



NAME: _____

STREAM: _____

CELL: (_ _) _ _ - _ _ _

EMAIL: _____

WE REMEMBER.



in memoriam

Geneviève BERGERON	Barbara KLUCZNIK WIDAJEWICZ
Nathalie CROTEAU	Barbara DAIGNEAULT
Anne-Marie EDWARD	Maud HAVIERNICK
Maryse LAGANIÈRE	Maryse LECLAIR
Anne-Marie LEMAY	Sonia PELLETIER
Michèle RICHARD	Annie ST-ARNEAULT
Annie TURCOTTE	Hélène COLGAN

6 décembre 1989

The École Polytechnique Massacre occurred on December 6, 1989, when Marc Lépine took the lives of 14 women and injured 14 others before turning the gun onto himself.

In response to this tragedy, the White Ribbon campaign was launched to raise awareness in hopes of ending violence against women. Male feminists have adopted the movement within Canada and the UK to positively engage men, young men, and boys through relevant educational programming that challenges languages and behaviours, as well as harmful ideas of manhood that lead to violence against women. For information on what you can do to help the cause, visit:

<http://www.whiteribbon.ca/what-you-can-do/>

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CARLETON'S ENGINEERING SOCIETY



The Carleton Student Engineering Society (CSES) has proudly been serving its members for over 40 years. Located in ME 3390, our goal is to provide our members with academic, professional, and social resources to assist in making these next four (or more) years at Carleton University that much smoother.

We also represent our members on the provincial and national levels of engineering student societies.

We provide social events throughout the year, allowing engineering students to take a break from their studies and let loose a little. Some of the major events include National Engineering Month, the Carleton Engineering Competition, the semesterly Ring Day receptions, and Reflections (our engineering formal). With your support, CSES also provides a number of services, including our café, Leonardo's Lounge; an equipment loan program (ELP); a textbook library; our satirical newspaper, The Iron Times; funding for student projects and initiatives; workshops; and the cheapest printing on campus!

Should you have any questions about what we do or how you can get involved, drop by our office, visit us at www.mycses.ca, or email us at questions@cses.carleton.ca. Our members make it possible for us to provide the high quality services and events they deserve; we thank you for your support and look forward to another great year!

FOLLOW US ON SOCIAL MEDIA!



www.mycses.ca



@myCSES



MyCSES



/MyCSES



@MyCSES



@MyCSES

MEET THE CSES TEAM



PRESIDENT

JOHAN PRENT

Hello! My name is Johan and I'm your Carleton Student Engineering Society (CSES) President for the 2019/2020 school year! CSES offers many services to its members and is your advocate when it comes to matters involving your education! Along with representing you to the faculty, CSES also represents you to provincial and national organizations!

As your president, I want to make sure that CSES remains the great community that it is and throughout the year, I will be overseeing the other executive and council on CSES to make sure they do the best they can when providing the services mentioned above! If you ever need more

information or are curious about what CSES does, feel free to stop by our office at ME 3390 (McKenzie Building).

I hope to see you around!

Hello C-Eng! My name is Andre Lawrence and I look forward to being your VP Internal for the 2019-2020 academic year. A little bit about me: I am a fifth year Aerospace Engineering (Stream B) student, I'm from Milton ON and, as you may have guessed, I like planes.

As VP Internal of CSES, I am in charge of keeping the society running smoothly in all its internal affairs (e.g. The Constitution, The Policy Manual, Elections and CSES General Meetings to name a few things). If you are interested in such things or want to know more about what I do, don't hesitate to ask!

Looking forward to working to serve you and the society this year!



VP INTERNAL

ANDRE LAWRENCE

Howdy. As VP Finance of CSES this year, my task is to manage all of CSES financial goals and desires. My portfolio includes creating and overseeing the budget, allocating Student Group Funding and getting funding to support all the CSES events that you, our members, love.

Student Group Funding is something I'm particularly excited for as it is a way for CSES to support the greater Carleton engineering community and make Carleton Engineering a truly great place.

If you have any questions about CSES's financial situation throughout the year, feel free to stop by the office and ask me or send me an email. Let's have a good year.



VP FINANCE

GRANT SUTHERLAND



VP SERVICES

JASMINE ERIKSSON

Salutations C-ENG! Welcome to 2019-2020 academic school year! My name is Jasmine Eriksson and I am a third year Enviro student from good ol' O-town. This year, I have the honour to be your VP Services, meaning I have the responsibility of providing services to all of our members. I am in charge of things like the Textbook Trade, the Textbook Library, the C-ENG merch sold out of our office, the Equipment Loan Program, the Bookable Rooms, and overseeing Leonardo's Lounge.

Please feel free to reach out and contact me with any questions, comments, concerns, suggestions, advice and/or if you just wanna know a good place to get coffee (Hint: it's Leo's)



VP ACADEMIC

CAMERON DAVIS

Hey C-Eng! My name is Cameron Floyd Davis and I am the VP Academic for the 2019-2020 year. I am in my 2nd year of Software engineering (the best eng). I'm from Carp, a little village just on the edge of Ottawa and home of the diefenbunker. I enjoy playing Hearthstone, hitting the gym for gains, and gathering the infinity stones so that I can use them to take over the C-Eng Musical.

In the position of VPA I help to facilitate the Carleton Engineering Competition and National Engineering Month. On top of those two big events, I also help to run useful workshops

where you can come out and learn new skills. We're always looking for new and dynamic workshop ideas so if you think of something, send me a message and well see what we can work out.

If you've got any academic concerns bothering you, then I'm your guy! I will do my best to resolve any issues you come to me with so please do not hesitate to reach out! I am looking forward to a great year and hope that you are all excited to see what CSES has in store!

Hello! My name is Abby and I am a third year Aero D student from Thunder Bay, ON. The job of the VP External is to communicate with other Engineering Societies, professional organizations and other external bodies. These groups meet multiple times a year at conferences located all over the country. Keep an eye out for conference applications in the upcoming year!

The VP External also co-ordinates charity events such as Breast Cancer Awareness Month and the Movember campaign. If you are interested or have any questions, please do not hesitate to let me know!



VP EXTERNAL

ABBY MACGILLIVRAY

Howdy!!! I am Logan MacGillivray, and I am going to be your VP Social for the upcoming year. I am responsible for all the social events run by CSES. These include, but are not limited to, the CSES formal (Reflections), semi-formal (Whirlwind), comedy nights, and trivia nights. And if you are hoping to earn yourself a flightsuit this year, then you might want to note that most of my events are stamps!!! If you have any questions, comments, queries, concerns, or qualms about any of my events, or just want to say "hi", shoot me an email or stop by the CSES office.



VP SOCIAL

LOGAN MACGILLIVRAY



VP PUBLICATIONS

KEELY GIBB

Hey there! My name is Keely Gibb and I am thrilled to be CSES's VP Publications this year. I'm entering my fourth year of Aerospace Engineering, Stream D, and am originally from Windsor-Essex County. I'm really into riddles, board games, and art.

Some things that VP Pubs oversees are: our official newspaper, The Iron Times, the CSES website, passports for the Flightsuit program, and the lovely handbook you are reading right now! In addition, I'll be managing our posters, graphics, and social media presence this year. I'm also stoked to get our news segment, The C-Eng Gong Show, up and running. Keep an eye on our website to catch new episodes!

SERVICES

ALEXANDER'S OFFICE

Located deep in the heart of the 3300-block of Mackenzie Building—ME 3390, to be exact—Alexander's Office is the main headquarters of Carleton's beloved engineering society.

If you're looking for any information regarding CSES, or any of its events and services, this is the place to go. Ask a question, print/staple your labs and assignments, browse through one of the many publications we have available... it's all right here! Additionally, CSES conducts all of its business and runs all of its services out of this very office, so you might want to make a note of its location (ME 3390!)

Alexander's Office is staffed from 8:30 AM to 5:30 PM every weekday (Monday-Friday) by members of the CSES executive and council. Drop by and say hi! We'd love to meet you!

Can't drop by, but still have questions? Shoot us an email at questions@cses.carleton.ca or call us at (613) 520-3616 and we'll do whatever we can to help!

GET IN TOUCH WITH US!

President:

president@cses.carleton.ca

VP Internal:

internal@cses.carleton.ca

VP Finance:

finance@cses.carleton.ca

VP Academic:

academic@cses.carleton.ca

VP External:

external@cses.carleton.ca

VP Services:

services@cses.carleton.ca

VP Social:

social@cses.carleton.ca

VP Publications:

publications@cses.carleton.ca



ACADEMIC CONCERNS

CSES strives to provide faculty representation for any and all academic concerns. If you have issues with marks, a professor or TA, or even how a class is structured, email us at concerns@cses.carleton.ca or submit an anonymous complaint online at mycses.ca/academic-concerns. We'll do whatever we can to help escalate the matter.

ADVERTISING SERVICES

If you're looking to advertise an event or society, CSES provides advertising services through our weekly eNewsletter, Leo's TV ads, promotional banners on our website, and Iron Times advertisements. To inquire, shoot an email to publications@cses.carleton.ca.

ENGSWAG

EngSwag is the sweet merch that is available for purchase through Alexander's Office (now with debit!). Our extensive inventory includes shirts, sweaters, hats, stickers, patches, containers for BEvERages, and more, all printed with C-Eng pride. Swing by our office or visit mycses.ca/engswag to see what we've currently got in stock!



EQUIPMENT LOAN PROGRAM

CSES loans various technical and logistical equipment to help engineering student groups and societies through our Equipment Loan Program, or ELP. To loan any of our equipment, drop by mycses.ca/elp and fill in the embedded Google Form. Our current inventory is as follows:

INVENTORY

- 1 DSLR Camera
- 1 Video Camera
- 2 GoPros
- 2 Projectors
- 1 Dictation Recorder
- 1 HDMI Cable
- 1 Laser Pointer
- 1 Digital Camera
- 1 Digital Camera (no charging cable)
- 3 TI 36X-Pro Calculators
- 1 SD-USB Card Reader
- 1 Camera Tripod (Possibly missing plate?)
- 2 Projector Screens
- 2 Cash boxes
- Audio Equipment: 2 speakers, 1 mixer, 1 wired mic, 1 wireless mic, 1 mic stand 2 speaker stands, all required cables
- 18 Power Bars
- 9 Extension Cords

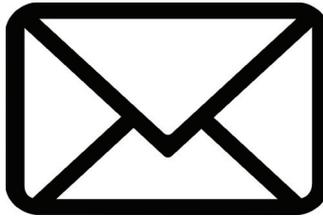
EXAM LIBRARY

We also have an exam library! Here, you can find scanned copies of engineering exams from years past (sometimes a lot of years past) in PDF format. The full directory can be found on our website, at mycses.ca/exam-library.



