

# SAIT

**Centre for Continuing Education  
and Professional Studies**



## *FROM STUDENT TO INSTRUCTOR*

*Ali Moussa highlights his journey  
from Lebanon to finding  
success in Calgary  
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## *HARNESS LIFELONG LEARNING AS A FORM OF SELF CARE*

*embracing its real intent is  
more profound than treating  
yourself to dessert or  
a new pair of jeans  
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**Future-proof your career**  
*by topping off your education*

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# INVEST IN YOURSELF & SHAPE YOUR SUCCESS

*Welcome to our reimagined Centre for Continuing Education and Professional Studies at SAIT.*

Our newly established Centre demonstrates the passion and commitment we have for being a global leader in applied education. We're keenly aware of the ongoing demand for lifelong action-based learning, required for today's rapidly-evolving digital economy.

Maintaining relevance is critical for your success. We design our skills-centric curriculum by employing solution-focused research and engaging in enterprising partnerships with industry experts, leaders in government, and past and present students from around the globe. This collaborative approach ensures our curriculum is always relevant to you. We're committed to supporting new and emerging sectors, redesigning existing programs, and developing new courses to meet workplace demands.

We are here to address your unique educational needs and help you achieve your goals. Our dedicated instructors are experts in their field and invested in your growth. Whether you're looking to enhance your skillset, increase your job prospects, advance your career or embrace personal development. Further, we offer flexible learning solutions – both online and in-class – to best suit your lifestyle.

Now is the time to invest in yourself. We look forward to welcoming you to the Centre and supporting your professional and academic development. Your success defines our future. Together we are stronger.



**Vis Naidoo**  
Director of the Centre for Continuing Education and Professional Studies  
SAIT



SAIT acknowledges it is situated on the traditional territories of the Blackfoot Confederacy, which today encompasses the Indigenous people of the Treaty 7 region: the Siksika, the Piikani, the Kainai, the Tsuut'ina, the Stoney Nakoda and the homeland of the Northwest Métis. SAIT also recognizes all the people who make their homes in the Treaty 7 region of southern Alberta.

## RELEVANT & FLEXIBLE CAREER-ADVANCING PROGRAMS

As an institute of advanced technology, we embrace lifelong learning and continue to evolve and grow. We offer nine unique program areas through our new Centre for Continuing Education and Professional Studies.

All of our certification programs are designed for maximum flexibility, allowing you to enhance your skills and knowledge while advancing your career. We also create and develop course content in partnership with industry to ensure subject matter is current and relevant to employers. Our expert instructors take a practical approach to delivering material and are passionate about education; they are here for your success.

We know that hands-on, action-based learning garners immediate results, as proven by our graduates who continue to be the preferred choice of employers. If you're ready to build your skillset, explore a different industry, or pursue a new challenge, we invite you to discover the possibilities and accelerate your career with SAIT.



## Business & Leadership

## FACTS & FIGURES

5

Campuses  
in Calgary

1:20

Faculty to  
student ratio

90%

Graduate  
employment rate

95%

of grads would  
recommend SAIT

1000+

Course  
options

93

Part-time  
certificates

A growth mindset is a powerful philosophy held in high esteem by progressive companies across every business sector. Adopting the belief that intelligence can and should be nurtured and developed through lifelong learning is essential to thrive in today's economic landscape. Creativity, adaptability and resilience are the core competencies that will increase your competitiveness and help propel your career.

Whether you're an emerging leader or a seasoned professional, SAIT's specialized and highly-recognized business courses and certificate programs are designed to equip you with the top skills employers seek. Refine your approach to communication and collaboration, learn how to influence change confidently and manage conflicts, sharpen your digital marketing skills and better understand the business protocols required in a global market.

SHARPEN YOUR **SKILLS**. UNLEASH YOUR **POTENTIAL**.

- **Advanced Accounting and Finance**
- **Administrative Professional**
- **Applied Management**
- **Business Administration**
- **Community Economic Development**
- **Digital Marketing and Social Media**
- **Employment Law**
- **Legal Administrative Assistant**
- **Microsoft Office**
- **Program Management**
- **Project Management**
- **Real Estate**
- **Supply Management**
- **Train the Trainer**

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)

# LEARNING TO THRIVE: GO BACK TO SCHOOL SUCCESSFULLY

Continuing education is a great way to enhance your skillset while maintaining your lifestyle. It's also an enriching experience that offers many intangible benefits.

