

GEAR'S N A P

Guelph's
most
trustworthy
source of
engineering
news!

TUESDAY NOVEMBER 5TH, 2024

ISSUE 1

This publication does not represent the views or opinions of the Guelph Engineering Society, its advertisers, the School of Engineering or the University of Guelph. It does however represent the finest of student reporting - or something like that.

AGGIES PULL TRACTORS - ENGINEERS PULL FASTER



The winners of the OAC Tractor Tug for Tots pose victoriously with their trophy in front of the tractors subjected to a day of non-stop tugging. Photo sourced from the OAC Tractor Tug for Tots Facebook page - more on this story on Page 2!

Overcoming
Imposter
Syndrome in
Engineering

Page 3

How Early is too
Early to Sell Out?
A Letter from the
Editor

Page 9

Top 3 Activities to
do in Guelph in
the Fall

Page 12

Games, gossip,
and more!

Engineers Show up for Charity (and to Whoop Some Aggie Ass)

Congratulations to the Engineers for another historic victory against the Aggies! On October 24th, representatives for Guelph Engineering competed in the annual OAC Tractor Tug for Tots - an fundraising event for children's charities. This year all proceeds went to the Children's Foundation of Guelph and Wellington, an organization which supports food security, recreation, mental health and educational support, and holiday assistance for children in Guelph and Wellington. They are currently accepting volunteers for the *Keep Kids Fed at School* and the *Keep Kids Fed at Home* programs.

Check out their website at www.childrensfoundation.org for more information.

Despite the fact that already Aggies spend all day tugging their tractors, the Engineers pulled through for a victory with the fastest pull and the overall winners of the competition.

The next charity event for the Aggies and Engineers is happening right now! Engineers and Aggies alike are growing their 'staches and collecting donations for Movember to support men's health. If the Engineers win, we will take over Aggie Pub (finally!). If the Aggies win... a

banner will be hung in THRN to forever remind us that Aggies are superior. Donations can be made at movember.com for the team 'UofG Engineers'. Let's get hairy and share-y!



What is Raf thinking? Email submissions to mhilbo02@uoguelph.ca for a chance to have your submission be featured in the next edition of O'Snap.

Congratulations to the 2024 Guelph Engineering Competition Winners!

Congratulations to this year's winners of the Guelph Engineering contest! All first place winners will advance to the next round of the contest. Make sure you give these people a warm congratulations if you run into them in THRN. Being a big fucking nerd finally paid off for them.

Programming

1st Place: Cole Westerveld and Joshua Choong

2nd Place: Ananya Hariharan, Stephanie Corbu, Realyn Aranda

Debate

1st Place: Rafael Saltos and Alexa Bates

2nd Place: Bawneet Singh and Brijesh Thakrar

Senior Design

1st Place: Claire, Thomas, Liam, Andrew

2nd Place: Cameron, Chase, Matthew, Waleed

Re-Engineering

1st Place: Mikayla Astroff

2nd Place: Khang Nguyen

Junior Design

1st Place: William, Graham, and Mark

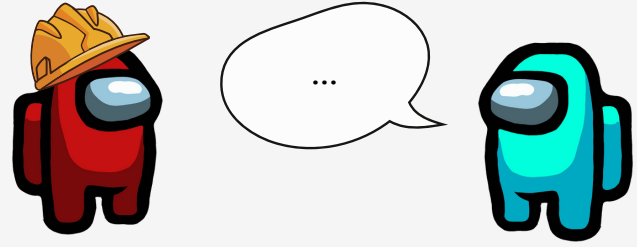
2nd Place: Keane, Dylan, Abubarak



Overcoming Imposter Syndrome in Engineering

Takeaways from the Professional Engineers of Ontario Student Conference

By Megan Davidson



Many engineering students encounter a common challenge known as **imposter syndrome**. During the Professional Engineers of Ontario Student Conference (PEOSC), I attended a session on imposter syndrome, which provided insights and strategies for recognizing and overcoming these feelings.

