

CARLETON ENGINEERING

PASSPORT
2023-2024



ENDORSEMENTS & LIMITATIONS

In submitting this passport for "new suit" evaluation, you are consenting to the FlightSuits Committee ordering a suit for you and you are liable for the associated cost.



IF YOU DON'T WANT A FLIGHTSUIT

Pretty whack, but alright. Just make sure to let FlightSuits Committee know when you submit your passport. Once the suits are ordered, it's a done deal.



BEARER?IBARELYEVENKNOW'ER

Signature of Bearer _____

P R A I S E L A H A R A



PASSPORT _____

C-ENG _____

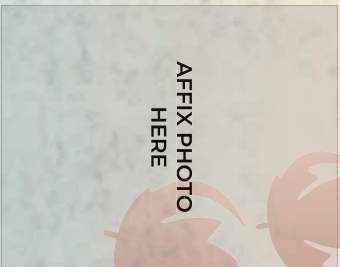
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CALLSIGN: _____

SURNAME: _____

STREAM: _____

EMAIL: _____



AFFIX PHOTO
HERE

CHECK ONE:

NEW SUIT

RETURNING STATUS

CIRCLE SUIT SIZE:

S

M

L

XL

XXL

XXXL



FOREWORD

So what the hell is this thing?

This passport aims to provide students with a handbook to navigating social and academic life in Carleton Engineering (C-Eng). Within its pages you'll find tips on preparing for classes, the best places to buy textbooks (hint: it's not the bookstore), engineers' favourite spots on and off campus, and so much more. This passport also serves as a checklist for getting your very own flightsuit, as is explained on the following page. So keep it on-hand whenever you're attending events!

Do note, however, that this passport is only meant to be a reference manual. A quick-start guide for your time at Carleton.

The words and resources contained herein provide only the basics (with a few added insider tips and tricks here and there). Nothing will be as valuable for learning about C-Eng, nor about the academics that come along with it, as your fellow community members. Our beloved Old Fucks™ have lived through countless labs, clawed their way through seemingly impossible exams, and—most importantly—love to talk about their struggles. They will never turn down the opportunity to pass the knowledge of their many years in engineering onto others and help you get through your own trials and tribulations with less strife.

With that now said, read on, weary traveler.

Study hard so you can party harder,
and best of luck to you in all your endeavours.

Prepare for the best 4, 5, 6, 7, 8, or (for select individuals)
maybe even 9 years of your life.

Credits

Original Concept & Design
Rohit Saxena, Robert Mather

VP Publications
Alex Barnett-Sheldon ('22-'23), Emily Knobel ('23-'24)

New 2023 Overhaul & Redesign
Alex Barnett-Sheldon, Zahira Bakr

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THE FLIGHTSUITS PROGRAM

So what's a flightsuit?

A flightsuit can be many things. It can be an expression of who you are, a visual representation of your time and experiences in C-Eng, or a means for you to show off your collection of rare and sicknasty patches. It can be a combination of any of the above, or none of them. However you choose to decorate your flightsuit, above all else, it symbolizes a sense of **community**—because we in C-Eng are all in this together and should all have each other's backs—and a sense of **pride** for all the work you put in to earn yours. It also comes in clutch when all your laundry's dirty and you have a lecture in 10 minutes.

How do I get one?

Well, you need to earn it! You don't need to be in engineering (we love Eng-at-Hearts!) but you do need to immerse yourself in the C-Eng community.

The following section outlines a good chunk of the events you can attend and some of the ways you can volunteer and get involved; each one will earn you a stamp (often physically at the event, so make sure you bring this with you!). Note that it's not just a matter of the number of stamps you collect—some stamps are weighted more heavily than others, with the general idea being that things requiring more time and commitment are worth more. This is vaguely represented by the gold/silver/bronze doubloons in the corner of each space. Events not listed here may also count, so feel free to fill in the empty spots with any other ways you get involved in the community.

At the end of the year, you'll submit your Passport to that year's Flightsuits Committee and the most involved individuals will receive an invite to the top-secret Flightsuits Ceremony, where they will earn their very own flightsuits (or maintain "status", if they already have a suit). So make sure you don't lose it, and remember to bring it with you to events—especially those run by Committee or any of the societies!

SOCIAL STAMPS

Bet you can't do 'em all

<p>EngFrosh: Escape the Simulation  <i>First week of September</i> The best 2% of the year, and a week you'll never forget. Remember your shirt; try not to wear pants.</p>	
<p>EngWide  <i>Early September</i> Come see the Eng. societies and design teams in their special dedicated zone of the Carleton Club Fair!</p>	
<p>Flightsuits Ceremony  <i>???????</i> The official start of a new year of Flightsuits. Hang on, wasn't this in August?</p>	
<p>EngBowl  <i>September</i> Sports, athletics! Sports, sports, athletics! Or just come out and chill amongst the trees. Fresh air good.</p>	
<p>FSK I  <i>???????</i> Fully Stripped Knights</p>	
<p>Res Caf Invasion  <i>Wednesday of Gluttony Week</i> Don your flightsuits (or FIT shirts) and see how much of the Res Caf we can fill with C-Eng spirit!</p>	
<p>Campfire I  <i>??</i> Singin' songs and tellin' stories. Hear the history of C-Eng straight from the Old Fucks who witnessed it.</p>	















SOCIAL STAMPS

*My brother has a nice, cushy job at a watch factory.
He just stands around all day making faces.*

<p>Boobies (Breast Cancer Awareness Month)  <i>Whole month of October</i> Competitive donating, pinking the thing, and a bunch of other other fun stuff—all for a good cause!</p>	
<p>C-Eng Blood Bowl  <i>October</i> Give us your life juice. The society who donates the most earns the coveted Blood Chalice. The patches are sick, too.</p>	
<p>A Dip in the Red Kool-Aid  <i>October</i> It's gonna be a... <i>Blood Bath</i> ;)</p>	
<p>Carleton Lettuce Club  <i>October</i> It's Cronch Time™. Ingest the greenery fastest and be crowned Head Lettuce. Proceeds go to charity!</p>	
<p>Panda Game  <i>October</i> Bring your best C-Eng spirit and cheer on your Ravens as they face off against those godforsaken GeeGees</p>	
<p>FSK II  <i>???????</i> Frightening, Scary, and Kreepy</p>	
<p>FYE  <i>TBD</i> The First Year Event, but not just for first-years! For more info, find your CSES First-Year Reps or the VP Academic!</p>	

SOCIAL STAMPS

*I know a man with a wooden leg named Joe.
And so I asked him, "What's the name of your other leg?"*

<p>November  <i>Whole month of November</i> Euchre (with cheating) (<i>barely know 'er</i>), a rare patch auction, and other fundraising to support a good cause!</p>	
<p>Remembrance Day  <i>November 11th</i> Buy a poppy and pin it to your flightsuit or FIT shirt to pay your respects to our veterans.</p>	
<p>Whirlwind  <i>November</i> Show the world we engineers can clean up nice when the occasion calls for it.</p>	
<p>DUSTED  <i>????</i> A mission not for the faint of heart. Put down which one you attended: _____</p>	
<p>Concrete Mixer  <i>November-ish</i> Mixer? <i>I barely even know 'er!</i></p>	
<p>DEDD Gathering  <i>November-ish</i> Beholder? <i>I barely even know 'er!</i></p>	
<p>C-Eng Poetry Night  <i>Once each term!</i> Super chill, cozy vibes. Come out and read your favourite works, or put a voice to some of your own!</p>	

SOCIAL STAMPS

Ottawa winters are terribly chilly, so I went to the store to buy some long underwear. (cont'd on next page →)

<p>Frost Week</p> <p>🕒 <i>First week back after the break!</i></p> <p>Loads of sweet events by Flightsuits, CSES, and societies! Which event(s)? _____</p>	👤
<p>EngFrosh Reunion</p> <p>🕒 <i>Early January</i></p> <p>Meet back up with your EngFrosh pals for an afternoon of hootin' 'n' hollerin' followed by some evening fun times.</p>	👤
<p>FSK III</p> <p>🕒 <i>???????</i></p> <p>Fucking Sketchy Klothing</p>	👤
<p>Guerre des Tuques</p> <p>🕒 <i>Early Winter Term</i></p> <p>A bit more intense than the snow fort building you did as a wee babe.</p>	👤
<p>Taboozing</p> <p>🕒 <i>Early Winter Term</i></p> <p>Helmets recommended. High velocities likely. Fun guaranteed.</p>	👤
<p>Campfire II</p> <p>🕒 <i>Early Winter Term</i></p> <p>A second excuse to sing songs, be merry, and pass down the traditions of C-Eng.</p>	👤
<p>Societal Wars</p> <p>🕒 <i>Sometime in the Winter Term</i></p> <p>Face off with your stream society against all others in battles of wit, skill, and none of the above.</p>	👤