ENEWSLETTER

Every week, CSES emails out a special weekly eNewsletter to all of the subscribers on our mailing list. It contains sections outlining important dates, CSES news, C-Eng community updates, messages from the Faculty, external opportunities, and even special features on events, clubs, and societies! Subscribe by going to mycses.ca/enewsletter.



ROOM BOOKING

CSES BOARDROOM

Located in the CSES office in ME 3390, the CSES Boardroom offers a meeting space with a boardroom table seating 4-6, a TV for display, audio equipment, and Internet access.

STUDENT GROUP RESOURCE CENTRE (SGRC)

Located way up on the 5th floor of Mackenzie in ME 5249, the Student Group Resource Centre (or SGRC) offers a meeting space with a boardroom table seating 12-15, a blackboard and whiteboard, audio equipment, dedicated Internet access, and a projector and screen.

To request to book the Boardroom or the SGRC for a student group or for individual use, hit up mycses.ca/bookable-rooms.

SPORTS! ATHLETICS!

Sports, sports! Athletics! CSES also facilitates the engineering sports teams in Carleton's intramural sports league. For only \$20 down at the beginning of the semester, you can enjoy playing team sports such as volleyball, floor hockey, and dodgeball all semester long! For more information, email your VP Social (Logan MacGillivray) at social@cses.carleton.ca or visit mycses.ca/sports-athletics.



STUDENT GROUP FUNDING

Every year, CSES allocates money to support undergraduate engineering students in their academic and extracurricular activities. Student Group Funding (or SGF) is meant to help the affiliated student groups and engineering projects that make C-Eng the innovative, diverse, and unique community we all love.

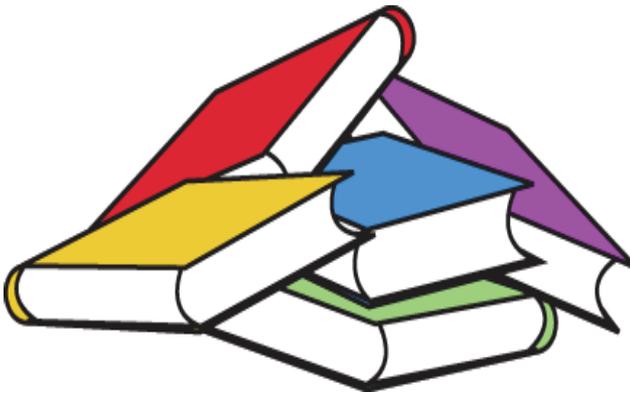
If your student group is not currently CSES-affiliated, you must first apply to become one during our set registration periods in June, September, and January. (Engineering design projects are also eligible to register!)

Funding is allocated twice per school year, once during the Fall term and once during the Winter term. If you are interested in applying for funding or have any questions pertaining to the funding process, email your VP Finance (Grant Sutherland) at finance@cses.carleton.ca.



TEXTBOOK LIBRARY

Can't afford that \$200 textbook? CSES keeps a large inventory of textbooks (engineering and otherwise) available to our members to check out for week-long periods. Best of all, it's absolutely FREE! Check out mycses.ca/textbook-library for the complete inventory, as well as information on how to check out our books.



TEXTBOOK TRADE

Are you looking to sell your textbooks? Are you looking to buy cheaper textbooks? If the answer to either of the above is yes, then CSES's outrageously popular Textbook Trade Program is the perfect opportunity for you!

At the beginning of each term, CSES runs an organized system for students looking to buy and sell books. We accept textbooks from students looking to unload them for cash and keep them in a safe inventory until they are purchased. The textbook prices are determined completely by the sellers, and if the textbook is sold, all money is returned to the seller, making the Textbook Trade a commission-free service!

Keep an eye on the CSES website and our Facebook page for updates regarding textbook drop-off and sale dates.

LEONARDO'S LOUNGE

Leonardo's Lounge was constructed in the summer of '96 and completed on September 16th of that same year. Leo's was made possible by the volunteer time and renovation skills of many dedicated students. Since then, Leo's has changed in style quite a bit... But it will always embody the spirit from which it was created.

Leo's is 100% volunteer-run and anyone—no matter their major—can volunteer! Open from 8:30 AM to 5:30 PM, Mondays to Fridays, Leo's is quite the social spot. If you're up for a game of cards (Euchre, anyone?), Settlers of Catan, Risk, chess, or just about anything else, ME 3342 is the place to be.

Leo's also continues to accept Canadian Tire money at face value and boasts some of the best food prices on campus (including 75-cent muffins.) Visit mycses.ca/leonardos-lounge for the full menu and prices!



FOLLOW LEO'S ON SOCIAL MEDIA!

 /LeonardosLounge

 @leonardoslounge

To volunteer, or if you have any other questions about getting involved with Leo's Lounge, please contact the General Managers at leosGM@cses.carleton.ca.

EVENTS

FORMAL EVENTS

WHIRLWIND

Whirlwind is the annual CSES-hosted engineering semi-formal that usually takes place in early- to mid-November! It's a time for C-Eng to dress up, take nice photos, enjoy snacks and beverages, and dance the night away with friends.



Whirlwind traditionally features a fun theme that changes from year to year, and is generally the more affordably-priced of the two formal events.

REFLECTIONS



Reflections is the annual CSES-hosted engineering formal that features a multi-course dinner and dance.

Typically held in early- to mid-March, this fun and fancy evening also serves as our end-of-year awards ceremony to celebrate the new graduates, as well as the accomplishments and unique characteristics of the greater engineering community here

at Carleton. Think of it as an... engineering prom, if you will.

WHAT'S COMING UP?

ENGBOWL

We kick off the school year right with an outdoor event that makes the most of the warm weather while we've still got it! Our first event of the year takes place at Brewer Park and is a great opportunity to meet/hang out with some new friends and play some pick-up games. Sports! Athletics!



CHARITY LAN

There's not much better than gaming for 24 hours straight... except gaming for 24 hours straight for a good cause! That's why CSES hosts not one, but TWO smash-hit, 24-hour LAN parties (one per term) every year! BYORig/Games/Power Bars/Extension Cords/etc.



HOMECOMING

Carleton Homecoming is a day of both Raven and engineering pride. Join us to purple and sit in the engineering section, where chaos, laughter, and loud chanting await! It's a riot: rumour has it that among all the madness, there's even a football game going on—who knew?



PUBLICATIONS

THE IRON TIMES

The Iron Times is the often hilarious (and ALWAYS informative) official news publication of CSES, turning 20 this year! It's published monthly on the CSES website, where you can also find an archive of all of our past issues

This paper is frequently an informative account of C-Eng events and engineering achievements. It is just as frequently a satirical (and—ahem—uncensored) look at the world from the mind of an engineering student, packed with everything you need to know (and many things you REALLY don't need to know) about Carleton Engineering.

The Iron Times for a compelling read and—more often than not—a good laugh.



/TheIronTimes



@theIronTimes

Want to contribute to the Iron Times by writing an article or designing a comic strip? We are always on the hunt for content! Articles can be absolutely any length (recommended: 300-3000 words) and about (almost) absolutely anything. Email any content to irontimes@cses.carleton.ca to see your submission live in print in next month's paper!

THE C-ENG GONG SHOW

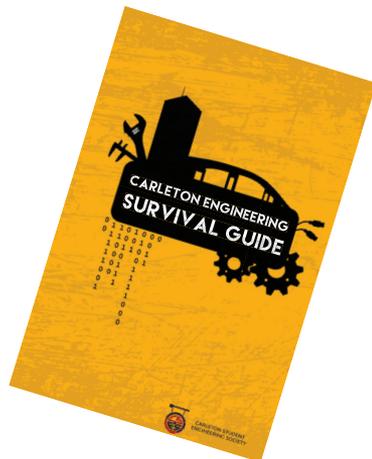
Introduced in 2017, The Gong Show is CSES' monthly news segment. Though it is still in its infancy, expect coverage of happenings around the ME 3300 block, surprise encounters, club and society spotlights, and more throughout the year!



THE HANDBOOK AGENDA

Well, you've figured it out. This strategy guide to C-Eng that you are currently reading IS this year's handbook and agenda! This book has been lovingly compiled just for you as a primer to life in C-Eng while ALSO providing you with a convenient planning solution to help you organize your life.

If you didn't find this handy guide slipped into your EngFrosh kit as a housewarming gift, handbooks (like Passports) will also be available in the CSES office until they're gone.



SOCIAL AWARENESS

BREAST CANCER AWARENESS MONTH

In 2017, CSES ran our inaugural Breast Cancer Fundraiser and campaign in October, Canadian Cancer Society's Breast Cancer Awareness Month.

Our cornerstone event, Operation Pink the Thing, involved painting the engineering structure in Mackenzie Quad pink for the month of October.

In this event's first year of being, we raised just under \$2000 selling patches, baked goods, cans of paint to Pink the Thing, and limited edition pink C-Eng hoodies! This October, our Breast Cancer Fundraiser will be back and better than ever!



MOVEMBER



Every November, C-Eng grows out their Mos and raises money to contribute to the awareness of men's health issues. CSES is proud to facilitate events and exciting activities with the help of our Movember directors all November long to support our own C-Eng Movember team!

Highlights of Movember are the highly successful Movember Shave-Off, Patch Auction, and C-Eng vs. Sprott hockey game. We look forward to another great campaign this fall!

FEBRUARY FEEL-GOOD WEEK

February Feel-Good Week (FFGW) is CSES's week dedicated to mental health awareness and de-stressing, run solely by volunteers! Founded in 2015 by former CSES president, Jasmine Shaw, the spirit of this week is to reduce the stigma associated with mental illness through positivity and communication.



As this week falls right smack in the middle of busy season, we also aim to help alleviate stress during this hectic midterm period. Expect a week full of good vibes and good vibes ONLY!