With midterm season in full swing, it is easy to feel overwhelmed or question your abilities, especially if you do not get the grades you expected, or even if you fail an exam. But remember, you are not alone; many students feel the same way. It is important to recognize that a grade does not define your abilities or your worth. You have worked hard to get here, and even when things do not go as planned, you still belong. Learning from setbacks is part of the growth process, both in academics and in your future career. So, keep pushing forward, trust in your efforts, and remember, you do belong here.

What is imposter syndrome?

Imposter syndrome is the persistent feeling that your achievements are not the result of your own skills or hard work, but rather a fluke. You might feel like a "fraud," constantly fearing that others will discover you don't actually deserve the success you've achieved. This is especially prevalent in high performing fields like engineering, where there is a lot of technical knowledge and problem-solving involved.



Imposter syndrome can be intensified when transitioning from high school to university or academia to the professional world, or during stressful times. As a student, you have clear expectations, grading systems, and detailed guidelines. However, in the workplace, these structures are often replaced by more ambiguous project goals and performance metrics. We can often feel lost, confused and over all out of place, it is important to remember you made it here for a reason, using these strategies can help you overcome these challenges and self doubt.

Strategies for Overcoming Imposter Syndrome

1. Acknowledge Your Achievements

One of the key takeaways from the PEOSC session was the importance of recognizing and accepting your accomplishments. Engineering students and professionals tend to be hard on themselves, often attributing their success to external factors rather than their own skills and effort. You got to where you are because of your own skills, don't dismiss it or say its just luck.

Tip: Keep a personal log of achievements, no matter how small. This could be completing a difficult project, solving a problem, or receiving positive feedback from a colleague or professor. Reflecting on these wins can help counter feelings of inadequacy.

2. Embrace a Learning Mindset

Imposter syndrome often stems from the fear of not knowing enough or making mistakes. However, in engineering continuous learning is a core part of growth, and the P.Eng process. It's okay not to know everything right away. In fact, the ability to learn and adapt is one of the most valuable skills we have. When you first start a new job employers know you don't know everything.

Tip: *Don't hesitate to ask for feedback from your supervisors, teammates, or professors. Put in effort and go to office hours to seek feedback. Not only will this help you improve, but it also shows that you're eager to grow and learn. Surround yourself with a support network, whether it's peers, mentors, or managers, who can provide guidance and encouragement when you're feeling uncertain.*

4. Challenge Negative Thoughts

Imposter syndrome thrives on negative thinking. One key lesson was to challenge these thoughts by asking yourself, "Is this really true?" or "Am I being fair to myself?" Most of the time, the answer is no. Reframing negative thoughts can help you move from self-doubt to self-assurance.

Tip: *Open up about your feelings with trusted friends or colleagues. You'll likely find that they've felt the same way at some point. Sharing experiences can alleviate the pressure and help you see that imposter syndrome is just a temporary hurdle, not a reflection of your actual abilities.*

Tip: *Rather than focusing on perfection, concentrate on progress. When faced with a challenge, remind yourself that every new experience is a learning opportunity.*

If you don't know the answer, seek guidance from mentors or colleagues, this is part of professional development, not a sign of weakness.

3. Seek Feedback and Support

In a workplace, feedback might not come as frequently or clearly as it does in school. Seeking out feedback proactively can help build confidence and clarify expectations. By receiving regular feedback, you can identify areas of improvement and better understand your strengths.

Tip: *When you catch yourself thinking, "I don't belong here" or "I'm not good enough," pause and reflect on why you feel that way. Is it based on facts or on your internal fears? By breaking down these thoughts, you can remind yourself of the skills and qualifications that earned you your place.*

5. Recognize That Everyone Experiences Imposter Syndrome

Imposter syndrome is incredibly common. Even seasoned professionals experience these feelings. Recognizing that you're not alone can be a powerful tool in overcoming self-doubt.