SOCIAL STAMPS

The shopkeeper asked, "How long do you want the underwear?"
So I said, "Oh, from September to about March"

<p>February Feel Good Week</p> <p>🕒 <i>Need I really say it?</i></p> <p>Wholesome, feel-good events right when we're all feeling run-down and burned out.</p>	👤
<p>V-Day [REDACTED] Night</p> <p>🕒 <i>You know this one, too</i></p> <p>We can't say where it is, but it's the second best time you can have on Valentine's Day.</p>	👤
<p>Reflections</p> <p>🕒 <i>March</i></p> <p>Get dressed up all fancy and enjoy some good food while celebrating the soon-to-be grads.</p>	👤
<p>National Engineering Month</p> <p>🕒 <i>March</i></p> <p>A whole month of fun l'il nerdy competitions. Hella fun. Which event(s)? _____</p>	👤
<p>π Day</p> <p>🕒 <i>March 14th, obviously</i></p> <p>Get "creative" with making some pies, then watch someone (attempt to) eat them.</p>	👤
<p>C-Eng Musical</p> <p>🕒 <i>March</i></p> <p>Watch engineers sing and dance their hearts out in an unhinged expertly-crafted parody of a hit musical!</p>	👤
<p>FSK IV</p> <p>🕒 <i>?????????</i></p> <p>Frickin' Slippery Knobs!</p>	👤

SOCIAL STAMPS

*The adjective for metal is metallic,
but no so for iron, which is ironic.*

<p>Fourth-Year Project Fair  <i>End of the Winter Term</i> Come see all the serious stuff the Old Fucks have been working on all year.</p>	
<p>CSES SH/AP Training  <i>Typically one per semester</i> A super easy way to help keep your friends and fellow engineers safe and comfy.</p>	
<p>hAmp  <i>Last Wednesday (of class) each month</i> Wear your flightsuit (or FIT shirt) to campus! Best selfie posted to Flightsuits nabs a dope patch, too.</p>	
<p>EngLove  <i>Who's to say?</i> Like <i>The Parent Trap</i>, but instead of Lindsay and Lindsay in different clothes, it's us and our friends at Mac.</p>	
<p>CSES Academic Workshops  <i>Throughout the year</i> Which did you attend? _____</p>	
<p>VAP  <i>At the end of each semester</i> All your hard work has paid off, volunteers. Enjoy some food and beverages, on us! Fall Winter</p>	
<p>Mystery Reading Week Event  <i>Over Reading Week, naturally</i> Spooky. What could it be? Circle one: Fall Winter</p>	

DESIGN TEAM^(ISH) EVENTS

*Of all the inventions of the last 100 years,
the dry erase board has to be the most remarkable.*

<p>Conc Canoe Tryouts  <i>September</i> Can you float better than a hunk of concrete? If so, you're in!</p>	
<p>Raven's Racing [REDACTED] Night  <i>September</i> Race down to Ollie's to chat with your Raven's Racing team and see if what they do revs your engines.</p>	
<p>Small Bridge  <i>Sometime in the Fall Term</i> Like Big Bridge, only smaller. Note: You need to be a part of Small Bridge to be considered for Troitsky!</p>	
<p>Small Rocket  <i>Sometime in the Fall Term</i> Like Big Rocket, only smaller. Note: This is just a fun thing and isn't required to be a part of CU InSpace!</p>	
<p>Carleton University Lunaronics Team  <i>Sometime in the Fall Term</i> Not quite as much about the highly advanced field of lunaronics as you'd expect...</p>	
<p>CPRT Delivery Bots  <i>Yet unsure</i> Make a cute lil' robot to fetch things for you! And meet people who also enjoy supremacy over machines!</p>	
<p>CUDL: Designathon  <i>Early Winter Term</i> A fast-paced design competition for you to flex your mad CAD skillz</p>	

SOCIETAL EVENTS

Most people are shocked when they find out how poorly I perform in ELEC labs

<p>CMAS: Paper Airplane Competition  <i>Sometime warm-ish</i> Who would've guessed trees could fly?</p>	
<p>SCESoc: _____  <i>Ask your friendly, neighbourhood SYSC enjoyer!</i> I see sock, you see sock, we all SCESoc.</p>	
<p>CSCÉ: Gingerbread Building Contest  <i>Late Fall term</i> Absolutely nothing is going to be up to code. Their collapses will be as delicious as they are tragic.</p>	
<p>DESoc: Pumpkin Carving  <i>During spooky month</i> Grab a squash and butcher it to your heart's content, hopefully with a creative result.</p>	
<p>IEEE: Hack the Hill  <i>February-ish</i> <i>*aggressive keyboard mashing noises*</i> "I'm in."</p>	
<p>CUBES: Ice CUBES  <i>When the canal finally freezes</i> Get out on the ice and <i>chill</i> with our lovely biomed. Also warm up with some hot choccy.</p>	
<p>CUE: Frost Week Film Fest  <i>During Frost Week, naturally</i> Submit your most artsy and unhinged video creation to the FWFF, to be played in front of all of C-Eng!</p>	

SOCIETAL EVENTS

A Roman walks into a bar, holds up two fingers, and says, "Five beers, please"

<p>SREESoc: CUGES (CU Green Energy Symposium)  <i>Early Winter term</i> Come see the cutting-edge stuff pros in the energy sector are working on to address climate change.</p>	
<p>EWB: CIDS (Carleton International Development Symposium)  <i>Typically March-ish</i> A conference exploring international development topics like clean water, energy, infrastructure, etc.</p>	
<p>WiE: Wine & Cheese  <i>January</i> An evening of sophistication. Horse divorce, shark coochie, other difficult-to-spell french words—what's not to love?</p>	
<p>BIT: Bubble Tea & Board Games  <i>Fall term</i> Come vibe with our BITSoc peeps and play some chill (or not so chill; shoutout Monopoly) board games.</p>	
<p>CIDSA: Concept  <i>Start of the Winter Term</i> CIDSA's annual industrial design conference.</p>	
<p>CSES' General Meetings (FSGM, WGM, AGM)  <i>October, January, and March (respectively)</i> Come see what CSES is up to (and drive the Chair mad with wild and silly motions). Get a stamp for each GM!</p>	
<p>Other:</p>	

WRITE-IN STAMPS

Write whatever you want here!
No guarantee it'll count, but it can't hurt.

Event:	
Event:	
Event:	
Event:	
Event:	
Event:	
Event:	








SEVEN DEADLY SINS

Sinners have the most fun.

Sloth 🕒 ?? Games galore, of the vidya, board, and party variety. For 24 full hours, all for charity.	👤
Gluttony 🕒 ?????????? Hilarious amounts of food, every day for a week. Which did you attend? _____	👤
Envy 🕒 ??? Hold my snap-on strap-on; I'm gonna do a flip.	👤
Greed 🕒 ?????? Poker? <i>I barely even know 'er!</i> Also board games (but definitely not <i>bored</i> games).	👤
Wrath 🕒 ???! Pew pew with lasers in the dark at midnight.	👤
Lust 🕒 ??? Did someone order an extra large sausage pizza? *Cue cheesy music*	👤
Pride 🕒 ??????? Something something get your balls wet.	👤








VOLUNTEERING

Makin' the C-Eng world go 'round.

CSES » <i>Carleton Student Engineering Society</i> Circle: Executive/Officer Director	
Stream Society: _____ » <i>Literally any stream society</i> Circle: Executive Director Office Hours	
CUE » <i>Carleton University EngiQueers</i> Circle: Executive Director Office Hours	
EWB » <i>Engineers Without Borders</i> Circle: Executive Director Office Hours	
WiSE » <i>Women in Science and Engineering</i> Circle: Executive Director Office Hours	
Leo's » <i>Leonardo's Lounge, the Engineering Lounge & Café</i> Circle: GM Manager Volunteer	
The Iron Times » <i>The Carleton Engineering Newspaper since 1769</i> Circle: Editor-in-Chief Columnist Spread Designer Content Submitter	

DESIGN TEAMS








Some are serious, some aren't, but all are hella good times.