*Think of our Centre for Continuing Education and Professional Studies as a curated learning platform that you can design around your schedule.*

Having the flexibility to choose how and when you take courses is an advantage, and you can employ a host of creative strategies to elevate your success. Our students, alumni and instructors are subject matter experts on maintaining balance while embracing lifelong learning. Here are their top tips for navigating your journey:



## DEFINE YOUR LEARNING GOALS

Think carefully about what you're hoping to achieve. This will guide your program and course selection. If you're unsure which classes will best meet your objectives, SAIT's counsellors are available to offer career advice and recommend the optimal learning mode to suit your needs.



## ESTABLISH YOUR TIMELINE

Set a completion date for the program and create a timeline. Consider family and work commitments, vacations, and weekend and evening recreation and hobbies. By having a schedule mapped out, you'll quickly determine if your timeline is achievable.



## BUILD YOUR SUPPORT NETWORK

Review your goals and timeline with family, friends and colleagues. You may need to lean on others for help during your program. Discuss what activities, deliverables and events can be postponed, reassigned or cancelled. Consider everything from childcare and kid's activities to your weekly golf game or softball league. Prioritize and adjust your timeline as needed.



## ALLOCATE HOURS AND DEDICATE TIME

Set aside dedicated hours for working on course material and do your best to honour that time. Requirements will vary depending on your course load – and of course, life is always full of surprises – so plan to revisit your schedule weekly and adjust as needed.



## SECURE YOUR STUDY SPACE

Decide where you want to study and complete your assignments. It might be in your home office, at your dining table, in a coffee shop or on campus. Pick a convenient, accessible space that allows you to focus with minimal interruptions and distractions. If you're studying outside your home, bring all of the essentials – water bottle, coffee, snacks and power cords.



## ACTIVELY PARTICIPATE

Whether you're taking an online or in-class course, you'll find many opportunities to be an active participant. SAIT classes tend to have a diverse student base, representing a wide range of backgrounds. Build connections and share in the learning experience. By doing so, you'll gain much more from the program.



## AVOID PROCRASTINATING

Review your course requirements, deliverables and deadlines at the outset to prevent last-minute scrambling. Reach out to your instructors for advice, clarification and input. They are here to help and support you in achieving your learning goals. Draw upon their knowledge and learn from their experience.



## ACKNOWLEDGE YOUR SUCCESS

Celebrate your wins. Every milestone is an accomplishment – whether you're just beginning your journey, are halfway through it, or racing towards the finish line. Investing in yourself is an achievement and something to be proud of.

See what  
SAIT students  
are experiencing at:  
[sait.ca/event-calendar](http://sait.ca/event-calendar)



## Energy & Environment

SAIT, and the MacPhail School of Energy are focused on the future. We recognize the growing global demand for environmentally sustainable energy solutions. Our commitment to shape and advance the next generation of energy will benefit our students, industry, economy and planet.

Change accelerates growth and is constant in the energy sector. Our knowledge and technical expertise in oil and gas will fuel our advancement and drive further expansion into renewable solutions. Join us on this exciting, transformative journey to gain the future-ready skills and experience you'll need to thrive in the new economy.

### SHARPEN YOUR SKILLS. UNLEASH YOUR POTENTIAL.

- Electrical Design and Systems
- Energy Asset Management
- Energy Regulations
- Gas Process Operations
- Hydrocarbon Measurement
- Industrial Instrumentation
- Land Administration
- Land Analyst
- Production Accounting
- Non-Destructive Testing
- Pipeline Operations
- Production Field Operations
- Power Engineering
- Power Systems

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)

# ECO-FRIENDLYLY

## BACK TO SCHOOL BASICS: 7 ECO-FRIENDLY TIPS

*At SAIT, we're invested in reducing our carbon footprint. We also encourage our students and faculty to opt for eco-friendly solutions wherever possible. By implementing a few simple swaps, you can make a positive impact on our planet and your wallet. Check out our top tips for going green this semester:*

### CREATIVE COMMUTE

Our central location, on the C-train line, makes SAIT easily accessible by transit. Prefer to cycle? We're surrounded by Calgary's extensive pathway system and located on the 10th Street bike lane. Or, expand your social network and carpool.

### DIGITAL CAPTURE

Reduce paper usage by typing your notes, photographing whiteboard content and recording in-class discussions. If writing by hand helps you process new information, look for Canadian-made products boasting 100% post-consumer recycled paper and vegetable inks and adhesives.

### REFILL TO REFRESH

Ditch single-use cups for a reusable beverage container and bring a double-insulated thermos to keep your coffee or tea hot and water ice cold. If you love to use a straw, buy stainless steel or BPA-free silicone.

### BORROW VS. BUY

This money-saving philosophy applies to backpacks, laptops, textbooks and more. If borrowing isn't viable, try purchasing gently-used or refurbished. Also, check your existing supplies – think pencils, pens, rulers – and only buy the essentials.