Overcoming imposter syndrome doesn't happen overnight, but with time and consistent effort, you can learn to quiet the inner critic. As you gain more experience, tackle new challenges, and accumulate successes, your confidence will naturally grow. The key is to be kind to yourself along the way and remember that it's okay to make mistakes—what matters is how you learn from them. Growth in the engineering field comes not just from technical skills but from resilience and adaptability. By embracing these qualities and applying the strategies above, you'll be better equipped to handle imposter syndrome and build a successful engineering career.

Imposter syndrome is a common experience for many engineering students and professionals, but it doesn't have to hold you back. By acknowledging your achievements, adopting a learning mindset, seeking feedback, and challenging negative thoughts, you can overcome these feelings of self-doubt. Remember, everyone feels uncertain at times. ***What matters is how you rise above it.***

Professional Engineers of Ontario Student Conference

A student's experience

By Adele Pinsonneault

Resume Writing

Make a great first impression

Contact info:

- Full name, phone number, email address
- Add LinkedIn Profile if submitting online

Education:

- University
- Program
- Start date - Present

Skills:

- List technical skills that you have that are most in-demand for the job you are applying for

Experience:

- Reverse chronological order
- Only include relevant experience
- Company name and Location
- Job Title
- Date of Employment
- 3-5 bullet points of main responsibilities
 - Use action verbs
 - Quantify outcomes and learnings

Additional Sections:

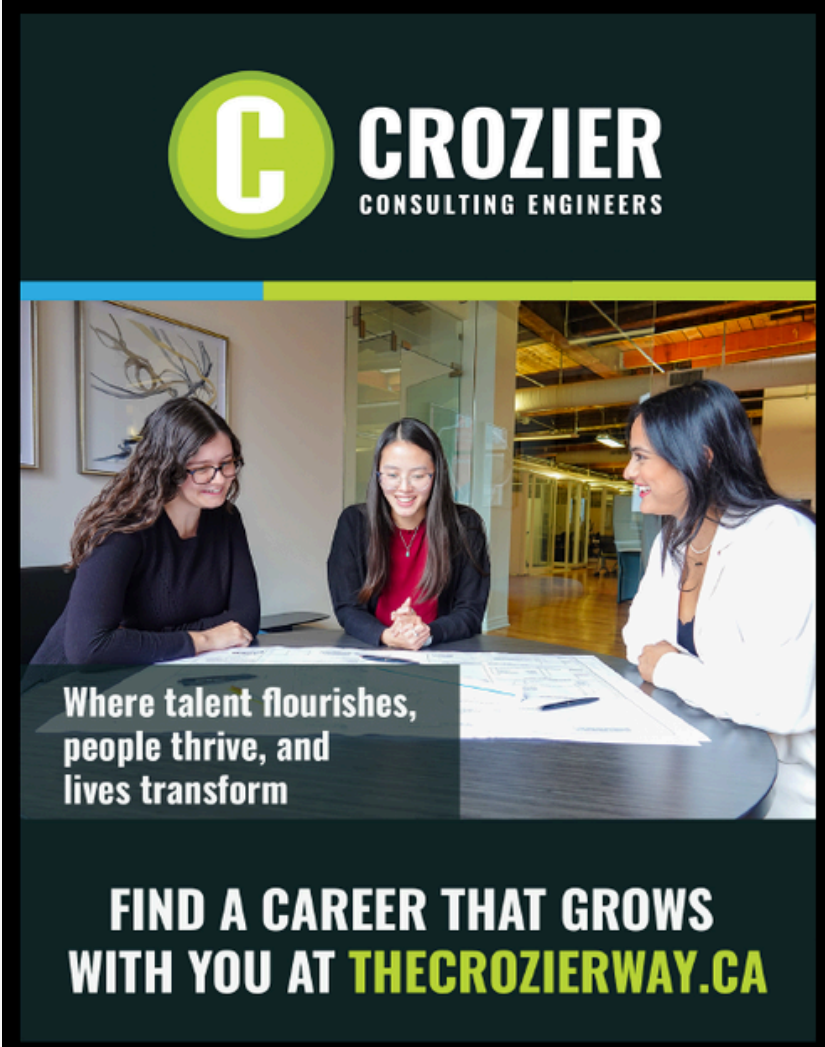
- Projects: Similar format to Experience
- Certifications
- Achievements