CU InSpace » <i>Build rockets and see 'em fly</i> Circle: Executive Member	
Concrete Canoe » <i>Proving even rocks can float</i> Circle: Captain Racer Build Team	
Troitsky Bridge » <i>Build bridge. Smash with big, fuck-off hydraulic press</i> Circle: Admiral Captain Team	
Great Northern Concrete Toboggan Race » <i>Proving rocks can slide down a hill really fast</i> Circle: Executive Team Volunteer	
Raven's Racing (FSAE) » <i>If the vroom vroom gives you tingles, this is for you</i> Circle: Director Jr. Director Volunteer	
Carleton Planetary Rover Team » <i>Robots in spaaaaaaaaaaaaaaaaaaaaaaaaaaaaace</i> Circle: Team Leader Team Member	
Carleton University Design League » <i>Cuddles sold separately</i> Circle: Executive Member	

COMPETITIONS AND CONFERENCES

Talk to CSES' VP Academic about competitions!

Talk to CSES' VP External about conferences!

C-Eng-C » <i>The Carleton Engineering Competition</i> A super fun student-run engineering competition. Team/role(s): _____	
OEC » <i>The Ontario Engineering Competition</i> If you do well in C-Eng-C, you might get a chance to stomp other Ontario schools here!	
CEC » <i>The Canadian Engineering Competition</i> If you do well at OEC, you might get a chance to go even further and stomp other Canadian schools here!	
FYIC » <i>First Year Integration Conference</i>	
CDE » <i>CFES' Conference on Diversity in Engineering</i>	
CSE » <i>CFES' Conference on Sustainability in Engineering</i>	
CALE » <i>ESSCO's Conference on Advocacy & Leadership in Engineering</i>	

PEO-SC » <i>Student Conference by Professional Engineers Ontario</i>	
CELC » <i>Canadian Engineering Leadership Conference</i>	
Attend other conferences, too! CSES has a Miscellaneous Conference Fund dedicated to sending students to other rad conferences not listed here. Talk to your VPX about how to get that ball rolling!	
Conference:	
Conference:	
Conference:	
Conference:	

MORE COOL STAMPS

Saved the best for last.

<p>EngFrosh Volunteer</p> <p>» <i>Applications open as early as November!</i></p> <p>How much eng could an EngFrosh frosh, if an EngFrosh could frosh eng? Role: _____</p>	
<p>C-Eng Musical Team</p> <p>» <i>Auditions start in September!</i></p> <p>Engineers can sing and dance, too! Sometimes even decently well! Role: _____</p>	
<p>D-Eng-D</p> <p>» <i>Weekly meetups in Leo's</i></p> <p>Chill in Leo's while you drive your DM mad. Bonus points if you drive them to the classic "Rocks fall, everyone dies."</p>	
<p>EngiKnitters</p> <p>» <i>Weekly meetups in Leo's</i></p> <p>Cool people, chill vibes. What more could you ask for? Also a great opportunity to sew some patches on your suit.</p>	
<p>C-Eng Hockey Team</p> <p>» <i>Tryouts start in early October; games all winter</i></p> <p>Forecheck, backcheck, pay cheque, buddy.</p> <p>Circle one: Team Spectator</p>	
<p>Engineering Intramural Teams</p> <p>» <i>Signups at the start of each term</i></p> <p>Dodgeball, ultimate frisbee, volleyball, basketball, soccer... So many balls (and discs), so little time...</p>	
<p>FIT Shirt Acquired</p> <p>» <i>Get yours from Alexander's Office ASAP!</i></p> <p>The perfect attire for hAmp and any Flightsuits events. Don't get caught without it!</p>	

WRITE-IN STAMPS

Anything can be a stamp if you just believe.

<p>Thing:</p>	
<p>Thing:</p>	
<p>Thing:</p>	
<p>Thing:</p>	
<p>Thing:</p>	
<p>Thing:</p>	
<p>Thing:</p>	

TRADITIONS

Engineering is full of traditions. Some will vary from school to school, others are constant across all engineering programs just about anywhere. Some have been around for longer than anyone can remember, while others come and go as the community grows and changes. The important thing is recognizing what's worth continuing and what needs to change. Listed below is a brief overview of some of the core ones we have around right now, but ultimately the best way to get to know what they're all truly about is to get involved and see for yourself!

THE GONG

Mandated by the membership of CSES (see page 31 for more on them) and purchased in 2006, the Gong has been CSES' mascot ever since. It is rung by the CSES President to open each of our important events, and a smaller travel-sized Baby Gong is taken to conferences outside of Carleton as a symbol of our pride and spirit. It lives on display in the CSES office; feel free to drop by and see it! Just don't touch—that's a privilege limited to the Pres.

FLIGHTSUITS

Some sort of coveralls can be seen worn by engineering students at many Canadian universities. They often vary in colour or name, but they're always a sure way to spot someone involved in the engineering community. In C-Eng, we call them flightsuits. They're a deep navy blue with a big red patch on the back that reads "CARLETON ENGINEERING" and another patch on the right shoulder with a red warbird (the stylized maple leaf, the symbol of our community). On the left breast you'll see another patch with the wearer's callsign—a unique nickname awarded to them to mark an interesting story from their time in C-Eng. For more information on what a flightsuit represents and how to get one of your own, flip back and take a gander at page 1.



TRADITIONS

PURPLE

Purple has long been the colour most embraced by the engineering community. Its origins are debated, but the leading theory traces it back to the British Merchant Naval Engineers, who were distinguished from other types of officers by the purple and gold piping of the braid on their uniform. The dye would often run—either from their sweat or the brine of the sea—dyeing their arms purple. These engineers were dedicated to their profession, often giving their lives in attempts to repair sinking ships and provide others more time to escape to safety. We dye ourselves purple to honour their great personal sacrifices.



THE IRON RING

The Ritual of the Calling of the Engineer dates back to 1922, when it was decided by a group of Canadian engineers that an organization was needed to bind all members of the engineering profession more closely together. Journalist and poet Rudyard Kipling was called on to develop a "suitably dignified obligation and ceremony", and so the Ritual of the Calling of the Engineer was born.

The ritual itself is shrouded in the utmost secrecy. The details thereof are only known to those who have experienced it firsthand, and only existing or incoming members of the engineering profession can attend. But its aim is clear—to instill in newly-qualified Canadian engineers a consciousness of their profession and its social significance. Once obligated via the Ritual, engineers wear an Iron Ring on the pinky of their writing hand as both a symbol of pride for their profession and a reminder of their humility. As it glides across any page the engineer writes or signs, it reminds them to always hold their work to the highest professional standard.



TRADITIONS

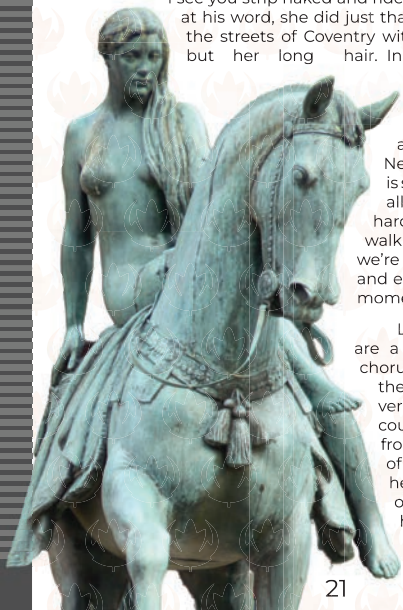
LADY GODIVA & GODIVA'S HYMN

Lady Godiva is worshipped by engineering students, military engineering corps, and other engineering organizations all across North America. Hang around long enough and you're bound to hear us singing our anthem, Godiva's Hymn, and the many verses that come along with it!

For some history, Lady Godiva was the wife of Leofric, Earl of Mercia. As the story goes, she was fed up with seeing how the people of Coventry were suffering under the oppressive taxation of her husband. She appealed to him again and again to remit the tolls, to no avail, until he jokingly said, "The day I lower their taxes is the day I see you strip naked and ride through town." Taking him at his word, she did just that, riding her horse through the streets of Coventry with nothing to cover herself but her long hair. In response, the earl stayed true to his word and abolished the tax laws.