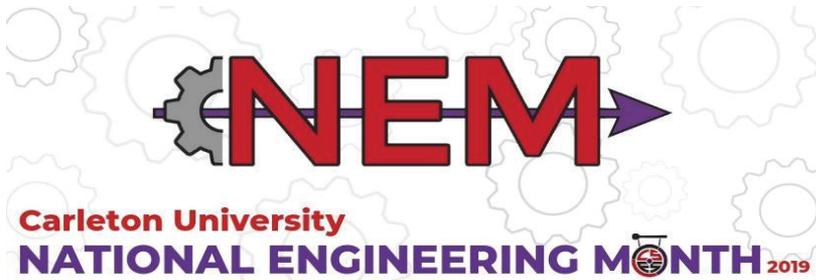
 /FebruaryFeelGoodWeek

NATIONAL ENGINEERING MONTH

Engineering is a profession—and program—that deserves to be celebrated. That's what CSES's National Engineering Month, or NEM (formerly National Engineering Week, or NEW) is all about! By incorporating all aspects of the engineering community, with participation from many engineering clubs and societies, faculty members, alumni, and YOU, we run a week jam-packed with events and activities.

What sorts of activities, you ask? Events range from professional, to social, to outreach programs... And all express why we're so proud to be purple!

NEM echoes Canada's National Engineering Month of March. In 2015, we upped the ante on the festivities, and now we're keeping the ball rolling. Carleton's first NEM 2020 is sure to be a fantastic March full of C-Eng celebration; stay tuned for more information as the date approaches!



/CarletonNEM



@carleton_nem



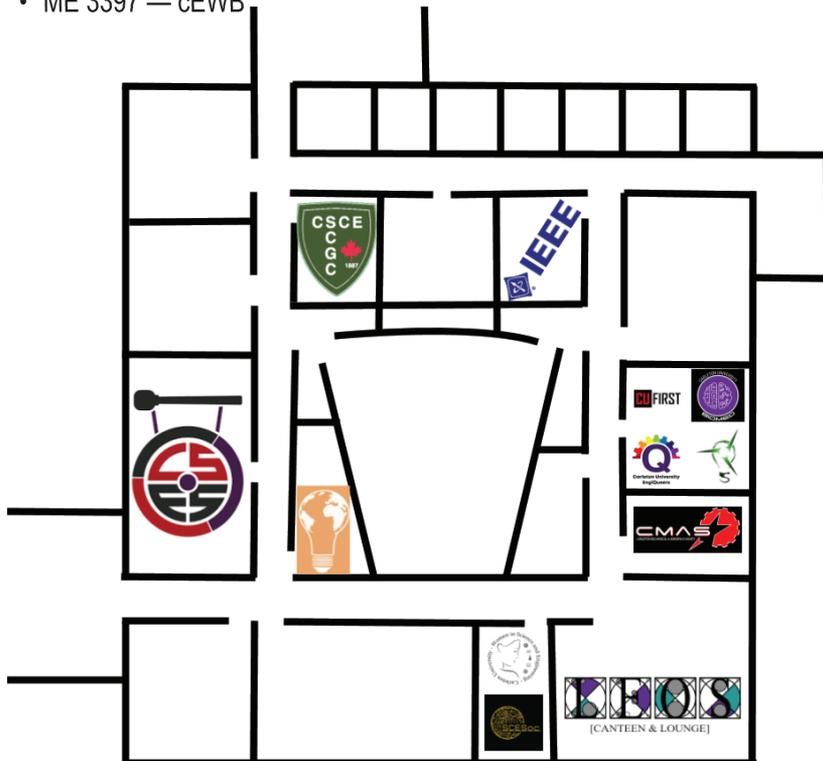
@CarletonNEW

Keep your eyes peeled for the opportunity to volunteer with NEM, either on the organizing committee or to help out with events! Inquire by emailing your VP Academic, Cameron Davis, at academic@cses.carleton.ca.

THE C-ENG CENTROID

The heart of C-Eng, more formally known as the Mackenzie 3300 block! CSES, the Faculty of Engineering and Design, and all of C-Eng's clubs and societies have been hard at work over the past few years to achieve one goal: get C-Eng's student life and bustling community all together in one place. The following clubs and societies can be found here behind the following doors:

- ME 3336 — SCESoc, WISE
- ME 3342 — Leo's Lounge
- ME 3346 — CMAS
- ME 3350 — CUBES, CUE, CUFIRST, SREESoc
- ME 3359 — IEEE
- ME 3379 — CSCE
- ME 3390 — CSES
- ME 3397 — cEWB



ENGFROSH

WHAT IS ENGFROSH?

EngFrosh is Carleton's official orientation program for new students in Engineering, Architecture, Industrial Design, and Information Technology degree programs (but students from other programs are welcome, too!)

The primary goal of EngFrosh is to help frosh get comfortable in their new lives at Carleton by allowing them to bond with their soon-to-be classmates in a fun and safe environment. In doing so, they will create a support network of new friendships, something that can be used for getting help (academic or otherwise) when it is needed most.

As an added bonus, there's the benefit of meeting upper-year students in their programs, who will quickly become valuable resources for anything from course tips to life advice.

WHAT SETS ENGFROSH APART?

There are a number of other orientation programs offered at Carleton, some incorporating the student body at large and others focused on specific interests. However, no program will help you meet other students in the Faculty of Engineering and Design—the people with whom you'll be spending your next four (or five, or six...) years at Carleton—like EngFrosh.

EngFrosh is smaller as a result, meaning that we are able to coordinate a wide variety of super fun activities (such as white-water rafting!) that simply can't be arranged for the larger orientation programs due to sheer volume.

STAY INFORMED:



www.engfrosh.com



[/EngFrosh](https://www.facebook.com/EngFrosh)



[@engfrosh](https://www.instagram.com/engfrosh)



info@engfrosh.com

FLIGHTSUIT PROGRAM

"WHAT ARE THOOOOOOOSE?"

Flightsuits are the glorious blue coveralls that C-Eng students wear with pride. They are embellished with a large C-Eng patch on the back and equipped with eighty-six pockets for all of your storage needs. The front of each flightsuit boasts the wearer's callsign, a unique nickname awarded for certain "special" qualities or for having done "special" things during their time here at Carleton. It's easy to get a callsign—just be yourself and someone will notice how awesome you are!

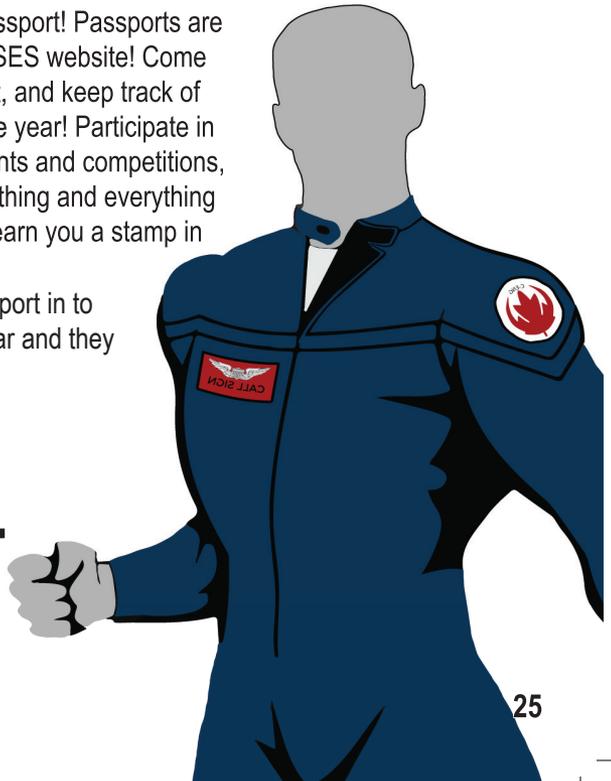
(Well, that, or eat something funky.)

"HOW DO I GET ONE?"

Start by getting yourself a passport! Passports are available in PDF form on the CSES website! Come in to the office and print one out, and keep track of your involvement throughout the year! Participate in your stream society, attend events and competitions, volunteer at Leo's... Almost anything and everything you can do to get involved will earn you a stamp in your passport!

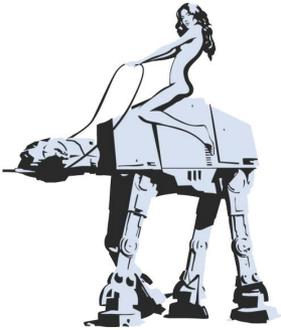
Make sure to hand your passport in to Committee at the end of the year and they will be in touch.

SUIT UP.



TRADITIONS

LADY GODIVA



Lady Godiva is worshipped by engineering students—stick with us and you'll hear her appear in our engineering anthem, Godiva's Hymn, before too long!

Lady Godiva was the wife of Leofric, Earl of Mercia. As the story goes, Lady Godiva took pity on the people of Coventry, who were suffering grievously under her husband's oppressive taxation. She appealed again and again to her husband, who obstinately refused to remit the tolls.

At last, weary of her entreaties, he agreed to grant her request if she stripped naked and rode on horseback through the streets of town. Taking him at his word, Lady Godiva rode through the town, clothed only in her long hair. In the end, her husband ended up keeping his word and he abolished the onerous taxes.

Lady Godiva's relevance to engineering and technology has not quite been determined.

ENGINEERING JACKETS

In the winter of 2004, a few Carleton Engineering students got together and decided to design a new leather jacket. The design had to establish a united C-Eng community of students, graduates, and faculty. These new red jackets can be seen all over campus, Ottawa, and the universe. They are worn with pride to engineering competitions and intergalactic missions alike.

Jacket fitting will take place in late October; inquire with CSES for details!



PURPLING

For every EngFrosh and Homecoming, the students of C-Eng gallantly band together to bathe in a glorious purple dye. This perfectly harmless concoction creates a jolly band of purple people that are happy to cheer, dance, and welcome first years to Carleton Engineering.

The colour purple has long symbolized royalty, honour, bravery, Barney the dinosaur, and loyalty. It has been adopted by engineers as a representation of their commitment to public safety and innovation.



PEWTER MUGS



Pewter mugs are a tradition among Carleton Engineering graduates. Each mug comes engraved with the Carleton crest on the front and your name, year, and stream on the back. Best of all, it's free to all 4th-year engineering students in good member standing with CSES!