General notes:

- Keep to one page
- Use bullet points not paragraphs
- Proofread to avoid grammar mistakes
- Tailor your resume to the specific job
- Avoid colours and pictures

Introduction: choose one of the following

- Qualifications: 3-5 concise points
- Career Objective: 1-2 sentences summarizing skills, experience and career goals



CROZIER
CONSULTING ENGINEERS

Where talent flourishes,
people thrive, and
lives transform

**FIND A CAREER THAT GROWS
WITH YOU AT [THECROZIERWAY.CA](https://thecrozierway.ca)**

Interview Skills

Come prepared and confident

Before the interview:

- Review the job description
- Study your resume
- Research the company's goals
- Prepare general and specific questions for the interviewer
 - What does growth and continuous learning look like at the company?

General Advice:

- Arrive early
- Dress professionally
- Take notes to demonstrate interest
- Bring a physical copy (or two) of your resume



What to expect at the interview:

- Introductions/Tell me about yourself:
 - Present: Name and current education status
 - Past: Brief description of previous experience
 - Future: Career goals and how the company meets these goals
- About the company/position: The interviewer may give a quick description of the company/role
- Personal qualifications and Interests:
 - Why do you want to work at the company?
 - Going over how you are best fit for the role
 - Describe experiences on your resume or other related experiences
 - How do you hope to contribute to the company mission?
- General Questions from the interviewer:
 - Technical Skills
 - Behavioural: Conflict Resolution
 - Situational: What would you do if...
- Questions from the candidate
- Closing and follow up: Thank them for their time



Tell me about a time where you experienced conflict in a work environment?

Situation - Task - Action - Result

Conference Takeaways

Networking:

- Utilize LinkedIn to connect with University alumni or professionals in your field of interest
- Track connections on a spreadsheet to remember advice shared
- Focus on gaining new perspectives
- Most people are happy to help if you have the courage to reach out



Why attend a conference?

- Meet peers from other universities with similar interest
- Participate in engaging sessions to prepare yourself for a career in engineering
- Network and learn from industry professionals that are interested in your success
- Exploring a new city with fun events

PEO P. Eng Licensure:

- Academic Requirement
- Good Character Assessment
- Requires 48 months of verifiable professional engineering experience
 - Acceptability is based on obtaining engineering competencies
 - Licensed P.Eng must validate your competencies



Upcoming Conferences to Look Forward To...

Conference on Diversity in Engineering
November 22nd - 25th, 2024
Hosted by Western University

Canadian Engineering Leadership Conference
January 1st - 7th, 2025
Hosted by University of New Brunswick - Fredericton

EngiQueers Canada Conference
February 6th - 9th, 2025
Montreal

Conference on Sustainability in Engineering
February 20th - 23rd, 2025
Hosted by our very own University of Guelph!



Our purpose:
"Electricity the future"

Our strategy:
from a generalist cable manufacturer
to pure electrification player

Nexans is a major global operational
player in the energy transition for a
sustainable electrification of the world



How Early is Too Early to Sell Out? A Letter from the Editor

By Mac Hilborn

Every engineering student dreams of one day setting aside their morals in exchange for money and fame. Don't act clueless – all disciplines are guilty of this from the Mechs designing machinery meant to take lives and Enviros sucking at the teat of Big Oil. But most engineering students expect this day to come *after* they have their P.Eng. and have been rotting in the same cubicle for years on end. What happens when an engineering student is given the option to make their dreams a reality with institutional support? And what is the catch? Believe it or not dear reader, I encountered this exact scenario a few weeks ago.