How this relates to all to engineering is unclear. Nevertheless, Godiva's Hymn is sung by groups of engineers all over, be it to help a bit of hard work go quicker, a long walk seem less so, or just because we're feeling a surge of spirit and engineering pride at a given moment.

Listed on the opposite page are a few verses alongside the chorus. Start with the chorus, then repeat it between each verse—this is the way. There are countless verses originating from all over the place, most of which you'll just have to hear for yourself, but these ones will be a good start to help you chime in.



TRADITIONS



CHORUS

*We are, we are, we are, we are—
we are the engineers!*

*We can, we can, we can, we can—
demolish forty beers.*

Drink rum. DRINK RUM! Drink rum. DRINK RUM!

*And come along with us, for—
We don't give a damn for any old man—
Who don't give a damn for us!*

(SOME) VERSES

*Godiva was a lady who, through Coventry, did ride
To show all of the villagers her lovely bare white hide.
The most observant one of all, an engineer of course,
Was the only one to notice that Godiva rode a horse!*

*Said she, "I've come a long, long way and I'll go just as far
"With whomever takes me from this horse and leads me to a bar."
The ones who took her from her steed and stood her at a beer
Were a blurry-eyed surveyor and a drunken engineer!*

*Godiva woke next morning and she had an awful head.
She decided to be sensible and spend the day in bed.
The only ones to visit her and bring her any cheer
Were the broken-down surveyor and the bloodshot engineer!*

*Godiva died and where she lies, a benchmark marks the spot,
And in any engineering text, its level can be got.
Now up in heaven, every day, Godiva longs for beer,
But she'll have to wait until the gates let in the engineers!*

C-ENG PUBLICATIONS

The Iron Times

The Iron Times is C-Eng's monthly newspaper, published by CSES. If we're being honest, though, the term "newspaper" is used a little loosely in this context. *The Iron Times* is a paper of the people; they take submissions from students (many of whom are regular columnists) for funny, witty, inspiring, heartfelt, informative, stupid, silly, brilliant, revolutionary, and not-so-revolutionary content. Sometimes there's even news. Basically, whatever people want to write about can be found in *The Iron Times*.

Want to be a part of it? Each month, a few weeks before it'll appear on those beautiful, branded newsstands, the Editors-in-Chief will put out a call for submissions. It'll be posted on CSES' website and on their socials—can't miss it.

If you want to take a gander at previous issues or are otherwise interested, check out linktr.ee/TheIronTimes. There, you'll find submissions and pdf copies of issues dating back to 2009!

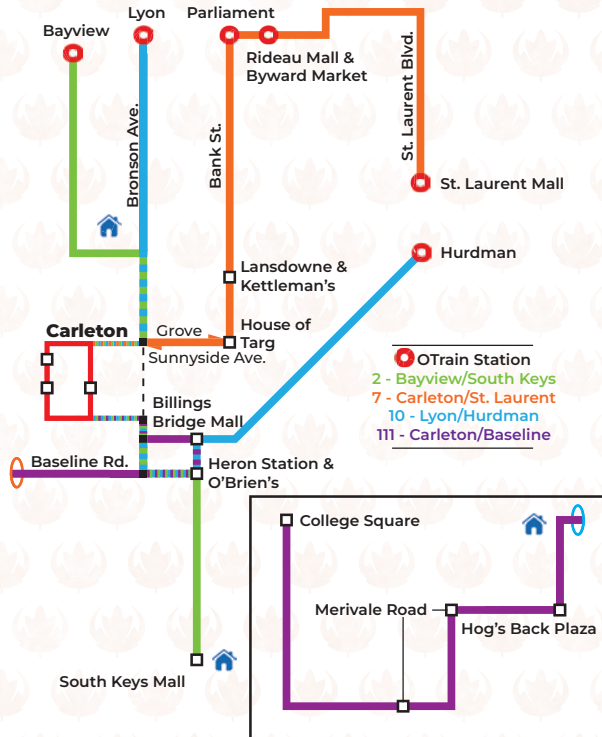


The Gong Show is CSES' way to add a bit of fun and silliness to the community in video format. It has changed forms a few times over the years, but it has always been an outlet for the wild 'n' wacky side of C-Eng. Expect coverage of happenings around the 3300 block, nonsensical skits, surprise encounters, club and society spotlights, and more!



@cenggongshow

TRANSIT MAP



CAMPUS

CAMPUS



The Thing™



Parking
(some paid, some not)



Ollie's
(see next page)



The Library
(MacOdrum; "ML")



Health & Counselling
(see page 50)



Mackenzie ♡



Other places your lectures will likely be



Residence



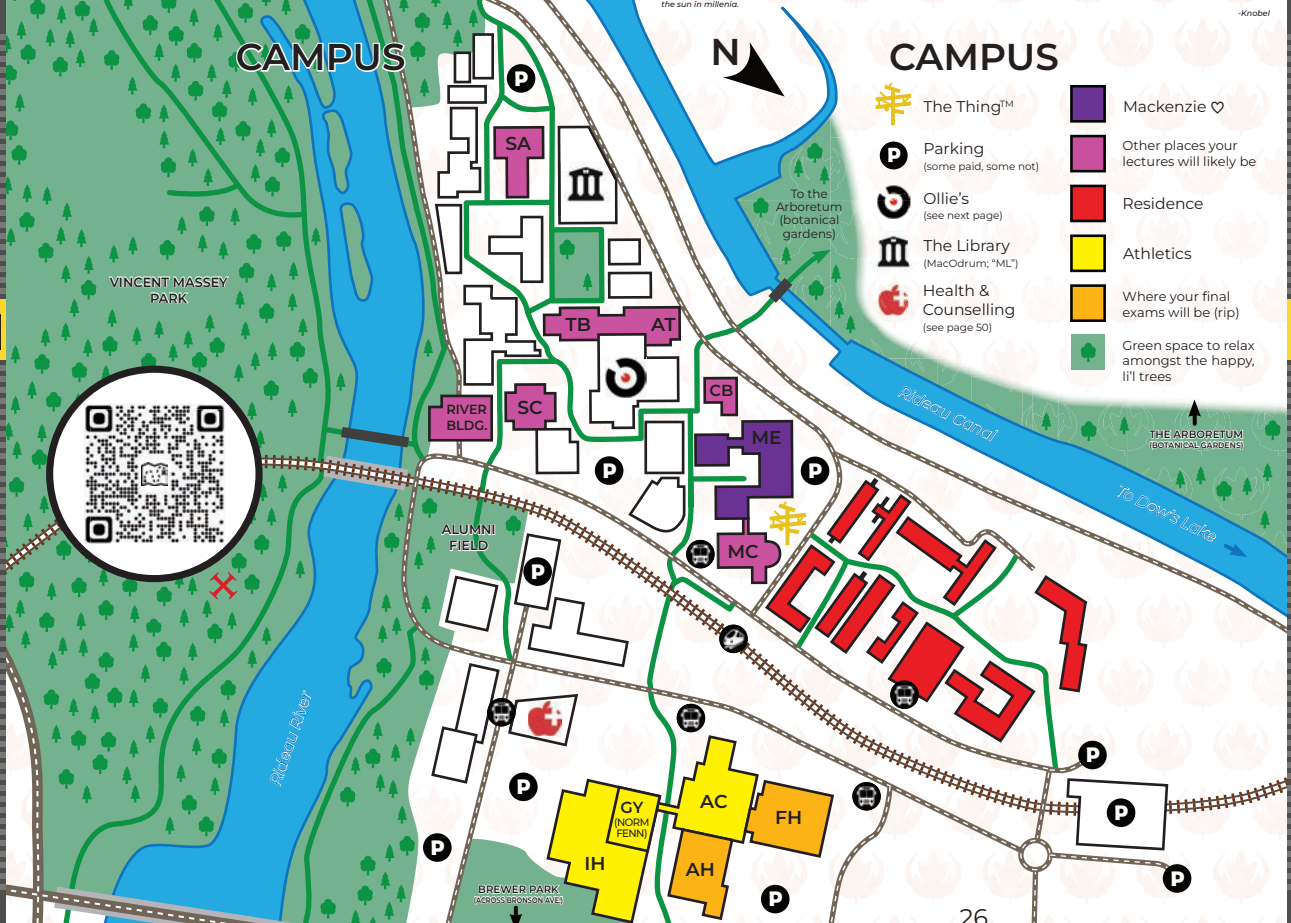
Athletics



Where your final exams will be (rip)



Green space to relax amongst the happy, I'll trees



GOOD EATIN'

No matter your program, no matter your year, one thing is constant: you're always going to get hungry on campus. We know, and we've got you. Listed below are our recommendations for the best spots to grab some food and refreshment on campus.