THE GONG



Mandated by a meeting of the CSES members and purchased in 2006, the Gong is CSES's mascot.

A ring of the big Gong opens all of our important events and a miniature travel model is brought to conferences as a symbol of our spirit and pride.

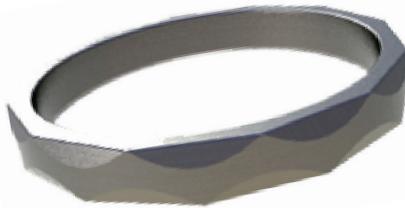
THE IRON RING

The idea of a ceremony for the Obligation of Canadian Engineers dates back to 1922, when seven former presidents of the Engineering Institute of Canada attended a meeting in Montréal with other engineers, it was decided that “an organization was needed to bind all members of the engineering profession in Canada more closely together.”

Journalist and poet Rudyard Kipling responded to the request for a “suitably dignified obligation and ceremony” with the Ritual of the Calling of the Engineer, to be administered by the Seven Wardens, Inc.

It was instituted with the simple end of directing newly-qualified Canadian engineers towards a consciousness of their profession and its social significance, indicating to more experienced engineers their responsibility to welcome and support the newcomers to their profession.

The Iron Ring has been registered and may be worn on the little finger of the working hand by any engineer who has been obligated at an authorized ceremony of the Ritual of the Calling of the Engineer. The ring symbolizes the pride engineers have for their profession, while simultaneously reminding them of their humility.



It serves as a reminder to the engineer and others of the engineer’s obligation to live by a high standard of professional conduct. It is NOT, however, a symbol of qualification as an engineer—this is determined solely by the provincial and territorial licensing bodies for the engineering profession.

You can read more about the calling of an engineer at www.ironring.ca.

STREAM SOCIETIES



CMAS strives to enrich and promote the fields of mechanics, aeronautics, and astronautics by providing educational opportunities, academic support, services, and events to the

Carleton Engineering community. Although CMAS's focus is on mechanical and aerospace engineering, collaboration between all engineering disciplines is welcomed and encouraged. CMAS promotes an open, positive, and safe environment for all students in their office in ME 3346.

 president@cmas.carleton.ca

 /theCMAS



CARLETON
CHAPTER

The Carleton University CSCE Student Chapter is a student-run undergraduate stream society located in ME 3379 for civil and environmental engineering students at Carleton. Our

goal is to provide students with the opportunity to meet industry professionals and faculty members, and also to participate in our social and academic events such as bridge competitions and guest lectures, among many others.

 carletonCSCE@gmail.com

 CSCE Carleton Student Chapter



IEEE Carleton is a local student branch of IEEE, an international organization involved in setting technological standards, organizing conferences, and bringing professionals together

for everyone's benefit. We offer technical workshops, seminars, competitions, industry tours, project workspaces, textbooks/course materials, and networking opportunities. You are not only invited to attend these events, you can also help us organize them and show prospective employers that you have what it takes to succeed. Visit our office in ME 3359 to meet students, study, work on projects, get help, and get started on being part of our community.

 execs@ieee.carleton.ca

 IEEE Carleton



The Systems and Computer Engineering Society (SCESoc) is the stream society for students in the Department of Systems and Computer Engineering, but we welcome students from all disciplines. SCESoc was revived during the 2015-2016 school year, with events aimed to enrich our members' lives through a variety of both academic and non-academic activities.

We organize events such as study groups, workshops, help sessions from upper years and professors/TAs, trips to conferences, and networking events.

 scesoc.carleton@gmail.com

 /SCESoc



The Sustainable and Renewable Energy Engineering Society (SREESoc) actively represents students of the SREE and ACSE program both internally and externally to the Carleton community.

Open to any program, the society provides social events, academic support, and the chance to network with professionals in the industry. We are always looking for outgoing students and volunteers of all disciplines and backgrounds.

 info@sree-society.ca

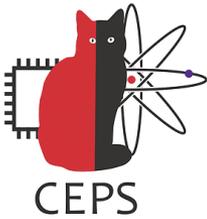
 Sustainable and Renewable Energy Engineering Society



A coalition of architecture, arch-eng, civil engineering, history & theory of architecture, and industrial design. We bridge the gap between our programs. We are The Bridge.

 carletonbridge.wordpress.ca

 /groups/CarletonBridge



The Carleton Engineering Physics Society is dedicated to the progress of engineering physics students, or more specifically, anyone interested in anything engineering- or physics-related. We involve our members in both engineering-related and social events, improve student relations, and facilitate peer assistance and mentoring. We enable student members to broaden their social and professional networks. In doing so, we hope to improve their enjoyment, opportunities, and overall exposure/ experience in the field. We also hope to make Eng Phys students aware of all their options and opportunities as an Eng Phys student when they graduate.

 carleton.ceps@gmail.com

 [/groups/Carleton.CEPS](https://www.facebook.com/groups/Carleton.CEPS)

The Carleton Society of Communications Engineering Students (CSCES) aims to connect all the undergraduate Communications Engineering students at Carleton. The society also aims to provide year-long activities for students, motivating them to get more involved and opening up opportunities to connect with upper-year students.

 communications@cses.carleton.ca

 [/groups/CSCS.Communications](https://www.facebook.com/groups/CSCS.Communications)



The Carleton University Biomedical Engineering Society (CUBES) is the official stream society for the undergraduate Biomedical Mechanical Engineering and Biomedical Electrical Engineering programs. The goal of the society is to provide support, resources, and socializing opportunities for biomedical engineering students. Getting involved will allow students to network with other students, faculty, and industry professionals.

Through both social and academic events, the society creates many opportunities for undergraduate students to meet their peers, learn more about their program, and become part of the biomedical engineering community.

 cubes.carleton@gmail.com

 [/CUBiomed](https://www.facebook.com/CUBiomed)

DESIGN TEAMS

The Great Northern Concrete Toboggan Race (GNCTR) is the oldest engineering competition in Canada. It is a competition that challenges a team of 20-25 engineering students to design, build and safely race a metal and concrete toboggan. Teams are judged in several categories, including steering, braking, concrete mix, technical exhibition, and team spirit. It is a great way to meet new people and gain some practical engineering experience!



 carletongnctr@gmail.com



Every year Carleton sends several teams to the Troitsky Bridge Building Competition at Concordia University. Teams work together to build bridges made out of popsicle sticks, white glue, and dental floss. The bridges are then tested to determine the maximum load capacity. We are always looking for new faces! If you would like to get involved join our Facebook group "Carleton University Troitsky Bridge" or send us an email. Keep a lookout for our general interest meeting in October!

 carletonadmirals@gmail.com

The Carleton Planetary Robotics Team (CPRT) is a student-run group that aims to design, build, and program a Mars Rover to compete in international competitions. The group has participated in the 2016 UK University Rover Challenge and is working to compete at the 2017 University Rover Challenge at the Mars Desert Research Center.



 carletonplanetaryrobotics@gmail.com

CU InSpace is a dynamic team of rocket enthusiasts that love to design, build, and launch full-scale sounding rockets. The team competes annually at the Spaceport America Cup, the world's largest rocket competition.

The team competed at the Spaceport America Cup for the first time in 2017 and was one of 20 teams to present on our student-designed inner structure.



 carletonuinspace@gmail.com



Ravens Racing is composed of a multi-year, multidisciplinary range of engineering students all vying to put the theory learned in class towards designing, manufacturing, and testing Formula-style race cars. Each year we design, build, and test a brand new race car in order to compete in the Formula SAE series across North America.

 fsacarleton@gmail.com

The Blackbird UAV team provides Carleton students with practical project experience in the areas of aerospace design, payload systems, autonomous flight, wireless communication, and software development. The ultimate goal is to achieve a system that is competitive not only among academic institutions, but within the UAV industry.

Our team also aims to promote research and development in the unmanned systems field, both at Carleton University and elsewhere. Furthermore, the team hopes to promote the commercial use of small UAVs and their integration into airspace both within Canada and internationally.



 uavblackbird@gmail.com

INTEREST/CULTURE CLUBS

Engineers Without Borders unlocks human potential in Sub-Saharan Africa by investing in forward-thinking social enterprises. We support local innovators to accelerate their impact and apply their innovations on a global scale to the benefit of millions. At a chapter level, we host educational sessions, fundraise, and promote ideas. Every year, we send a junior fellow to an EWB venture in Sub-Saharan Africa to learn and bring that knowledge back to Carleton.



engineers without borders
ingénieurs sans frontières
Canada

Carleton University Chapter



carleton@ewb.ca



The C-Eng Musical is a creative outlet for an unlikely group of people; allowing engineering students to write, sing, dance, act, build, organize, advertise, and entertain. Its original purpose was bringing comedy and joy to the lives of these extraordinarily hardworking and capable people. Thanks to the suggestion of Professor Ron Miller (an incredible resource and narrator) back in 2012, its purpose has grown, and the proceeds of every show are donated to charity.



carletonengineeringmusical@gmail.com

FrEng is a group of engineering students who gather once a week for an hour to practice their French. It is open to everyone. Come have fun with us. FrEng est un groupe social pour ceux qui aimeraient garder leur français durant leur éducation universitaire en génie. Nous nous rencontrons toutes les semaines entre amis pour discuter et s'amuser au bar Ollies sur le campus. FrEng est un groupe parfait pour parler français dans un environnement relaxé.



frengcarleton@gmail.com

CU FIRST's mission is to promote and expand FIRST (For Inspiration and Recognition of Science and Technology) and its robotics-based educational programs for youth both on-campus and throughout Ottawa. By connecting Carleton students with mentoring and volunteer opportunities, as well as hosting competitions and networking events, our goal is to get more people involved in this amazing program that builds science, engineering, and technology skills and fosters well-rounded life capabilities including self-confidence, communication, and leadership.