Mac poses with bales of recycled plastic at the Guelph Waste Resource Innovation Centre, one of the many thrilling places an environmental engineer can look forward to selling out at!

Don't get me wrong dear reader, Guelph is an alright place to be. But the engineering 'culture' here... is lacking in some departments. Mainly the mischief and shenanigans that I was promised by older engineers who went to University in the 90s and had the privilege to be purpled in carcinogenic Gentian Violet. Nowadays we have to get our carcinogens from the microplastics in our Corn Roast steins. Lame!

That's why when I was offered the highly coveted position of O'Snap Coordinator I had a moral crisis. Here I was, being offered a platform to voice my opinions in front of the entire School of Engineering (*Profs included... If you are a Prof, I'd suggest not reading much further. Or pretend you didn't read any of this. Yes, I will have my assignment in on time. No, I am not letting O'Snap get in the way of my schoolwork*). But at what cost? To peddle EngSoc's propaganda? To sacrifice my journalistic integrity to keep the engineering population tame and satiated!? To continue to propagate an engineering culture of mediocrity!?!

Yes.*

That being said, I am looking forward to being the editor for the Fall 2024 and Winter 2025 semesters. As a voice for the people I vow to be the first one on the scene and to only report on news that is 100% true and verifiable (and not in any way fabricated or defamatory to the University of Guelph).**

Best,
Mac Hilborn

MAC'S NOVEMBER INS AND OUTS

IN

- Coors light pitcher at Woodlawn Bowl
- Slides and socks on the porch
- SHEBAD's new album

OUT

- Gordon Hall Residence
- 20 degree weather in November
- Fourth year break-up curse

* Yes, as far as EngSoc needs to know. Don't tell Raf I said that.

** I cannot confirm nor deny if all news reported is 100% true and verifiable, just that it is news.

November Engineering Horoscopes



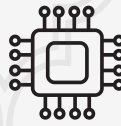
Biological, where to start. November is going to be a rollercoaster of academics and personal drama. Expect some big news from a friend or a roommate soon. Try not to act surprised when they tell you they've gotten back with their ex who accidentally used your toothbrush once when staying over and because of that, it has never tasted the same.



November is prime time for Enviros – leaves are falling and the sweet smell of wet and rotting earth fills the air. Things are in your favour this month, Environmental. Don't be surprised when you find yourself getting decent marks for assignments you wrote while drunk. But remember: good things don't last forever, and we are 3/4 through the semester.



Fear not ESC – stasis is here. November is going to be a slow month for you, like trying to run in waist-deep water. At least your head is above the water this time. If you are looking for a change of scenery, ask a mech to help you get out of your comfort zone at start drinking at 5 instead of 6.



Good news, Computer! It turns out that people love your ill-timed jokes and strangely sickly charm. November is the month to leverage your connections – network, network, network. You never know when the next desperate grifter with a crypto-scheme to shill is going to come along looking for your help.



Try to go with the flow this month, Water Resources. There is strength in numbers and while you may not have that, at least have *some* sort of community that you can lean on. All 5 of you.



Confidence is key, biomedical. Be confident in yourself, the knowledge you have accrued, and the idea that a professor will pick up your 41XX project that totally isn't borderline eugenics. Someone has to pave the way for the future of cyborg society!



You may find yourself feeling emotional this month. Maybe it's because the days are getting shorter and you find yourself studying in pitch darkness at 6 pm. Or maybe it's the midterm marks that are rolling back in. Either way, don't give up. You still have final exams to conquer.



Despite it all, November might be your month, Undeclared. Even with all the pressure from the academic counsellors, you continue to stick true to yourself. People love this about you – you just don't care. Try something that scares you every day this month.



dear BUNSEN...