LEO'S LOUNGE

Located behind the blue TARDIS doors in the Mackenzie 3300 block, Leo's sells cheap coffee & muffins, microwaveable food, and is entirely run by volunteer students! Sign-ups for volunteer shifts are found on Leo's door/social media at the beginning of the semester. Leo's is also a great spot to meet people and gain insight from people who may have pointers or notes for the class you're struggling with!

OLLIE'S

On the first floor of the Nideyinan Building (formerly UC), you'll likely find a booth in Ollie's claimed by C-Eng students at any point in the day. In Ollie's you can find typical pub fare, daily specials, and of course the main appeal: the *beverages* (and at good prices too—wooo!). On Thursday nights (Thirsty Thursdays), they have reduced prices for said *beverages*, pumping music, and occasional theme nights (Country Night, Battle of the Bands, etc.).

DINING SERVICES

The second-floor food court in the Nideyinan Building has an array of options ranging from shawarma to sushi. You can also order online at four locations on campus (the Nideyinan Building food court, Starbucks in both Teraanga Commons and MacOrdrum Library, and Tim Hortons in the Athletics Building) all through the *Hey Chef* app. If you're looking for a late-night snack, Oasis (late-night mini-caf) and Abstentions (a convenience store) are your best options on campus. They're located on the first and second floors, respectively, of the Teraanga Commons.

HAVE YOU HEARD OF...

LEO'S?

IT'S A CANTEEN / LOUNGE FOR STUDENTS IN THE FACULTY OF ENGINEERING AND DESIGN!



A PLACE TO CHILL, PLAY EUCHRE, OR STUDY BETWEEN CLASSES



VOLUNTEER
← **RUN**
BY STUDENTS,
FOR STUDENTS

LOCATED AT
3342 MACKENZIE BLDG

LOOK FOR THE BLUE TARDIS DOORS



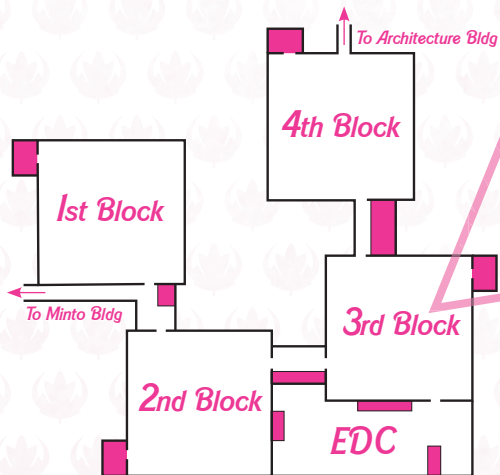
MACKENZIE BUILDING

The Mackenzie Building is most likely where you'll be spending a lot of your time as an engineering student! It's home to many classes, labs and club offices, including the famous 3300 Block.

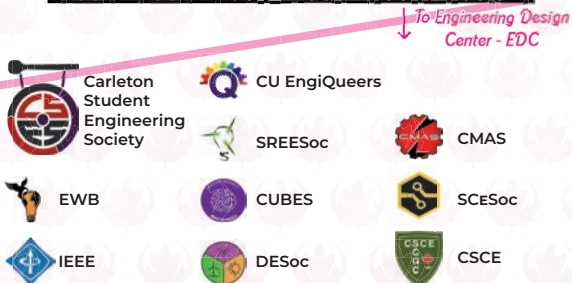
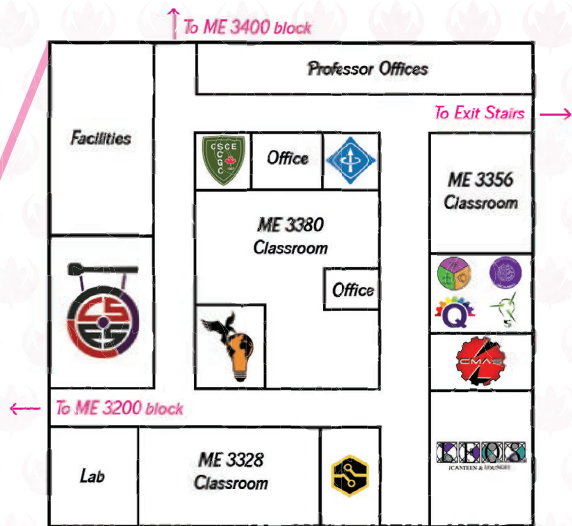
When navigating this maze of a building, it's helpful to remember that most of the signs & doors of each 'block' are colour coded: The first block is green, the second is yellow, the third is brown and the fourth is orange!

Every room in Mackenzie will also have a four-number room code—the first is the floor (where tunnels = 1st), second is the block, and the third & fourth numbers are the room itself. For example, room 4236 is on the fourth floor, second block. So don't forget:

**First is the floor, second is the block
Last is the door, don't forget to knock!**



THE 3300 BLOCK



CSES

The Carleton Student Engineering Society (CSES) has been serving the students of Carleton Engineering for more than 40 years. If you're an undergraduate student enrolled in the Faculty of Engineering and Design, you are automatically a member of CSES!

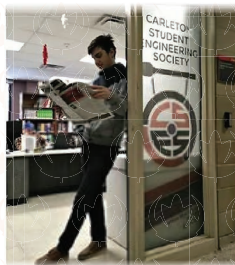
CSES' goal is to provide members with academic, professional, and social resources to help them make the most of their four (or more) years at Carleton. CSES represents Carleton Engineering in a variety of capacities, as well, including representation to the provincial- and national-level engineering student societies (ESSCO and CFES, respectively) and at various other conferences across Canada.

CSES organizes social events throughout the year to help engineering students take a break from studying and let off some steam. Some of the major events include **Eng Bowl**, the Carleton Engineering Competition (**C-Eng-C**), and the **Reflections** award banquet. Some are aimed at fundraising and awareness campaigns, too, like **National Engineering Month**, **February Feel Good Week**, the **Blood Bowl**, Breast Cancer Awareness Month (lovingly nicknamed **Boobies**), and **November**.

CSES also provides a wealth of services to its members, including operating **Leo's**, the engineering canteen and lounge (see page 28!) and a bunch of other neat stuff, some of which is listed on the opposite page.

Most importantly, all aspects of CSES are **volunteer-run**. We offer a wide range of volunteer positions and encourage students to get involved in any way they can! It's a great way to meet people and make a positive impact on the C-Eng community. They run four hiring periods throughout the year, so keep an eye on their socials! If you have any other questions, drop by the CSES Office in ME 3390 or reach out to an exec via email (shown on the next page). This is your organization, so there are always ways to be a part of it!

CSES

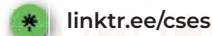


SERVICES

Alexander's Office, located in ME 3390 (check out the previous page for a handy map), is CSES' base of operations. It's a hub of many useful things to help you out! Here's just a few of the things you can find there:

- » Printing services (the cheapest on campus!)
- » EngSwag (including patches, sweaters, Flightsuit-in-Training shirts, and more, oh my!)
- » Event tickets & sign-ups
- » Textbook Trade & Library
- » Equipment Loan Program (ELP)
- » Room bookings
- » Club & student group support
- » Industry & CSES publications (i.e., magazines, issues of *The Iron Times*, *Passports*, and more)
- » Friendly faces!

For more details on what CSES does or how to get there, scan the QR code or follow their socials below!



CSES

EXEC PORTFOLIOS

CSES is made of up 9 executives, 8 officers, 16 councillors, and an army of directors and volunteers. The executive staff are in charge of running the big picture stuff, the officers help facilitate the behind-the-scenes operations, and the councillors are here to represent the individual streams of engineering (aerospace, civil, etc.) plus a few especially for first-years. Then, of course, all the directors and volunteers make the magic happen.

To get an idea of who's in charge of what, here's the run-down on the executive portfolios so you know who to talk to about a certain thing. Feel free to reach out to them if you have any questions!