 contact@cupfirst.mycses.ca



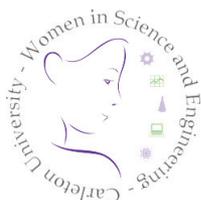
The Emerging Green Professionals (EGP) Carleton Chapter is a student club affiliated with the Canada Green Building Council (CaGBC). As EGPs, we aim to inspire and encourage the pursuit of a healthier, more sustainable planet through our built environment and the choices we make within them. We do this by keeping sustainability-related topics active and by exposing students to opportunities in the sustainability industries through fun and educational events. Our club welcomes students of all disciplines who are passionate about sustainable development and green building design, and we are always working alongside the CaGBC to provide more learning and networking opportunities between like-minded students and working professionals in related fields.

 egpcarleton@gmail.com

Carleton University EngiQueering (CUE) is the LGBTQ+ and ally club of the Faculty of Engineering and Design! Our goal is to run entertaining social events and educational workshops for everyone to enjoy, as well as providing a safe space for those within the LGBTQ+ community. Some of our events include Colour Me Queer, Frost Week Film Fest, Scrooged, and much more! If you are looking to get involved, check out our Facebook page “Carleton University EngiQueers - CUE”. You can also contact us through email and subscribe to our monthly newsletter, The Gay Agenda.



f /CarletonEngiqueering



The Carleton University Women in Science and Engineering (CU-WiSE) is a group of enthusiastic and undergraduate and graduate students who encourage and support women to pursue and education and career in science or engineering.

f /CUWISE

The National Society of Black Engineers' Mission is to increase the number of culturally responsible black engineers who excel academically, succeed professionally, and positively impact the community.



f /groups/CarletonNSBE



The Carleton University chapter of the Canada-wide Association of Korean-Canadian Scientists and Engineers was established to build a sense of community and foster a friendly environment amongst people of Korean background, especially in the fields of Science and Engineering.

f AKCSE-Carleton University

ALUMNI ASSOCIATIONS

THE BROTHERHOOD OF SOOPP

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 to dedicate solely to their careers, but they will only have the next few years to live in the completely amazing and altered reality that is university life. We encourage students to embrace it, meet people, make friends/future business contacts, and simply have the time of their lives.”



CU ALUMNI ASSOCIATION



The CUAA has a dedicated engineering chapter that gives back the C-Eng community by volunteering with key events, such as EngFrosh and Carleton's engineering competition, C-EngC. They also collaborate with CSES to organize Ring Day festivities for our new grads!

EXTERNAL ORGANIZATIONS

PROFESSIONAL



Professional Engineers Ontario

Professional Engineers Ontario (PEO) is the licensing and regulating body for engineering in the province of Ontario. It fulfills the same role for engineers as the College of Physicians and Surgeons does for doctors, or that the Law Society of Upper Canada does for lawyers. PEO creates and maintains the standards of knowledge, skill, ethics, and qualifications for professional engineering in Ontario. PEO also has a Student Membership Program (SMP) to help you out as you progress towards your goal of becoming an engineer. Check it out on their website, www.peo.on.ca!



ONTARIO SOCIETY OF PROFESSIONAL ENGINEERS

The Ontario Society of Professional Engineers (OSPE) is a member-interest advocacy organization, created jointly by PEO and the Canadian Society of Professional Engineers (CSPE.)

OSPE is the result of a two-year process to separate regulatory and non-regulatory affairs for the profession, culminating in a referendum of PEO members that found 80% supported starting a separate advocacy organization. OSPE is the voice of Ontario's engineers, supporting, representing, and advancing their interests, as well as promoting engineering excellence for the benefit of the public.

Learn how to get involved by going to www.ospe.on.ca!

PARTNERS



The Canadian Federation of Engineering Students (CFES) is a national organization that represents engineering students all across Canada. CFES aims to provide opportunities in support of an all-encompassing education for engineering students in Canada, including a national engineering competition, a leadership conference, and a conference promoting diversity in engineering.



www.cfes.ca



[/CFES.FCEG](https://www.facebook.com/CFES.FCEG)



[@CFES_FCEG](https://twitter.com/CFES_FCEG)



The Engineering Student Societies' Council of Ontario (ESSCO) is an association of undergraduate student societies from Ontario universities. Their focus is to represent the collective interests of engineering students to various contacts in government, academia, and industry. ESSCO also hosts two conferences, PEO-SC and FYIC, for engineering students in Ontario to develop their leadership skills.



www.essco.ca



[/ESSCOntario](https://www.facebook.com/ESSCOntario)



[@ESSCOntario](https://twitter.com/ESSCOntario)

CFES CONFERENCES

CONFERENCE ON DIVERSITY IN ENGINEERING

The CFES is proud to offer the Conference on Diversity in Engineering (CDE) as a valuable service to its members. CDE aims to encourage discussion and collaboration between engineering students and professionals around the theme of diversity in engineering.

CDE 2018 will be held at Western University in November!

CONGRESS

Delegates attending this week-long conference are provided with a fantastic opportunity to meet 40+ other eng schools and learn from other student leaders and industry professionals. This national transfer of knowledge is invaluable, as it provides students with tangible, real-world examples and advice on how to improve their personal and professional skills.

Congress 2019 will be held at the University of Alberta in January!

CONFERENCE ON SUSTAINABILITY IN ENGINEERING

This conference aims to raise awareness about issues in sustainability and environmental engineering, and encourage students to discuss and design solutions to counter them.

CFES will be hosted by the University of Waterloo in February



ESSCO CONFERENCES

PROFESSIONAL ENGINEERS ONTARIO STUDENT

ESSCO AGM is a conference held annually to prepare and further advance the leadership abilities of students who are both new to their Engineering Society, or who are looking to further their involvement. The goal of this conference is for students to exchange best practices and ideas relating to clubs and societies.

ESSCO AGM will be held in February at McMaster!

PROFESSIONAL ENGINEERS ONTARIO STUDENT CONFERENCE

Organized with the support of PEO, PEO-SC is a professional development conference that introduces delegates to the work of PEO and the benefits of obtaining a P.Eng license.

PEO-SC is being held at Carleton in September this year!

FIRST YEAR INTEGRATION CONFERENCE

The FYIC is a leadership development conference exclusively for first-year students looking to get involved in their engineering societies. Sessions are designed to develop leadership potential, break down first-year barriers, and introduce the inner workings of how their EngSoc functions.

FYIC 2019 will be held in November (location TBD)!



ENGINEERING COMPETITIONS

LOCAL

CARLETON ENGINEERING COMPETITION

CSES is happy to be the host of Carleton's own Engineering and Design Competition (C-EngC) every fall! The competition includes a range of categories and serves as the local qualifier for provincials. C-EngC tends to take place in **October**.

PROVINCIAL

ONTARIO ENGINEERING COMPETITION

The Ontario Engineering Competition (OEC) will be taking place in **January at the University of Guelph** this year! It boasts seven competition categories: consulting—teams must try to solve a current problem facing Canadian engineers, communications—teams must explain a sophisticated system to a layman audience, debate—show up and improvise a debate regarding a given topic, junior/senior design—teams are given a set of resources and must use them to complete a design challenge, and programming—teams must create a functioning program to solve an engineering problem.

NATIONAL

CANADIAN ENGINEERING COMPETITION

The Canadian Engineering Competition (CEC) will be taking place in **March at the University of Manitoba** this year! The four-day event brings together approximately 200 engineering students from across Canada to compete in various categories such as debate, consulting, design, and technical presentation.

THE FACULTY OF ENGINEERING AND DESIGN

DEAN



Larry Kostiuk

PhD, P.Eng, FCSME, FCAE

“My impression of Carleton University, and especially the Faculty of Engineering and Design, is one of energy and optimism, pride and professionalism, and a continuing desire for teaching and research excellence,

“I am excited to help shape a collective vision for the future. I believe strongly that academic institutions must recognize the value of balance: balance between teaching and research; specialism and interdisciplinarity. We need to dare to nurture a mix of foundational and explorative pursuits in an environment that is both stable and innovative. A key part of this balance must come from being an

equitable, diverse and inclusive community.”

Born in Hay River, NWT, professor Kostiuk was educated in Mechanical Engineering at the University of Calgary (BSc – 1983) and the University of Alberta (MSc – 1985), before receiving his PhD in Engineering from Cambridge University (1991). He was a Post-Doctoral Fellow (1991 – 1993) at the Lawrence Berkeley National Laboratory in California before returning to Canada to become an Assistant Professor at the University of Alberta in 1993

He served as Chair of the Department of Mechanical Engineering (2002 – 2012), an Associate Vice-President – Research (2015 – 2018), and Director of Future Energy Systems (2016 – 2018), a Canada First Research Excellence Fund program, at the University of Alberta.



info_engdesign@carleton.ca



(613) 520-5790



www.carleton.ca/engineering-design

ASSOCIATE DEANS



Richard Dansereau,
PhD, P.Eng, SMIEEE

For assistance with academic performance/issues, advanced standing/transfer credits, recruitment, and admissions, please contact the Associate Dean for Student Affairs, Richard Dansereau.

For assistance with academic planning, curriculum and calendar changes, as well as Faculty programs, please contact the Associate Dean for Policy and Planning, Donald Russell.

 engacadsupport@carleton.ca



Jerome Talim,
PhD, P.Eng

ACADEMIC ADVISORS

Academic Advisors can help you to understand academic rules, overcome academic difficulties, develop effective study skills, learn more about your degree and how it relates to the professional world, and choose/change degree programs.

For all stream-specific academic advisors, visit www.carleton.ca/engineering-design/current-students/undergrad-academic-support/undergraduate-advisors.

DEPARTMENTAL CHAIRS

CIVIL AND ENVIRONMENTAL



Professor Paul Van Geel | ME 3432

 (613) 520-5784

 paul.vangeel@carleton.ca

ELECTRONICS

Professor Niall Tait | ME 5170

 (613) 520-2600

 niall@doe.carleton.ca



MECHANICAL AND AEROSPACE



Professor Ron Miller | ME 3135

 (613) 520-5684

 ron.miller@carleton.ca

SYSTEMS AND COMPUTERS

Professor Yvan Labiche | ME 4456

 (613) 520-5740

 yvan.labiche@carleton.ca



STUDENT GOVERNMENTS

CUSA

The Carleton University Students's Association (CUSA) is a non-profit corporation that represents all undergraduate students at Carleton University. Executive members of CUSA are elected by the undergraduate student body and are full-time employees of the corporation. CUSA council acts as the Board of Directors for the corporation; its members are voted in and held accountable by the undergraduate population at Carleton.

