you follow
  - Check in periodically throughout the term to look at how you’re spending your time

- **Create a regular study space and stay organized**
  - Set up a dedicated learning environment for studying free of distractions.

- **Actively participate**
  - Participate in the courses online forums and engage with other classmates

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We would like to welcome our new Academic Council members for 2020-2021!

- **Carl Haine**
  - 1st year, Social Work

- **Kauthar Hemeid**
  - 2nd year, Bachelor of Science

- **Chloe Haine**
  - 3rd year, Business Administration - Accounting

- **Terrence Abalos**
  - 4th year, Bachelor of Science in Nursing

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Scarlett Chapman
VP Academics
Academic Council Chair
vpacademics@sakc.ca

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The Howler | October 2020 | 8
We are excited to share to everyone that 20 Keyano College student-athletes went above and beyond in their sports and academic ventures, and received a National Scholar Award.

The Canadian College Athletic Association (CCA) National Scholar Award recognizes the outstanding academic accomplishments of these student-athletes.

Keep up the good work & Go Huskies!

**CCAA - ACSC News Release**
(September 16, 2020)

**RECIPIENTS**

**BASKETBALL**
- Casey Gorieu
- Jacob Simmons
- Joy Victor
- Kaitlyn de Sousa Martins
- Kaleigh Sellers
- Kayla Lutterodt
- Madison Gingell
- Mamoiyan Toure
- Tyshaine Page

**SOCCER**
- Julio Meirelles
- Karl Tronche
- Kya Soper
- Lisa Popp
- Skylar Robertson

**VOLLEYBALL**
- Alex Andryszewski
- Harlee Cameron
- Jamie Ferns
- Kayla Wandowich
- Mackenzie Stokes
- Marlo Rathmann
REACHING OUT TO OUR
Creative Huskies!

SUBMIT YOUR STORIES / CREATIONS!

We will edit and publish your work in our next Howler issues!
You can choose where you would like us to promote your content:

- Social Media
- The Howler Newsletter

We encourage different types of content such as: literature, arts, crafts, photography, and other works that you would like to share to the College and the community!

Our goal is to support and help you connect to other people through our platforms.

#THEHOWLER
#SAKC
#KEYANOCOLLEGE
#KEYANOHUSKIES
#KEYANOSTUDENTLIFE

If you are interested and would like to fill out a submission form, please email:
communication@sakc.ca

Our communication team will review your submission and discuss how you would like us to promote your creation.