WHO THEY ARE

PRESIDENT

Kass Hammond
4th Year, Aerospace A

VP INTERNAL

Chris Montague
5th Year, Aerospace A

VP FINANCE

Grant Wilson
5th Year, Aerospace C

VP ACADEMIC

Anneli Sheridan
2nd Year, Aerospace D

WHAT THEY DO

- » Literally everything
- » Also everywhere
- » Like, all at once
- » How does she do it?
- » Behind-the-scenes administrative and technical things to help it all run smoothly
- » Pewter mug sales
- » Planning Ring Day
- » Budget management
- » Student Group Funding (SGF)
- » Insurance coverage
- » Taxes (we don't evade them, we promise)
- » Financial seminars & policy
- » C-Eng-C, a wild 'n' wacky design competition
- » National Engineering Month
- » Academic workshops

CSES

VP SOCIAL

Taytum George
4th Year, Civil

- » Charity LAN
- » Eng Bowl
- » Intramurals
- » Formal events (Whirlwind and Reflections)
- » Volunteer appreciation
- » A bunch of other events!

VP PUBLICATIONS

Emily Knobel
3rd Year, SREE A

- » *The Iron Times*
- » *The Gong Show*
- » CSES' media team (social media, graphic design, photography)
- » CSES' website
- » The C-Eng Passport (this)

VP SERVICES

Christiaan Meiling
2nd Year, Aerospace A

- » Leo's Lounge
- » Textbook library + trading
- » Equipment loans
- » The CSES Office + store
- » Other student spaces like the Student Group Resource Centre (SGRC)

VP EXTERNAL

Zachary Meunier
5th Year, Aerospace B

- » Travelling to conferences at other universities and showing our C-Eng spirit!
- » November
- » Breast Cancer Awareness Month
- » Keeping ESSCO and CFES accountable

VP STUDENT ISSUES

404 EXEC NOT FOUND
Portfolio currently covered
by the VP Academic

- » Handling academic concerns
- » February Feel Good Week (FFGW)
- » Sustainability Week
- » Awareness + advocacy
- » FISH! (now in the CSES Office!)

GETTING INVOLVED

Getting involved can be a challenging task, but it's immensely rewarding. You'll make friends here that will last a lifetime. The easiest way to get started is to just join a club or apply for a directorship in a society; which one you pick doesn't matter much, so just go with whatever speaks to you! And if you don't know what to pick, just walk into any society and ask about where they really need some hands—there are always friendly faces willing to chat and welcome you in!

STREAM SOCIETIES

CSES represents all Carleton engineering students, but there are also individual stream societies to provide dedicated advocacy and support for each stream (mech, civil, etc.). They hold their own elections, run their own events, and their offices are a perfect spot to chill between classes. You can just hang out and chat, or do some studying with people who're either in the same class as you or have taken it before—it's super convenient if you're stuck on something and need some help.



CARLETON MECHANICAL & AEROSPACE SOCIETY (CMAS)

For students in **Mechanical**, **Aerospace ABC_d**, **Biomedical-Mechanical**, and **SREE-B**

ME 3346 | linktr.ee/theCMAS



SYSTEMS & COMPUTER ENGINEERING SOCIETY (SCEsOc)

For students in **Computer Systems**, **Software**, **Communications**, and **Biomedical-Electrical**

ME 3336 | linktr.ee/SCEsOc



CANADIAN SOCIETY FOR CIVIL ENGINEERS (CSCE)

For students in **Civil**, **Environmental**, & **Architectural Conservation and Sustainability Engineering**

ME 3379 | linktr.ee/CSCECarletonChapter

GETTING INVOLVED

STREAM SOCIETIES (CONT'D)



DEPARTMENT OF ELECTRONICS SOCIETY (DESoc)

For students in **Electrical**, **Eng. Phys.**, **SREE-A**

ME 3350 | linktr.ee/DESoc



CARLETON UNIVERSITY BIOMEDICAL ENGINEERING SOCIETY (CUBES)

For students in either stream of **Biomedical Engineering**

ME 3350 | linktr.ee/CarletonBiomedS



SUSTAINABLE AND RENEWABLE ENERGY ENGINEERING SOCIETY (SREESoc)

For students in either stream of **Sustainable and Renewable Energy Engineering**

ME 3350 | linktr.ee/SREESoc



BACHELOR OF INFORMATION TECHNOLOGY SOCIETY (BITSoc)

For students in the **Bachelor of Information Technology** program

AP 140 | linktr.ee/CarletonBITSociety

Most stream societies' offices have an open door policy, with someone in there all day. There's usually an Untainted™ couch or two to chill, and a work space to study. Just drop by and make yourself at home!

GETTING INVOLVED

HOBBY + SPECIAL INTEREST

Whether you thrive in the spotlight performing on stage, you're passionate about advocacy and charitable initiatives, or you just want to chill and do some knitting, the plethora of C-Eng groups has got you covered.



CARLETON UNIVERSITY ENGIQUEERS (CUE)

The Engiqueers is Carleton's society for LGBTQ+ engineering students, although they welcome everyone! They aim to act as a safe space where members of the LGBTQ+ community and allies alike can find community, support, and super rad events!

ME 3350 | linktr.ee/CUEngiQueers



CARLETON ENGINEERING MUSICAL

The Carleton Engineering Musical has been a yearly tradition for over a decade. Everything from the script to costumes and props to the performance itself is run by students in the C-Eng community! If you want to be a part of an unheinged parody about C-Eng, keep an eye on their socials!

@cengmusical | cengmusical.ca



INSTITUTE OF ELECTRICAL & ELECTRONICS ENGINEERS (IEEE)

IEEE (pronounced /'ai-iiiiiiiiiii/) provides workshops, technical presentations, networking events, and one of the chilliest offices to kick back and relax between classes.

ME 3359 | linktr.ee/IEEE.Carleton



WOMEN IN ENGINEERING (WiE)

IEEE's WiE is dedicated to promoting women engineers and scientists and inspiring girls around the world to follow their academic interests to a career in engineering. Their Wine & Cheese night is not to be missed!

@carletonwie | ieeecarleton.ca/wie.php

GETTING INVOLVED

HOBBY + SPECIAL INTEREST



D-ENG-D

Love tabletop RPGs? Never tried but interested? No idea what I'm talking about but you like pretending you're a goblin on a quest to find the paladin who killed your family and exact your revenge? All of the above are welcome at D-Eng-D! Open to newbies and veterans alike, come join a group or find some players to populate your world!

@d_eng_d | discord.gg/mKkqDbpebf



CARLETON ENGINEERS WITHOUT BORDERS (CEWB)

cEWB is a movement of thousands of engaged members who are passionate about addressing the root causes of poverty and inequality. They aim to create systemic change in Canada and Sub-Saharan Africa through innovation and human potential.

ME 3397 | linktr.ee/Carleton



ENGIKNITTERS

Named C-Eng's coziest club, the Engiknitters provide a weekly space for you to unwind with some knitting, crocheting, embroidering, macramé-ing, or sewing patches onto your flightsuit. It's BYO needles/yarn, but they usually have some loaner supplies, too, if you're looking to try it out before joining the Grandmotherly Cult™.

@cu_engiknitters | engiknitters@gmail.com



CARLETON UNIVERSITY DESIGN LEAGUE (CUDL)

CUDL aims to give you a chance to apply those design skills you've picked up from your classes. They also run workshops to help you hone your CAD abilities and prepare you for their annual Designathon.

@cu.designleague | linktr.ee/cudesignleague

GETTING INVOLVED

DESIGN TEAMS

Of course, being in engineering means a lot of drive to build neat stuff. Even better if our neat stuff proves to be better than another school's neat stuff in an annual neat-stuff-building competition. If building neat stuff is where your heart is, then look no further than one of Carleton's many design teams. We've got rockets, bridges, and concrete watercraft, oh my!

They usually run info sessions/tryouts in September, so keep any eye on their socials!