Sitting on the CUSA council on behalf of the Faculty of Engineering and Design to represent you are our elected FED reps for 2019-20:

- **Cameron Davis**
- **Davis Moore**
- **Michael Isa**
- **Ruona Osharode**

CUSA operates four large businesses on/near campus that you'll find yourself frequenting—if not every day—at least occasionally:

- **Rooster's Coffeeshouse (pita and smoothie heaven)**
- **Oliver's Pub & Patio (affectionately known as Ollie's)**
- **Henry's Convenience Store (also, conveniently, a post office)**
- **Haven Books (discounted textbooks!!)**



www.cusaonline.ca



[/CUSAOnline](https://www.facebook.com/CUSAOnline)



[@cusaonline](https://www.instagram.com/cusaonline)



CASG



Carleton's Academic Student Government (CASG) functions as an intermediary between students, faculty, and administration, allowing students to influence the university's governance. CASG deals primarily with the academic life of undergraduate students, as well as school-wide issues involving all students.

CASG is recognized as the student wing of the administration running under the Senate of Carleton. CASG is a non-political organization that only takes positions regarding academic issues as they apply to Carleton undergraduate students. It is also a separate organization from CUSA.



www.casg.ca



[/CarletonAcademicStudentGovernment](https://www.facebook.com/CarletonAcademicStudentGovernment)

RRRA

The Rideau River Residence Association (RRRA, pronounced "RAW") is the student government that represents the undergraduate students living in residence at Carleton University. Its membership consists of roughly 3000 undergraduate students enrolled who are enrolled at the university and living in residence.

With an annual budget of about \$1.4 million and three executives alongside volunteer staff, RRRA serves as an advocate for students in residence while providing a variety of services, events, and programs to its members.



www.rrra.ca



[/RRRA.CU](https://www.facebook.com/RRRA.CU)

STUDENT CENTRES

MAWANDOSEG CENTRE



The Mawandoseg Centre is here to address the unique needs of Aboriginal students at Carleton University, including the promotion of their culture, representation amongst the student body, access to Aboriginal-specific programming, and the chance to study alongside other Aboriginal students.

The Centre promotes awareness of Aboriginal student issues on campus and offers peer support in an effort to improve upon the quality of the university experience for Aboriginal students.



aboriginalcentre@cusaonline.ca



[@CUAboriginal](https://twitter.com/CUAboriginal)

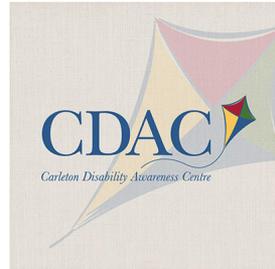


[/CUSAMawandosegCentre](https://www.facebook.com/CUSAMawandosegCentre)

DISABILITY AWARENESS CENTRE

The Carleton Disability Awareness Centre (CDAC) provides social support regarding disability or accessibility. It acts as a forum for disability issues, providing advocacy and events that raise disability awareness on campus and in the broader community.

CDAC is in place to foster social opportunities and to involve the CUSA membership in disability education and the promotion of inclusion, challenging the stereotypes surrounding disability and assisting in the removal of barriers in every aspect of university life.



[/CUCDAC](https://www.facebook.com/CUCDAC)



cdac@cusaonline.ca



[@CU_CDAC](https://twitter.com/CU_CDAC)

FOOT PATROL



Foot Patrol provides safe walks, the Walk and Talk service, event safety support through Foot Patrol event teams and the Guardian Program, and the Borrow a First Aid Kit service to the Carleton community. Volunteers operate in pairs, and are required to obtain a police record check in the vulnerable sector and complete a Foot Patrol training session before joining. Foot Patrol also patrols Carleton, promotes safety awareness and theft prevention, and conducts bi-annual safety audits of campus. All of our services are free.



footpatrol@cusaonline.ca



[@Foot_Patroll](https://twitter.com/Foot_Patroll)

GENDER & SEXUALITY RESOURCE CENTRE

The Gender and Sexuality Resource Centre (GSRC) aims to be a safer space for all Carleton students, regardless of gender identity or sexual orientation. The Centre is based on a framework of education, advocacy, and support.

The GSRC offers a variety of resources including peer support, an extensive library, community referrals, and safer sex supplies. In addition to its daily drop-in services, the GSRC hosts a variety of events for the greater Carleton community throughout the academic year. The GSRC endeavours to take an intersectional approach to their programming, recognizing that each of us brings a multiplicity of identities and lived experiences to all that we do.



gsrc@cusaonline.ca



[@CUSA_GSRC](https://twitter.com/CUSA_GSRC)



[/CarletonGSRC](https://www.facebook.com/CarletonGSRC)

HEALTH AND WELLNESS CENTRE

The Health and Wellness Centre (HWC) provides students with a space to escape the stressful aspects of school and work. The HWC also has an array of resources available for students to utilize, such as information about health and wellness support on campus and in the community.

While most people relate health and wellness to physical and mental health, it is imperative to incorporate all aspects of wellness to lead a healthy lifestyle. The HWC aims to address and promote the seven dimensions of wellness: physical wellness, emotional wellness, occupational wellness, social wellness, environmental wellness, spiritual wellness, and intellectual wellness.



 hwrc@cusaonline.ca

 [@HWRC_CU](https://twitter.com/HWRC_CU)

INTERNATIONAL STUDENTS' CENTRE



The International Students' Centre (ISC) embraces cultural diversity from countries around the world. The ISC represents the international community on campus and provides a safe environment for nurturing cultural and educational experiences through conversations, presentations, passionate debates, and international and local exposure.

The ISC has a comfortable multi-purpose lounge and resource library that is rich in information; you can find books, newspapers, and magazines that cover social, economic, and political issues in various countries.

 isc@cusaonline.ca

 [@CUSA_ISC](https://twitter.com/CUSA_ISC)

REC HALL

REC Hall strives to ensure an all-inclusive and interactive environment promoting the respect, recognition, and appreciation of racial, ethnic, and cultural differences, meeting the needs of a diverse ethnic and multicultural student body.

REC Hall provides peer support advice and referrals for mediation on racial and cultural issues, a much-needed sense of community, and events such as Cultural Diversity Week and Black History Month. REC Hall boasts an extensive resource centre that provides students access to



 rec_hall@cusaonline.ca

 [@RaceEthnicityCU](https://twitter.com/RaceEthnicityCU)

WOMXN'S CENTRE



The Womxn's Centre provides a range of resources and runs a variety of campaigns to empower women. This space is dedicated to everyone who is interested in gender issues and equality!

Resources include a women's studies library, a crisis and support centre, Internet support groups, and a database for women in need of services—from unplanned pregnancy to sexual assault to eating disorders.

 [/CUSAWomynsCentre](https://www.facebook.com/CUSAWomynsCentre)

 [@womyns_centre](https://twitter.com/womyns_centre)

 womyns_centre@cusaonline.ca

CAMPUS SAFETY

CUSERT

The Carleton University Student Emergency Response Team (CUSERT) is a student-run campus response team. CUSERT provides free first-aid coverage at Carleton-based events, free 24/7 on-call emergency medical first response, and medical training.



All CUSERT members are highly trained in first aid and capable of responding to many situations, whether on- or off-duty. CUSERT also represents Carleton at first aid competitions against other university teams across Canada.



www.cusert.carleton.ca



info@cusert.carleton.ca

CARLETON UNIVERSITY SAFETY

Carleton University Safety is a department of the Finance and Administration division of Carleton University. The department consists of Patrol Services, Parking Services, and Technical Services to address the needs of the community regarding personal safety, protection of property, and parking needs.

A community liaison officer provides crime protection services, liaises with various community groups, and offers presentations on personal safety and crime prevention programs. The primary objective of Carleton University Safety is to provide a safe and positive working environment for all students, staff, and faculty.



www.carleton.ca/safety



(613) 520-4444

CAMPUS MENTAL HEALTH RESOURCES

FIT: ACTION

The From Intention to Action (FITA) program supports undergraduate and graduate students in the often stressful university experience. We help students to better manage stress and improve their academic performance, by navigating the personal stressors that can often get in the way of school. FIT: Action students meet 1-on-1 with a Coordinator for 1 hour every week for 12 consecutive weeks. Our Coordinators are staff members or Master's-level interns trained in counselling and psychotherapy.

Often students feel overwhelmed and aren't sure where to go. The most common ways we help are: supportive counselling, stress management, coping skills, time management, and learning strategies.



www.carleton.ca/fita



fitaction@carleton.ca

HEALTH AND COUNCELLING SERVICES

Individual counselling is available on campus to assist you with a wide variety of concerns and to help you better understand any mental health challenges you may be facing. Students commonly come in for problems with anxiety, depression, relationships, substance use or other problems that are impacting their life and/or academics. Counsellors provide a safe and non-judgmental environment for you to discuss these concerns and discover ways to resolve them. Counsellor records are strictly confidential and can be shared only with appropriate individuals with your signed consent.

Carleton Counselling Services offers both booked appointments and same day counselling, as well as crisis services during operating hours.



www.carleton.ca/health/counselling-services

RESIDENCE COUNSELLING

Residence Counselling and Wellness is a satellite office of Health and Counselling Services open exclusively to Carleton students living in residence. We are located in 131 Renfrew Building (on the main floor, close to the rear entrance).

In addition to our three licensed counsellors, we work with housing staff to run events and activities in the Wellness Space; The Wellness Space is a low-key comfortable room to hang-out in anytime the Residence Counselling Office is open (Monday-Friday 8:30AM-4:30PM). Resources are provided for students to do stress-relieving activities including puzzles, colouring, bracelet making, light therapy, or to just relax. Come alone or bring a friend. Any other respectful use of the space is welcome!



www.carleton.ca/health/residence-counselling

COUNSELLING GROUPS

Carleton University also hosts a variety of mental health themed workshops throughout the year. Topics can include mindfulness, meditation, self-exploration, and general mental wellness.