### CONSIGNMENT CHIC

Luxury labels can be purchased for half the cost when you shop consignment. Thanks to 'fast fashion' the clothing industry is one of the world's top polluters. Set your own trend by swapping new with new-to-you.

### PACK VS. PAY

Bring food from home and use BPA-free reusable containers, rather than single-use plastics. When you want to splurge on take-away fare, look for SAIT's mixed recycling, composting and beverage container bins and dispose of waste accordingly.

### UNPLUG TO SAVE

Unplug devices that are not in use, including laptops, monitors, speakers, cell phones and chargers. Doing so will reduce your energy consumption and lower your utility bill.





## Engineering & Structures

SAIT is a leader in engineering and structures training. We offer a wide range of hands-on courses and certificates, encompassing specialized technical learning opportunities led by industry professionals.

Our programs are catalysts for building rewarding careers in construction, architecture, engineering and interior design. You can hone your skills for a leadership role in commercial, residential or construction management,

or focus on the future with CNC programming, cross-connection controls and Building Information Modelling. Many of these courses also apply as credit towards professional designations and certifications.

Build your foundation at SAIT and discover infinite career-advancing possibilities.

### SHARPEN YOUR SKILLS. UNLEASH YOUR POTENTIAL.

- Geographic Information Systems
- AutoCAD
- Construction Management
- Gas Fitting
- Geomatics
- Home Inspection

- Manufacturing
- MicroStation
- Plumbing
- Revit Essentials
- Welding & Blacksmithing

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)



## 4 STRATEGIES TO #getHIRED

*Today's job market is fiercely competitive. To land your next dream job will require differentiating yourself from the other applicants. Make a lasting first impression and boost your chances of securing an interview with these four resume-building strategies.*

### SHOWCASE SKILL ALIGNMENT

A hiring manager will compare your qualifications to the posting requirements. Before applying for a position:

- Carefully read the job description, then reread it and look for gaps in your resume.
- Take note of the desired measurable (hard) and interpersonal (soft) skills and adjust your resume content to address position requirements.
- Draw from your experience, training and achievements to depict how you're the perfect match.

### BALANCE FORM & FUNCTION

Always review the content and layout of your resume with a critical eye to ensure that:

- You're using a professional font and have adequate white space.
- Your skills and accomplishments stand out on the page, even with a quick scan.
- You lead with a brief profile summary, showcasing your strengths and abilities.
- Your work history, achievements and education are featured in reverse-chronological order.
- There are no errors, and a friend, relative or mentor has edited your content.

### CREATE YOUR PROFESSIONAL PERSONA

As many employers vet potential hires via an online search, your presence must be positive.

- Search for your name on social platforms and review the results through the eyes of a hiring manager.
- Make any necessary adjustments needed to establish yourself as polished, responsible and genuine.
- Use career-focused social platforms to establish a professional persona and ask your network for testimonials.
- Create an email account for job applications and avoid the use of cliché or cute addresses.

### BUILD BEYOND THE WORKPLACE

Progressive employers also look for intangible assets, and how you spend time outside of work will provide insight into what motivates you. Areas to consider include:

- Community involvement and volunteering to build and enhance your skillset.
- Personal development, such as engaging a career coach or mentor.
- Training courses or classes to develop and advance new skills.
- Joining associations that are relevant to your career path.



## Food & Hospitality

If you're considering a profession in hospitality or the culinary arts or looking to upskill for career advancement, SAIT is the premier choice. Our mission, to empower student success, guides our world-class approach to education. We're honoured to be the only Canadian institution ranked among the world's top 50 hospitality schools, and we attribute our high-job-placement rate to the efforts and talents of our dedicated, award-winning faculty.

Join SAIT to learn from experienced chefs and hospitality professionals and elevate your front and back of house skills with our career-building certificate programs: Chef de Cuisine and Food and Beverage Leadership. Or, explore the array of available vocation opportunities, and develop a taste for the culinary industry, through our introductory baking, cooking and bar mixology courses.

### SHARPEN YOUR SKILLS. UNLEASH YOUR POTENTIAL.

- Bar Mixology
- Butchery
- Certified Chef de Cuisine
- Culinary Bootcamps
- Date Night
- Food & Beverage Leadership
- Introduction to Baking
- Introduction to Cooking

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)

# CHEF STEVE LEPINE'S ROASTED BUTTERNUT SQUASH SOUP

Simple Supper Solution

Try SAIT Chef-Instructor Steve Lepine's most-requested recipe, for a quick and delicious mid-week meal.