TROITSKY BRIDGE BUILDING
carletonadmirals@gmail.com
[@carletonadmirals](https://www.instagram.com/carletonadmirals)



CARLETON PLANETARY ROBOTICS TEAM
carletonplanetaryrobotics@gmail.com
[@carletonplanetaryrobotics](https://www.instagram.com/carletonplanetaryrobotics)



RAVENS RACING
fsacarleton@gmail.com
[@ravensracing](https://www.instagram.com/ravensracing)

GETTING INVOLVED



CARLETON INSPACE
www.cuinspace.ca
[@carletonu_inspace](https://www.instagram.com/carletonu_inspace)



GREAT NORTHERN CONCRETE TOBOGGAN RACE (GNCTR)
carletongnctr@gmail.com
[facebook.com/CarletonGNCTR](https://www.facebook.com/CarletonGNCTR)



BLACKBIRD UAV
uavblackbird@gmail.com
[@blackbird.uav](https://www.instagram.com/blackbird.uav)



CONCRETE CANOE
canoecaptains.cucsce@gmail.com
[@conccanoecarleton](https://www.instagram.com/conccanoecarleton)

GRAD ORGANIZATIONS

THE BROTHERHOOD OF SOOPP



The Secret Order Of the Purple Panther is a group of C-Eng alumni who do what they can to give back. In the words of the Brotherhood: "We are a group of Carleton alumni whose sole purpose is to give back to Carleton Engineering what it gave to us. We strive to provide inspiration for the students of C-Eng to see their degrees through to the end, even when times are tough and academic outlook may look bleak. We emphasize that the best part about university is getting involved and cramming your calendar full with as many events and groups that it can handle. Students will have the rest of their lives solely dedicated to their careers, but they will only have the next few years to live in the completely amazing and altered reality that is life at university. We encourage students to embrace it, meet people, make friends, and simply have the time of their lives."

CUAA

The Carleton University Alumni Association has an entire chapter dedicated to engineering. They give back to the C-Eng community by volunteering with key events, such as EngFrosh and Carleton's engineering competition, C-Eng-C. They also collaborate with CSES to organize Ring Day festivities for our new graduate students!



FIRST YEAR 1010

First year is kinda nuts. New place, probably whole new city, lots of new people. Way more academic responsibility, which is bloody terrifying. Probably never done laundry or much cooking before, and now you have to keep yourself clean and fed. And on top of that, you're expected to make new friends and get involved in the community? Wild.

The good news is that we were all there once, so you're not alone. And, even better, we're here to help you get a jump start. In the next few pages are a few checklists and some tips and tricks that either we were told by some benevolent Old Fucks™ in our first year, or that we wish we'd been told. Either way, there's some good shit in these pages. Some bits may seem obvious, but sometimes it helps to have a little reminder. Hopefully everyone can take away at least a few things.

If you take away nothing else, always remember that you're not alone; this community is filled with a lot of really cool people. There's always an ear to listen, a shoulder to cry on, or a hand to help—you need only ask. We're all in this together, so don't try to brave it all on your own.

C-ENG COMMUNITY CHECKLIST

- Hang out in Leo's! Leo's is the place to be if you want to meet C-Eng people and get forcibly taught how to play euchre. It's also hell a cheap muffins. Zero downsides.
- Follow the societies on their socials and join their Discord servers (esp. the 3300 Block Discord). It's the best (sometimes only) way to find out about events they're running.
- Look at the calendar in the 3300 block and stop to gaze at posters! In case something important gets lost in your feed, this will save you from missing a baller event.
- Use this passport! The stamp section (pgs. 2-18) gives you an idea of most of the events for the year and when they'll be. Also helps you see which things will help you get a flightsuit!
- Sign up for things! Join a design team, volunteer with a society, or snag a Leo's shift. Maybe even all of the above. You'll get fast-tracked into learning the inner workings of the community and meet a bunch of great people!

FIRST YEAR 1010

RESIDENCE CHECKLIST

- Ignore the potential biohazard that is your mattress. Just try not to think about it. I'm sorry I made you think about it.
- Go to the salad bar in the caf. Scurvy is bad, and it can happen to you (seriously, it's happened before).
- Avoid the res condoms. There's no guarantee some prankster hasn't poked some cheeky holes in them. There are other places on campus with more reliable condoms (e.g., CSES).
- DC++ makes available to you 1.21 terabytes of mindless junk (movies, music, games, textbook solution manuals). It's free and res-only, so use it.

CLASS CHECKLIST

- Go to class as much as you possibly can. Even if your prof is an awful lecturer and it feels like a total waste of time, just show up, throw your headphones in, and do some quiet studying. If you don't assign time to studying, you're likely to fall behind.
- If you don't go to class, make sure to at least be there for the first and last lectures. The prof will go over important shit like a breakdown of marks and the final exam.
- Make friends with the TAs. They likely did the course last year and are usually way more empathetic to student struggles than the profs.
- Studying is like a B-list horror flick. Stay in a group. Avoid doing things late at night. And avoid spooky cottages while you're at it.
- Use past exams/assignments to study. It's free **real-estate** practice. Old Fucks™ will still have theirs and will happily share.
- As mentioned many times already, Old Fucks™ are a valuable resource and are usually very happy to help. Try your stream society offices or Leo's around lunch time; they'll be there.
- No need to buy a printer if you don't want to bother with such a dastardly machine. There are printers all around campus ("CUontheGO"), and CSES and CMAS do it for cheap/free-ish.
- Don't buy overpriced calipers; CMAS sells them for cheap.

FIRST YEAR 1010

DUDE, WHERE'RE MY TEXTBOOKS?

- » DO NOT get them from the Carleton University bookstore. They have everything (usually), but you'll pay out the wazoo.
- » Try Haven Books, Facebook Marketplace, or CSES' textbook trade if you're looking to buy. Hell, even Amazon is cheaper than the bookstore, usually. You can also rent most textbooks from CSES.
- » Profs might say you need the latest edition, but you likely don't. The publishers change the numbers in the problem sets to make more money, but the content will be the same 98% of the time.
- » Do not do illegal things like download textbooks or solution manuals in pdf form! It's super easy to do and nobody will know but don't! Old Fucks™ may have copies, too, but don't ask them!
- » WAIT BEFORE BUYING. Don't trust the syllabus; profs will often say in the first class that you don't really need it. Or you may only need it for the problem sets, in which case you could split one copy with your friends.

TF ARE THESE CLASSES EVEN ABOUT?

- ECOR 1041** *To those of you who've coded before, this will be a piece of cake. For those who haven't... Goodspeed, soldier.*
- ECOR 1042** *ECOR1041 Pt.2, Electric Boogaloo. Honestly, the textbook is more helpful than the lectures.*
- ECOR 1043** *Grade 9 called and they want their content back. Just kidding, you'll learn new things about circuits here, so make sure you're paying attention.*
- ECOR 1044** *Robots, coding, and project management—oh my!*
- ECOR 1045** *Live in the Moment™. This class is tough, but keep on top of your practice problems and you'll be gucci.*
- ECOR 1046** *I <3 BEAMS. Leave this to the civils.*
- ECOR 1047** *The easiest A you'll ever get. Practically impossible to fail, so long as you can draw a straight line.*
- ECOR 1048** *If I spun this goose and let go, how far would it yeet...?*
- ECOR 1055** *Best place to take a nice little nap.*
- ECOR 1056** *Second best place to take a nice little nap.*
- ECOR 1057** *Wow! I sure do know how to be a professional now!*

LECTURE BINGO?

#STUDENTPROBLEMS

B I N G O

Someone who clearly rolled out of bed <5 minutes ago	Someone without a mask who will not stop coughing	Everyone starts packing up while the prof is still going	Someone in an online competitive game lobby	Someone shows up a half-hour late, leaves half an hour early
Someone passed tf out	Someone whose laptop/phone volume isn't turned off	Someone obviously stoned	Someone wasting time with annoying questions	"Will this be on the exam?"
Someone watching soccer or hockey	Someone eating a whole ass meal	FREE SPACE	Someone rocking a crime against fashion	Someone showing up more than halfway through the lecture
Someone sits in front, only to be on their phone the entire lecture	Professor tells a joke. No one laughs.	Student taking up more than their fair share of table space	Someone's phone rings	Relentlessly flirting couple
Error in prof's notes	Technical difficulties	Prof goes on tangent for second time in one class	Someone who WILL NOT shut up	No power outlets to be found

LECTURE BINGO!

C-ENG LIFE

B I N G O

Prof's handwriting is illegible	Half the class is absent	"This will be a short derivation." It isn't.	Test looks nothing like the material covered in class	Someone rushing to finish something for another class
Unit conversion is not given	Professor visibly loses faith in students' intelligence	Half-hour spent writing out a single proof	Prof forgets what time class ends	Extreme optimism from prof before midterm. No one passes.
"Come to office hours for extra help." Cancels office hours.	Non-HAMP appearance of a Flightsuit	FREE SPACE	"Recall from class X..." X is not a pre-requisite.	The dreaded "must pass exam" clause in syllabus
Midterm on a weekend	Hopelessly confusing slides	"Did you not learn this in X class?" We did not. Prof sighs.	"I hope this gets bell curved"	A lost artsie
Prof abandons problem	Error in solution manual	More unknowns than equations	"Can we push the test back?"	Student attempts to out-logic the prof. Loses.

