

# O'SNAP

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ISSUE 1

## GUELPH ENGINEERING PUBLICATION

THE OPINIONS OF THIS PAPER DO NOT REPRESENT THE VIEWS OF THE ENGINEERING SOCIETY, ITS ADVERTISERS, THE SCHOOL OF ENGINEERING, OR THE UNIVERSITY OF GUELPH ...NOW THAT YOU MENTION IT, THE OPINIONS OF THIS PAPER DON'T REPRESENT ANYTHING AT ALL. THIS IS PURELY A BREAK IN YOUR BUSY ENGINEERING LIVES AND AN ALTERNATE METHOD OF PROCRASTINATING. PLEASE ENJOY RESPONSIBLY.



WE'RE BEING LOUD AND OBNOXIOUS  
AGAIN. BUT IT'S FOR A GOOD CAUSE.

SEPTEMBER 26  
TEETER TOTTER A THON  
PHOTO: CATHERINE DANG

### SPOTTED: ENGINEERS @ BRANION PLAZA RAISING MONEY FOR MARIANNE'S PLACE

THE ANNUAL TEETER TOTTER A THON EVENT TOOK PLACE ON SEPTEMBER 26.  
THE ENGINEERING SOCIETY KEPT THE TEETER TOTTER GOING FOR 24 HOURS  
STRAIGHT WHILE COLLECTING DONATIONS FROM GENEROUS GRYPHONS.  
THANK YOU TO EVERYONE WHO VOLUNTEERED.

# BEST PLACES TO SLEEP IN THRN

DANIEL SHERMAN  
MEGAN GOVERS  
RANDALL VAN DYK



ENGSOC ALWAYS  
KNOWS WHAT WE  
NEED



SOAKING UP SOME  
RAYS



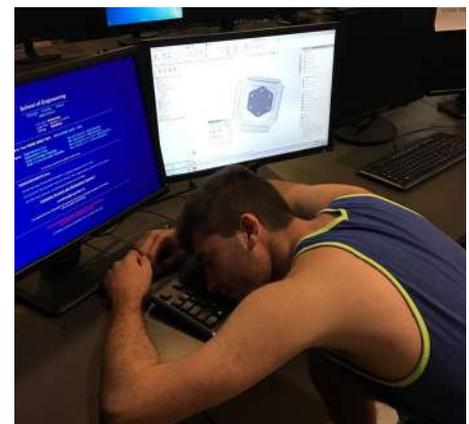
BECOMING ONE  
WITH NATURE



A NAP OF HISTORICAL  
PROPORTIONS



WE SWEAR IT  
WASN'T HOCO



WHEN SOLID  
WORKS WON'T  
LOFT BASE

LET'S FACE IT: YOU'RE AN ENGINEER, AND THIS MEANS THAT YOU PROBABLY DON'T GET ENOUGH SLEEP. HERE ARE SOME OF OUR FAVOURITE NAPPING SPOTS. WHO HAS TIME TO GO BACK TO THEIR ROOM TO GET SOME Z'S?



WHEN YOU  
HAVEN'T HAD TIME  
TO SHOWER IN 3  
DAYS



WAITING FOR  
OFFICE HOURS



WHEN YOU DON'T  
KNOW HOW TO PUT  
THE ENGINE BACK  
TOGETHER



WHEN YOU'RE 5  
WEEKS BEHIND BUT IT  
HAS ONLY BEEN 3



IN CLASS...



... AND ON THE  
WAY TO CLASS

# HOW I SURVIVED MY UNDERGRAD SO FAR

BETTY ZHAO



## TEXTBOOKS

Here's how you can avoid buying textbooks for as long as possible:

- PDFs: We know they're out there. Sometimes, if you're lucky, a friend (guardian angel) will send you the PDF of a textbook. You might get extra lucky if they also send you the solutions manual too. (NOTE: O'Snap does not condone illegal activity, etc. etc.)
- Library: Some courses have their textbooks on reserve in the library, allowing you to rent textbooks for 2 hours at a time. Be extra careful about your time, because if you go over time, you get charged per minute! Once I took 30 minutes too long to return it and now I have a \$2.70-ish fine sitting in my account. Oops.
- Library PART 2: This is my favourite tip and now that I am graduating and have no need for this any longer, I feel inclined to share it with you here. Sometimes, even if I have the PDF, I just really enjoy the feel of paper (and stains from my fellow students' tears of desperation – just kidding, I'm not that sadistic). To satisfy my need for tactile learning, I go on the UoG Library's Primo website and I borrow the textbook I need for two weeks at a time. You can keep renewing the book until someone else requests it, sometimes for the whole semester. Just a tip from me to you. Maybe you're okay with electronic copies, and that's okay too, but did you know that you read 30% slower on a screen? I like to go paper whenever I can (sorry enviro friends)

## STUDYING

Here's how to make do with your time:

- Study efficiency: This is a thing. I try to maximize my efficiency when studying by making sure I'm studying at least 80% of the time that I say I'm studying. It's so easy to study with some friends and accidentally spend the whole time talking about the upcoming weekend or something like that. Keep track of how much you're actually studying and be cognizant of when you're being distracted. For instance, you can say you're studying for 2 hours each day, but are you actually retaining that information?
- Sleep: I like to study in intense bursts and then sleep for an hour so that my brain can process that information. I read somewhere that your brain is encoding memories and stuff when you sleep, so I figure that if I sleep after I study, then my brain will record what I just studied and I have some hope of actually retaining the information.

# (...JUST IN TIME FOR MIDTERM SEASON)

- Teaching: It's good to teach others because then it helps you learn the information better, and to get the same feeling of teaching, I pretend like I'm teaching myself when I study alone.

- Lecture attendance: Sometimes, I get in this cycle of not paying attention in class, getting confused, then never understanding the subsequent lectures. Then, I stop going because I don't see the point in being confused all the time. Sometimes, this is bad and you need to catch up before you miss out on any more material. But, other times, I think it's good for you to not go to lecture. Everyone is unique and has different ways of learning, and if the instructor's lecturing style just isn't driving the point home for you, then you should stop going and use that time instead to study on your own. If you're lucky, the textbook will be really good and will have fantastic examples and explanations. In other times, Khan Academy on 2x speed is nice.

## **TIME MANAGEMENT**

Here's how to keep some semblance of organization in your life:

- Outlook calendar: My UoG email's calendar has every single thing I'm doing on it and I check it often to make sure I make my appointments. You can get alerts on your phone and the calendar can be accessed from the Outlook app on your phone as well, so you have no reason to forget about anything ever again if you use this. I also use a paper planner just to write down notes and minutiae.

- WorkFlowy: This neat website/app lets you create lists and nested lists. It's handy because you can have nested lists to list tasks for a specific assignment. I can't explain it well here, but check it out. I really like it because it helps me organize ideas in a nice manner. I have random thoughts about a project and I need a place to write it down where it won't get lost in a pile of papers.

- Priorities: Don't spend 10 hours on a 5% assignment but 2 hours studying for a 20% midterm, unless that assignment content pertains directly to that exam. That doesn't make sense! In a perfect world, we wouldn't have to compromise our grade on that 5% assignment, but it's not. Let go of what isn't high priority.

- Do the math: A few years ago, I went to a time management workshop and to save you an hour of your life, I will share what I learned from it: take  $24 \text{ hours} \times 7 \text{ days}$ . This is the number of hours you have in a week. Then, subtract from it  $8 \text{ hours} \times 7 \text{ days}$  for sleep and subtract the number of hours you have to spend in class/labs per week. Estimate the time it takes for transportation, walking to and from class, upkeeping your personal hygiene, exercise, meals, etc. and subtract that as well. Whatever is left is your free time, for studying, self-care, friends and family, or volunteer commitments. I do this when I want to make sure I'm not taking too much on. If you find that you have negative time in this regard, it may be time to reassess where you're spending your time.