These group sessions will be guided by a Social Worker and/or a psychiatrist, who both have many years of experience working in group settings and who continue to enjoy exploring the mystery of how people can help one another. A variety of methods including dialogue, journaling and action techniques are used to create a safe space for learning about ourselves and others.



www.carleton.ca/health/counselling-services/counselling-workshops

OTHER MENTAL HEALTH RESOURCES

ASPIRA STUDENT ASSISTENCE PROGRAM

Assistance Program services specifically for students. Aspira offers trained professional counsellors who can assist and support students through confidential services. Aspira believes that counselling should be based on need as opposed to a specific amount of sessions. We continue our counselling services as long as the student seeks support. Calls to our counselling service are always answered by our professional counsellors, and Aspira audits all case files in order to ensure quality of service. We have a dual client relationship with our educational institution clients; we focus on both the student and the school, the plan sponsor. Our customized programs ensure that each school has the ability to create their own SAP services based



www.aspira.ca/educational-institutions

EMPOWER ME

All undergraduate students have access to Empower Me—a mental health and wellness service that seeks to contribute to a resilient student community by supporting existing on-campus and Studentcare mental health resources.

Empower Me allows students to connect with qualified counsellors, consultants, and life coaches for a variety of issues. As a Carleton University undergraduate student, you are entitled to sessions delivered in person, by telephone, by video-counselling, or by e-counselling. respectful use of the space is welcome!

TAO

TAO Self-Help provides self-directed modules and practice tools to help you learn positive skills for personal growth – or to assist you in bouncing back from life's disappointments and frustrations. TAO is based on well-researched and highly effective strategies for helping to improve mental health.



www.carleton.ca/wellness/sign-in

SURVIVING FIRST YEAR

IN SCHOOL...

- Go to class. Pretend you'll get candy. Pretend there are hot girls/guys to see. Do whatever you can to avoid wasting your money and time here.
- Be friendly and conversive with profs and TAs. Visit them outside of class during their office hours. They're literally there to help you, so make good use of them.
- Studying is like a B-list horror movie. Don't split up. Stay in a group. Avoid doing things late at night. And avoid haunted cottages while you're at it.
- Take advantage of the past exams and midterms found on our website!
- Upper-years can be valuable resources if you ask nicely.

IN RESIDENCE...

- Ignore your mattress or you will be left pondering its potential as a lethal biohazard. Just remember that, somewhere, you have a home where someone loves you enough to buy you a mattress with no stains.
- Go to the salad bar at the cafeteria or you will develop a severe vitamin deficiency and die before exam season. Wait, maybe that's a good thing...
- DC++ is the residence-only program that gives you access to downloading approximately 1.21 terabytes of mindless waste in the form of movies, music, games, and textbook solution manuals.
- Whatever you do, don't use the Lifestyle condoms your Res Fellow gives you. More often than not, they have multiple holes in them.

IN THE C-ENG COMMUNITY...

- Sign up to volunteer at Leo's Lounge! This is the best place to meet friends, get advice about classes, contribute to C-Eng, and play cards.
- Make the CSES office a frequent stop on your way through Mackenzie. Meet the executives and learn how to make the most of your undergrad years.
- Don't ignore the posters around Mackenzie. There is most likely a networking event or all-night video gaming marathon that you'd love to attend.
- Get involved!

GENERAL FIRSTYEAR CLASSES

CCDP 2100 - Sure hope you like to write.

CHEM 1101 - We call this one "easy chem" for a reason.

CHEM 1001 - We call this one "hard chem" for a reason.

MATH 1101 - The textbook is your friend, even if your prof is not.

MATH 1004 - Two words: Table. Method. (And don't forget MyCAR!)

PHYS 1004 - Prophesied by the gods to be the doom of us all.

ECOR 1051 - This class is brand new!

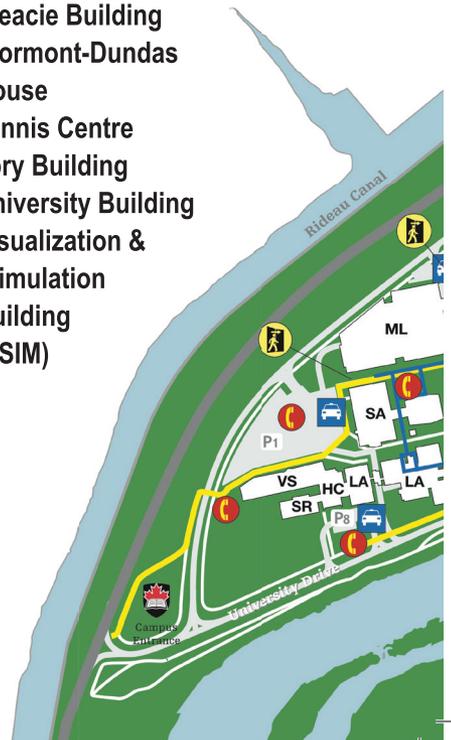
ECOR 1052 - Seriously, no idea.

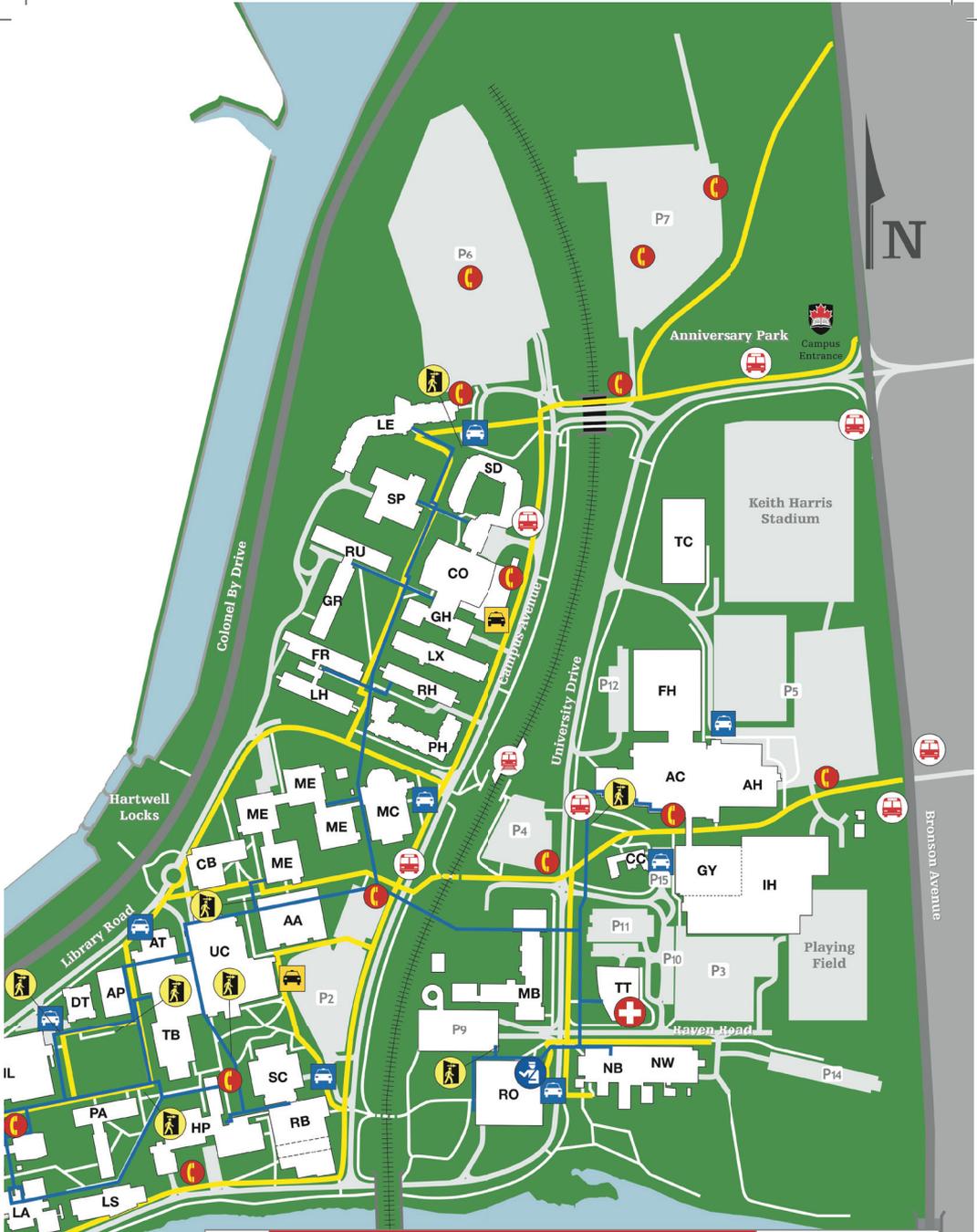
ECOR 1053 - No one has ever taken these before.

ECOR 1054 - Good luck!

CAMPUS MAP

AH	Alumni Hall	NB	Nesbitt Biology Building
AA	Architecture Building	NW	National Wildlife Research Building
AC	Athletics	PA	Paterson Hall
AP	Azrieli Pavilion	PG	Parking Garage
AT	Azrieli Theatre	PH	Prescott House
IH	Carleton Ice House	RB	Richcraft Hall
TT	Carleton Technology & Training Centre	RH	Renfrew House
CB	Canal Building	CO	Residence Commons
CC	Colonel By Child Care Centre	RO	Robertson Hall
DT	Dunton Tower	RU	Russell House
FH	Fieldhouse	SP	St. Patrick's Building
FR	Frontenac House	SR	Social Sciences Research Building
GH	Glengarry House	SA	Southam Hall
GR	Grenville House	SC	Steacie Building
GY	Gymnasium	SD	Stormont-Dundas House
HP	Herzberg Laboratories	TC	Tennis Centre
HC	Human-Computer Interaction Building	TB	Tory Building
LH	Lanark House	UC	University Building
LE	Leeds House	VS	Visualization & Stimulation Building (VSIM)
LS	Life Sciences Research Building		
LA	Loeb Building		
LX	Lennox & Addington House		
ME	Mackenzie Building		
ML	MacOdrum Library		
MB	Maintenance Building		
MC	Minto Centre for Advanced Studies in Engineering (CASE)		