ACADEMIC SUPPORT

Neurodivergent and needing accommodation? Fuzzy on some things from last year? No worries, we got you.

PAUL MENTON CENTRE

The Paul Menton Centre for Students with Disabilities (NN 501) coordinates the disability services on campus. They directly provide and/or facilitate helpful stuff like accommodations for lectures and exams, employment assistance, external support, and financial assistance. If there's something that makes absorbing lectures or meeting deadlines difficult, they can arrange accommodations with your professors on your behalf—super duper helpful.



ELSIE MACGILL LEARNING CENTRE

If you're looking for help with your ECOR or first-year math and science classes, the Elsie MacGill Learning Centre (EMLC) has your back. They offer specialized support for engineering students, whether you just need a quick question answered or a reframing of something that was covered in class. So if you're not having any luck getting answers from Old Fucks™ in Leo's, try popping by the EMLC in MC 5030.

OTHER TIPS

- » PASS (Peer-Assisted Study Sessions) are super clutch in helping you understand the content given in lectures. Typically profs don't do enough practice problems to give you a good feel for the variety of questions you'll see, so go to any PASS' you can.
- » If you're really struggling or your stream isn't what you were expecting, you can always explore changing things up. Your engineering academic advisors (see next page) are there to lay out your options and give you advice. Highly recommend.
- » Don't hesitate to ask Old Fucks™ about stuff. Chances are, someone's encountered a similar issue and can offer some insight.

ACADEMIC SUPPORT

Finding the mess of prerequisite lines on the engineering course trees dizzying? Perplexed by the slew of new quarter-credit classes? Failed a course and want to make sure you're not screwed? No worries, we've all been there. The good news is Carleton pays whole teams of people to help you figure things out. They're typically very nice and genuinely want to help, so no matter how bad things look, don't fret!

FIRST-YEAR ENG. ADVISING

First year is by far the most confusing bit of your degree. You're in a new place with a new system and you have a million new things being thrown at you. It's definitely its own beast, so there's a dedicated system of academic advising for first-year engineering students. Just scan the QR code on the right and you can make an appointment to chat with someone fluent in the mess that is first-year eng.



DEPARTMENTAL ADVISORS



Karen Taylor

Academic advisor for: Mech, Aero, Biomed-Mech, SREE-B
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MC 3052



Barry Syrett

Academic advisor for: Elec, Eng, Phys, SREE-A
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ACADEMIC SUPPORT

DEPARTMENTAL ADVISORS (CONT'D)



Greg Franks

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CB 5204



Heng-Aik Khoo

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Scott Bucking

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Paul Simms

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ME 2372

HEALTH & WELLBEING

We all need a little help sometimes. There's no shame in it. Whatever sort of assistance you're in need of, there are places at Carleton where you can reach out and find a helping hand or an empathetic ear. The resources are here—may as well use them!



Health and Counselling
SERVICES

Carleton has some of the most comprehensive health and counselling services of any Canadian university. The walk-in clinic can see you if you're feeling ill or want to get tested between sexual partners, or you can make an appointment with a physician or counsellor for more tailored care. This includes counselling services for any mental health support you need. They have a team of licensed doctors on staff who'll listen to whatever you want to talk about, and can also help you get a diagnosis or prescribe any medication you need.

RESIDENCE COUNSELLING

Residence Counselling and Wellness is a satellite office of Carleton Health & Counselling Services focused on working with students living in res. They're right close by, in 131 Renfrew (on the main floor, close to the rear entrance), so it's super convenient to drop in and have a chat with one of their 3 licensed counsellors.



EMPOWER ME

On-campus health and counselling is great, but it's only intended to be a short-term thing. All undergrad students at Carleton can make use of Empower Me, a mental health and wellness service aimed at assisting you with finding qualified counsellors, consultants, and life coaches, off-campus and for the long-term.

STUDENT SUPPORT CENTRES

The Carleton University Students' Association (CUSA) runs a series of student support centres on campus. Their purposes vary from providing mentorship, raising awareness, and offering tailored support for marginalized groups. Here are just a few:

The Gender and Sexuality Resource Centre (GSRC)



A safe(r) space for anyone wishing to connect with queer and trans community. They offer peer support, safe sex supplies, gender-affirming resources, and a chill space to study and socialize.

The Carleton Disability Awareness Centre (CDAC)



A space for students who experience chronic illness, neurodiversity, inaccessibility, or disability. They run events like Destress with Pets; offer workshops about sex and disability; and provide an accessible drop-in lounge.

Racialized and International Student Experience (RISE)



A lounge for students of all backgrounds to kick back, relax, and socialize. RISE aims to be a safe(r) space for Carleton students of all identities through dialogue, support, and events celebrating multiculturalism.

The Mawandoseg Centre



A safe(r) space for Indigenous students, working to address the specific needs of Indigenous communities in and around Carleton. Also open to anyone wishing to learn more about Indigenous cultures.

The Women's Centre



A safe(r) space for those who identify as women. They provide free internal & regular condoms, pregnancy tests, and menstrual products. The Centre is home to campus' only Women-only space, a quiet space for resting, prayer, breastfeeding, and self-care.

For a full listing of all the student support centres operated by CUSA or more information on the ones listed above, scan the QR code on the left.



CAMPUS SAFETY



Carleton has a team of special constables that're on deck to respond to anything from parking violations to criminal activity on campus. You can typically find them patrolling around, either on foot or in their branded Campus Safety vehicles, or you can call them at **613-520-4444** (or just 4444 from any campus phone). You can also call for help using the yellow emergency phones found around campus paths, in parking garages, and throughout the tunnels.

CUSERT

Members of Carleton University's Student Emergency Response Team (CUSERT) are first on the scene for any medical emergencies on campus. They're fully trained in first aid and carry a big ol' pack of goodies, so they're fully prepared to handle whatever injuries may come from your shenanigans. They're a part of Campus Safety, so they're also reached at **613-520-4444**.



FOOT PATROL

Foot Patrol is a team of volunteers who're there to, among other things, help you feel safe getting home, whether that's in the dorms or up to an hour off-campus. They'll either walk with you and chat, or can be on the phone with you while you make your trek. Just call **613-520-4066** for a safe walk, or **613-520-4449** for a walk-and-talk.



SOME HANDY CONTACT INFORMATION

CSES	ME 3390, linktr.ee/myCSES
CMAS	ME 3346, linktr.ee/theCMAS
SCeSoc	ME 3336, linktr.ee/SCeSoc
CSCE	ME 3379, linktr.ee/CSCECarletonChapter
DESoc	ME 3350, linktr.ee/DESoc
CUBES	ME 3350, linktr.ee/CarletonBiomedS
SREESoc	ME3350, linktr.ee/SREESoc

Carleton University EngiQueers	ME 3350, linktr.ee/CUEngiQueers
Engineers Without Borders	ME 3397, linktr.ee/Carleton
IEEE	ME 3359, linktr.ee/IEEE.Carleton
CU Hiding	Location Unknown

Elsie MacGill Learning Centre	MC 5030, EMLC@carleton.ca
Paul Menton Centre	NN 501, 613 520 6608

Registrar's Office	TB 300, Registrar@carleton.ca
Engineering First-Year Support	ECORSupport@carleton.ca
Engineering Academic Support	MC 2090, 613 520 4067 EngAcadSupport@carleton.ca

Health & Counselling Services	CTTC 2600, 613 520 6674
Campus Safety	PK 203, 613 520 4444 (emergency) 613 520 3612 (general inquiries)

We Remember.

On December 6, 1989, an armed man entered Polytechnique Montréal and killed 14 women and injured 13 other individuals. Still incomprehensible to this day, this sexism-fuelled attack stunned the entire country and sent shockwaves rippling around the globe.

The triumphs and successes of our community are the most sincere way to honour the 14 women whose lives and dreams were dramatically and unjustly cut short.



In response to this tragedy, the White Ribbon Campaign was launched to raise awareness in hopes of ending violence against women.

Feminists within Canada have adopted the movement to engage men, young men, and boys through relevant educational programming that challenges the languages, behaviours, and harmful ideas tied to manhood that lead to violence against women.

Visit whiteribbon.ca to learn more about how you can be part of the solution.

Remember. Reflect. Respond.