Have a question you're too scared to ask your professors, classmates, housemates, or parents? Ask your friend Bunsen - rich in experience (and wit). No question is too unusual or outlandish. Just don't come running back crying if the answer isn't what you expected. The truth can be a hard pill to swallow.

Dear Bunsen,

None of my roommates are engineers and I get crazy FOMO listening to them having fun while I am holed up in my room studying for my midterms. How do I deal with this!?

Sincerely,
Ivana Dwink

Dear Ivana,

Try reminding yourself that diamonds are made under pressure. If that doesn't help, join your roommates and hope for the best. You can always do better on the exam anyway.

Sincerely,
Bunsen

Dear Bunsen,

I live in a double in South and my roommate snores so loud its keeping me up at night. I can hear it through his door. When he isn't snoring he is awake playing FIFA and screaming at the top of his lungs. I think his side of the room is starting to ferment. Help!!!

Best,
Sleep-deprived prairie dog

Dear tired
first year,

Sounds like you've got quite the business student on your hands. If earplugs don't work, a good dose of laxatives should keep him on the toilet for most of the night.

Your pal,
Bunsen

*Have a question for Bunsen?
Email submissions to the
editor or leave a note titled
"Dear Bunsen..." at the
Engsoc office.*

Dear Bunsen,

The prof overseeing my 41XX project rejected my group's proposal and told us to re-do it. I spent so much time on it and I thought it was fantastic given that my group mates have done jack shit. What should I do?

Cheers,
4th yr in distress

Dear Reject,

Sounds like you're blaming your group mates for not supporting your bad idea. Consider having a half decent idea before looking for support. If that doesn't work, begging is a strong last resort.

Good luck,
Bunsen

Top 3 Things to do in Guelph in the Fall

By Mac Hilborn

1. Fair November

As if the University Centre wasn't busy enough, you can expect an influx of visitors from November 14th to 17th for the annual Fair November. A host of vendors will be setting up shop peddling wares from tacky hand-knits to hot sauce so strong you will forget your thermodynamics midterm mark. Personally, I do most of my Christmas shopping in this time – Christmas is in December but Santa is busiest in November. And no worries if you are on a tight budget! Fair November is as much entertaining as it is a cash-cow for the University. If you are sick at staring at the antiques teaching your classes take a gander to the UC and see the array of fossils drawn in by the festivities. Archaeological!

2. Study in a Café

There is nowhere in Guelph where the chaotic vibe of the library 4th floor is perfectly replicated, but cafes come close. If your campus study spots have recently been taken over by hordes of first years but you miss eavesdropping on loud conversations about last night's hook-ups, cafes can offer a similar experience at a (larger) fraction of the cost. You're already paying for tuition, what's an \$8 latte? Studios!

3. Drop a Course

Seasonal depression setting in and interfering with your motivation and ability to complete your assignments? Vying for grad school and want to save your GPA? You should try dropping a course! Just imagine how good it will feel to have that weight off your shoulders. Just don't think about all the time and energy and money you wasted. And the fact that your lease expires in May. And that job offer you already accepted. Forward thinking!

Thank You to our Contributors!

Meg Davidson
Adele Pinsonneault
Your pal Bunsen
Mac Hilborn

SUDOKU

2			1				9	
7	8				2	5		
1			7				4	2
6	7							
5	9				4			
		1		2		4	6	9
4			9				2	7
3		6	2	7	8		5	
		7	4					

Solutions to be published in the next issue of O'Snap! If you are impatient, find the editor on campus and bribe him.

Calling all engineering students - can you read, write, or use a camera? Have some opinions you think the entire SoE should know about? Okay with working for free on top of paying thousands of dollars to do school work that will never help you in your day-to-day life? If you think you have what it takes, email submissions to mhilbo02@uoguelph.ca. Opinion pieces, conference reflections, advice, memes, comics, and more are all welcome*. **Submissions for the next edition are due on November 18th. Submissions can be published anonymously. Big things are coming soon!**

*Subject to reasonable limits. No eroticas please!