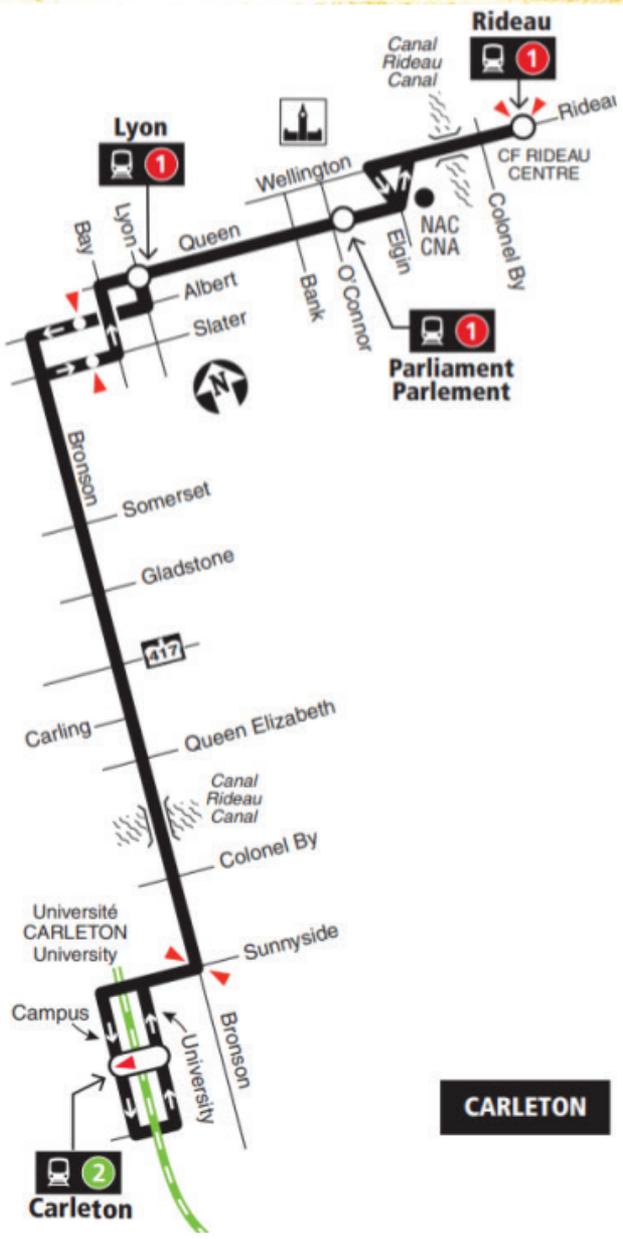




LEGEND		SCALE	Campus Roads	
	Assistance Phones	0 50 100 150 meters		Campus Roads
	Health and Counselling Services			Pathway
	University Safety			Pathway Under Track
	Tunnel Entrances			Safe Pathway
	Assistance Phones			Tunnels
	Taxi Pick up			"O" Train Track
	Taxi Stand			Bus Stop
	Taxi Stand			Train Stop

BUS ROUTES

Carleton
↕
Rideau Centre
10



CARLETON

BUS ROUTES

BRITTANY



CARLETON



7

St-Laurent



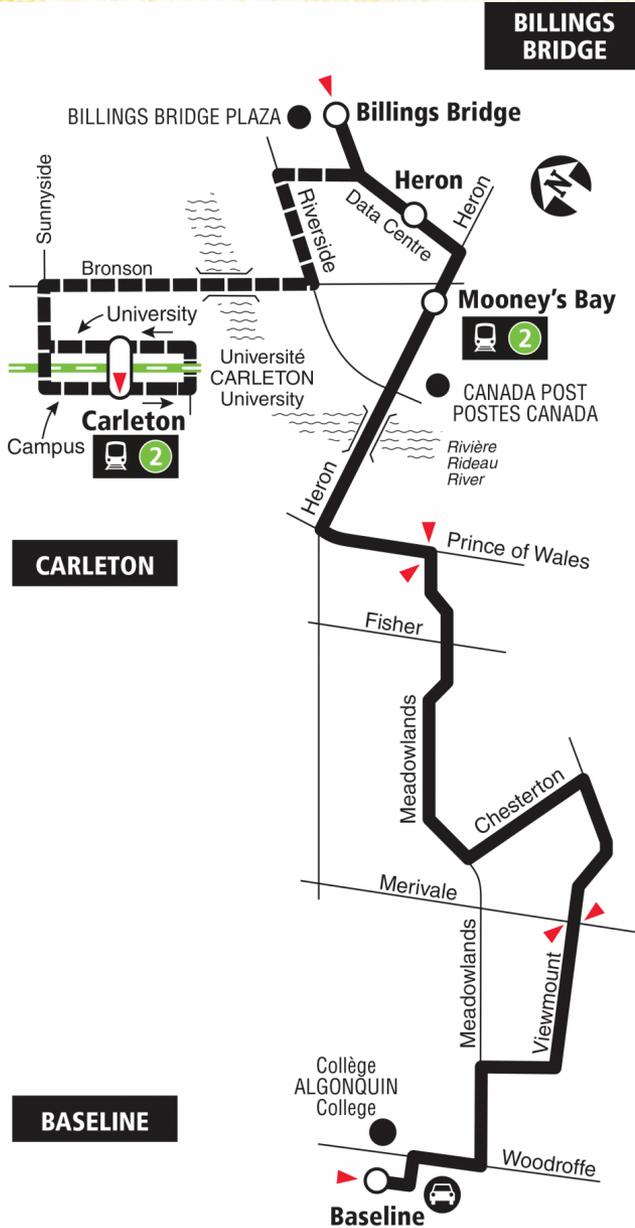
Carleton

BUS ROUTES

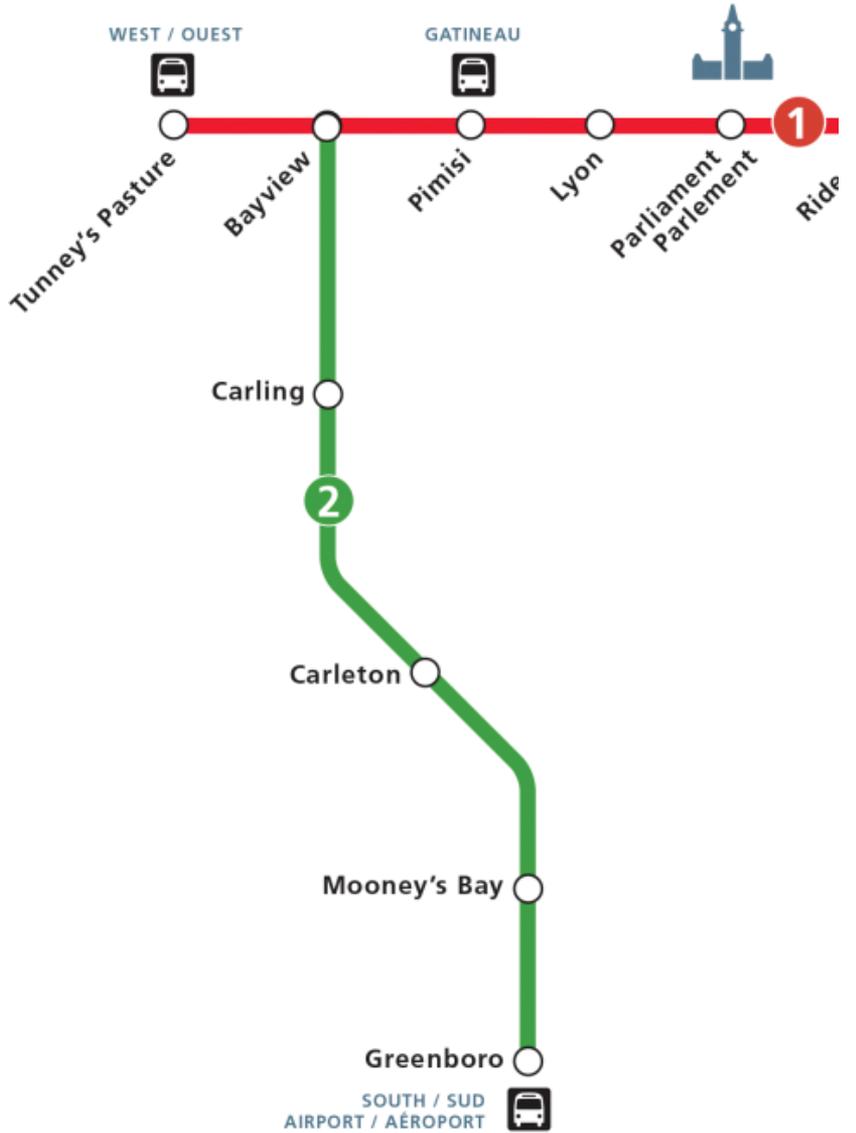
104
Place d'Orléans
↕
Carleton



BUS ROUTES



TRAIN ROUTES



TRAIN ROUTES



Ligne de la
Confédération
Line



Ligne
Trillium
Line



BINGO!

STUDENT PROBLEMS

B I N G O

someone who clearly rolled out of bed 5 minutes ago	someone who will not stop coughing	student leaving way early	someone on with headphones in	student shows up half an hour late, leaves half an hour early
someone trying desperately to stay awake	someone whose laptop volume isn't turned off	obviously stoned student	annoying question kid	prof's handwriting is illegible
someone watching soccer/hockey	someone eating an entire meal	FREE SPACE	a fashion disaster	student arriving way late
student cramming to finish something for another class	someone on reddit (bonus points for r/CarletonU)	student taking up more than their fair share of table space	someone's phone rings	relentlessly flirting couple
someone sleeping	technical difficulties	someone who will NOT shut up	that one kid with 800 different pens and highlighters	prof has to yell at everyone to stop talking

BINGO!

ENG LIFE

B I N G O

"Will this be on the exam?"	Half the class is absent.	"This will be a short derivation." It isn't.	Test looks nothing like the material covered in class.	Foreign prof mis-pronounces engineering term.
Unit conversion is not given.	Professor visibly loses faith in students' intelligence.	Hour of class time spent writing out one proof.	Professor forgets what time class should end.	"I have no problem giving everyone As." No one passes.
"Come to office hours for extra help." Cancels office hours.	Professor tells joke. No one laughs.	FREE SPACE	"Recall from class X..." X is not a pre-requisite.	The dreaded pass exam clause.
Midterm on a weekend.	Hopelessly confusing slides.	Professor goes off on a tangent for the second time in one class.	"I hope this gets bell curved."	A lost artsie.
Professor abandons problem.	Solution manual makes a mistake.	There are more unknowns than equations.	"Can we push the test back?"	Student attempts to out-logic prof. Loses.