# GUELPH 101: THINGS TO DO & PLACES TO EAT

SUNLIER YAO

**LOOKING FOR SOMETHING NEW TO TRY OUT IN THE CITY OF GUELPH?  
HERE ARE SOME SUGGESTIONS FROM UOG STUDENTS AS WELL AS GUELPH  
RESIDENTS:**

To see/hangout:

## **Guelph Lake (park open May 1 to Oct.15)**

It has beaches, picnic area, fishing area, and it is also a good place for sailing, canoeing and kayaking.

## **Bookshelf**

Cool place to watch movies, dive in books of any genre you like while enjoying some cocktail and special events.

## **University of Guelph Arboretum**

Take a walk in the arboretum, isolate yourself from the city, and immerse yourself in the nature.

## **Church of our lady Immaculate**

Located in the center of downtown Guelph, this Gothic Revival style Basilica is the signature building of Guelph. It is the most visited tourist destination in the city of Guelph.

## **Rockwood Conservation Area**

It is a place for those enjoy hiking, canoeing, and swimming in nature. You will see limestone cliffs, caves and glacial potholes, and in the summer time you may also have your breath taken away by the calm, scenic nature views in the park.

To eat:

## **Buon Gusto**

A historical Italian restaurant that promises to bring all its guests "good taste". It is located in downtown Guelph. Who wouldn't enjoy good food and good wine prepared in the Italian way of life?



## **Boathouse Tea Room**

If you like ice cream, high tea, and lunches by the water, then this is a great place for you! Canoe and kayak rentals available on site.

## **Aberfoyle Mill**

This is definitely a great fine dining place ideal for a few close friends or couples to go to. An about 15 minutes drive from University of Guelph down Gordon towards highway 6 will take you to this historical building which used to be a grist mill in 1859. It is one of the most unique restaurants in Canada where guests will immerse themselves with the antique atmosphere in the room and of course, enjoy one eloquently prepared meal from the chef.

## **Creelman Hall**

Not too much needs to be said about this place, the place that has the best food in the University of Guelph. You are given the choice of Mongolian, Chinese, Indian, American, Italian, and the Exhibition at the back has different "Dish of the day" every day.

# RECYCLING BASICS

VAL BAUMAN

**Have you ever thrown something in your blue bin that you weren't 100% sure was recyclable, just wishing that it'd be OK? Here are some commonly wisecycled materials and why they can't be traditionally recycled.**

**-paper towel.**

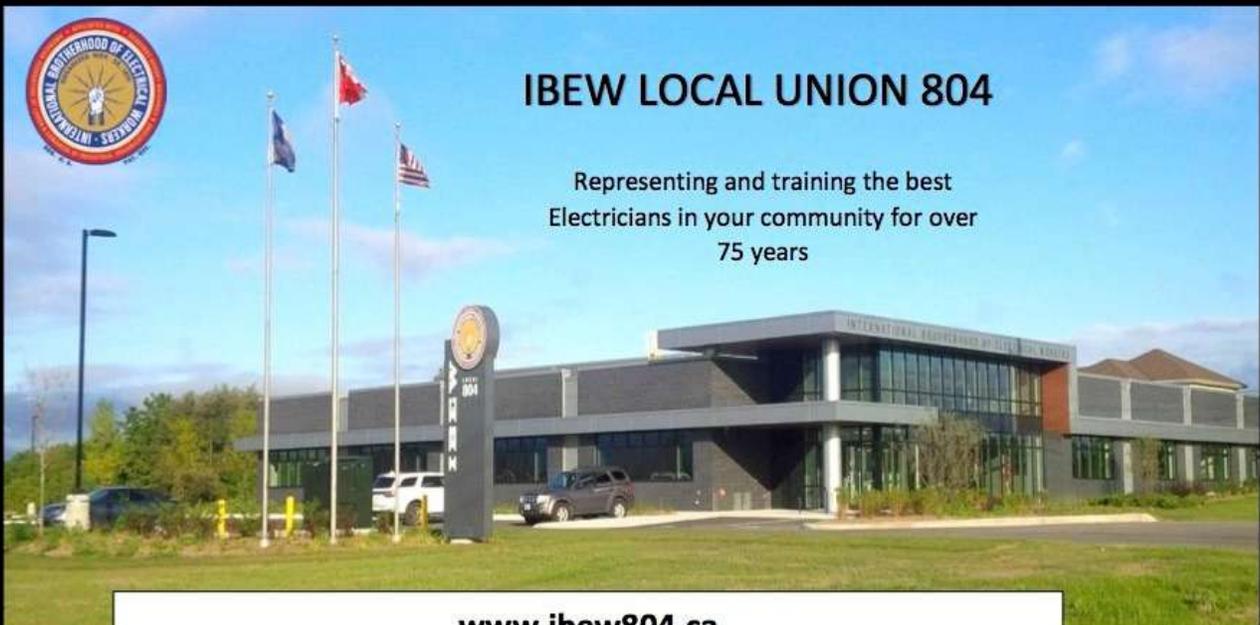
The word "paper" here may throw you off but there is no way to get the grease out of the paper fibres in the paper towels. Since the grease can't be extracted, there can be oily spots or holes in areas of the final paper product. As well as this greasy dilemma is the fact that paper towel is made of recycled material and may have gone through the recycling process several times. Every time paper goes through the recycling process, its fibres get shorter and eventually can't be used again. So how can you sustainably get rid of paper towels? Compost them! Use that lovely little green bin where you've been throwing your banana peels and eggshells!