- 2kg Butternut squash
  - Canola oil
  - Salt
1. Peel squash, then remove the seeds and cut into 1" pieces.
  2. Toss cut butternut squash with canola oil and a pinch of salt until lightly coated, roast at 375°- 400°F for 25-35 minutes until golden brown.
- 200 g Spanish onion, large dice
  - 100 g Leeks, white part only, large slices, washed
  - 30 ml Canola oil or olive oil
  - 2.5 L Vegetable stock or water
  - 500 ml whipping cream
  - Honey (to taste)
  - Salt (to taste)
  - Ground white pepper (optional to taste)

Recipe continues on next page >



# CHEF STEVE LEPINE'S ROASTED BUTTERNUT SQUASH SOUP

Continued

3. Begin soup when squash is almost cooked. Preheat pot big enough to fit 4L of soup.
4. Sauté onions and leek in canola oil or olive oil until translucent.
5. Add in roasted squash and vegetable stock. Ensure the squash is just covered with the stock, cook for 30 minutes.
6. When squash and vegetables are tender, purée soup with a large hand or stand blender.
7. Add in whipping cream to slightly thin down soup and to flavour.
8. Adjust taste with honey, salt and white pepper.
9. Strain through chinois/sieve (optional).
10. Allow to cool, freeze for up to two months for best quality.

*Inspired by culinary creations?  
You too could be a chef.*



Graphics & Media Arts



Graphics & Media Arts

Digital marketing and UX design are two of the top in-demand skills sought by employers. Discover the evolution of media and graphic arts and harness these communication mediums for a successful career.

Learn how to create engaging visual communication designs with confidence. Explore a variety of media, like digital audio and business production, cinematography and

photography. Uncover current and emerging trends and techniques, while building your graphic and media arts portfolio. Enhance your web design skills with user experience and web development to create intuitive and media-rich content that delivers results.

Embrace the era of digital transformation, unleash your creativity and reimagine your future at SAIT.

SHARPEN YOUR **SKILLS**. UNLEASH YOUR **POTENTIAL**.

- Animation
- Digital Audio
- Game Design
- Graphic Design
- Photography
- User Experience Design
- Video Production
- Web Development

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)



## Health & Wellness

Health and wellness is a diverse and growing industry that offers a host of career paths. Whether you're drawn to a profession within a hospital setting, medical laboratory, dental office or wellness establishment, enhancing your skills is vital for a successful career.

SAIT's in-demand courses offer adaptable and collaborative hands-on learning experiences, taught by industry professionals who are at the forefront of our healthcare system.

Our technical training and certificate opportunities are vast and varied. Become a well-rounded healthcare practitioner, learn about medicine fundamentals, dive deeper into cardiac and pediatric life support or take the next steps in first aid.

Discover the rewarding world of health and wellness at SAIT and build a career that promises to make a lasting and positive impact in your community.

### SHARPEN YOUR SKILLS. UNLEASH YOUR POTENTIAL.

- **Advanced Cardiac Life Support**
- **Analytical and Clinical Chemistry**
- **CPR and First Aid**
- **Dentistry**
- **Emergency Medical Responder**
- **Health Fundamentals**
- **Pediatric Advanced Life Support**
- **Professional Respiratory Educator**
- **Medical Device Reprocessing Technician**
- **Medical Laboratory Technology**

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)



# SAIT STUDENTS ARE ALWAYS IN DEMAND with student insight

*As the Learning and Development Specialist for Tundra Process Solutions' – a western Canadian industrial process equipment distributor – SAIT alumni Kristin Roeke has seen the benefits of corporate training.*

Lifelong learning is one of Tundra's core values, and Kristin designs, implements and oversees the organization's education initiatives. As such, every employee has a 50-hour per year learning goal. While how a person obtains their hours is discretionary, Tundra's Summit Development Program, delivered by SAIT, is an integral element. The in-house certification focuses on building technical and leadership skills that empower employees to grow professionally and personally. Given that Kristin created the program after completing the Instructional Design course at SAIT, the polytechnic institution's continuing education courses are the driving force behind Summit.

*"The knowledge I gained from the course resulted in me rethinking employee development," says Kristin. "Designing relevant and engaging content is far more intricate than simply pulling material into a presentation. It's a skillset that requires a deeper understanding of how adults best learn and retain information so that they can easily apply their newfound knowledge into the workplace and continue to build and grow."*

Kristin chose SAIT to partner with for Tundra's internal training because of the vast array of course offerings and flexibility of delivery. She also notes that the quality of instruction is exceptional, as industry experts lead all of SAIT's courses. Most employees who enrol in the Summit program are transitioning into a new role or are upskilling with a promotion in mind. In addition to the courses available to staff through SAIT, Kristin designs and leads a host of internal training sessions.