**-plastic shopping bags.**

These bad boys are arguably one of the hardest materials to recycle and all it takes is a little common sense to figure out why. They are super flexible and flimsy which makes them clog and tangle in shredding machines traditionally used to process other plastics. Don't worry - all hope isn't lost. Plastic bags can be recycled at drop-off locations, like Guelph's Waste Resource Innovation Centre located at 110 Dunlop Drive.

**-the infamous styrofoam.**

Yup, it's well-known that anything made from this stuff can't be recycled. What makes it so hard to recycle is the fact that it's so light and not dense. For the rare facilities that do recycle this material, what they do first is compress it so it is in a dense form that can actually be worked with. Recycled styrofoam can be found in the material that makes up your window sills!



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# ARE YOU ADDICTED TO COFFEE? LET'S TAKE A CLOSER LOOK

VAL BAUMAN

You're addicted to it, I'm addicted to it, we're all addicted to it, and it makes the world go round: COFFEE! If you're a religious drinker like myself and you're at the point where you get a headache if you don't have the morning cup of joe, you'll take comfort in knowing that coffee and caffeine addictions aren't actually real.

Caffeine is a stimulant to the central nervous system and is similar to the adenosine molecule in the brain. Adenosine is involved with the sleep-wake cycle: when adenosine binds to enough receptors, it signals the brain that it is time to sleep. Now where does caffeine come into play? Caffeine molecules bind to adenosine receptors and prevent adenosine from binding and giving you that "ok - it's time to sleep now" feeling .

This means that caffeine covers up your sleepy symptoms - caffeine doesn't "cure" the symptoms or make them go away. The dopamine/happy, feel-good system also works more efficiently when adenosine is blocked by caffeine (hence why you feel like a million bucks after drinking your morning cup of coffee). On top of all of this, adenosine throughout your system stimulates the release of adrenaline. This is why you get energetic and your heart beats faster after guzzling that Starbucks blonde roast. Since caffeine influences so many different areas of your brain and people claim to have withdrawal symptoms after stopping prolonged use, you'd think that it would be considered addictive, right? Wrong.

Caffeine does cause mild physical dependence but it isn't considered to be addictive because it doesn't cause the same severity of withdrawal or harmful drug-seeking behaviours as other addictive drugs. Maybe the best way to think of addictive substances is on a spectrum: since the symptoms of caffeine aren't comparable to those of heroin, caffeine isn't addictive. And hey, I'll raise my coffee mug and drink to that.



## EDITOR'S NOTE WAIT – BEFORE YOU GO... CATHERINE DANG

**FREE PIZZA.** Did I get your attention yet? You could contribute to next month's issue of O'SNAP and snag a free slice on Friday Pizza Days in the THRN atrium. 20 minutes of your time: a short article, maybe a photo or two – you don't even have to come up with the idea yourself! For more information, contact me at [cdang@uoguelph.ca](mailto:cdang@uoguelph.ca).