*"We always encourage the sharing of knowledge at Tundra," she says, "and employees who choose to teach what they've learned at SAIT get five times the education credit hours. It's a great way for people to put their learning into practice, and I'm happy to share that our team applies 100% of the course material into the workplace. Many employees even personalize their presentations, which further increases the in-house relevance."*

As an innovative, technology-focused organization, Tundra values developing employees to unlock their potential. Embracing this mutually beneficial commitment to education promises to drive future individual and corporate success. Kristin's experience with SAIT extends beyond internal training. As a critical member of Tundra's Human Resources department, she's part of the hiring team. SAIT graduates are in-demand and first choice applicants, thanks to the hands-on, pragmatic education they receive.

# UPSKILLING



*Digital transformation pushes the boundaries of **every** industry.*

As automation and technology advances, innovation holds the power of disruption, and the early adopters will reap the rewards. Organizations that boast an agile and flexible workforce can quickly adapt to changing markets, customer needs and economic shifts. To accomplish this, employers must focus on digital dexterity by aligning talent and strategy, and address knowledge gaps through upskilling internally as well as external hires.

In its 2020 Global Talent Trends study, Mercer highlights that digital marketing, data visualization and UX design are the three most in-demand skills, according to Human Resource professionals. The same report projects that by 2025, agile transformation, design thinking, and entrepreneurship will supersede today's top organizational needs. This expected shift in demand supports the theory that continuous learning is critical for maintaining relevance.

# UPSKILLING THE KEY TO DIGITAL DEXTERITY

*Lora Bucsis*



FUTURE-READY

Digital transformation is changing the face of education, as well. Online platforms and instruction delivery are advancing to facilitate and inspire more meaningful conversations and debates between students. This remote sharing of knowledge fosters growth and skill-building while maintaining the immeasurably valuable human connection – a favourable movement for lifelong learners and organizations. By expanding access to information, students can choose how and when to learn. These improved efficiencies bolster your ability to gain the relevant training and knowledge you need to advance, with minimal disruption to your career and workplace.

In this time, when upskilling is essential, education is more accessible than ever. Employers want and need politically savvy, collaborative employees, who share knowledge, can adapt to change and are comfortable harnessing disruptive technologies and a multitude of communication methods.

*Are you **future-ready**?*

# HARNESS LIFELONG LEARNING AS A FORM OF SELF CARE

Mhairri Woodhall



“Upskilling and reskilling are a requirement for career advancement,” says Sheldon, “however the benefits gained from investing in yourself are far greater than a job promotion,” he continues. “Completing a course, developing a skill, and learning something new are proud accomplishments. You may work at a different company in five years, switch industries, or live in an entirely new city. Regardless of the situation, there’s always an opportunity for self-improvement, reflection, and growth. You just have to choose it.”

As a form of self-care, lifelong learning promises infinite rewards and is 100 per cent guilt-free. By continuously engaging and challenging your mind, you can broaden your perspective and social awareness, enjoy better personal connections, become more adaptable to change and improve your cognitive abilities. Self-care is also a personal journey that has no age restrictions. Simply step out onto the pathway and define your future.



*In today’s society, the term ‘self-care’ is often a lighthearted justification for self-indulgence, similar to the notion of ‘retail therapy.’ However, embracing its real intent is more profound than treating yourself to dessert or a new pair of jeans.*

Self-care is a guiding philosophy that supports a holistic – mind, body – approach to living your best life. Aspects outside of our control can often contribute to feelings of unease. Developing new skills and expanding your knowledge base is a positive way of boosting confidence and improving mental wellbeing. Think of lifelong learning as the catalyst for nurturing your natural curiosity and developing mindfulness.

Sheldon Racz, with Rocky View County, echoes this sentiment and understands the value of continuous education. The Operational Services Manager is currently completing his third certificate program with SAIT and believes in leading by example.





## Safety & Security

Ensure your company's success by implementing innovative safety and security solutions. Our courses and programs are designed to achieve today's unique business challenges and meet global market demands. Learn how to create, implement and oversee workplace health and safety programs; establish prevention protocol; manage incident investigations; conduct worksite inspections; and monitor fire detection and alarm systems.

Upgrade your skills at SAIT to build a career in managing complex security issues, and protecting people, property and information.

### SHARPEN YOUR SKILLS. UNLEASH YOUR POTENTIAL.

- [Cyber Security for Control Systems](#)
- [Fire Alarm Detection Systems](#)
- [IT Security Essentials](#)
- [Incident Investigation and Prevention](#)
- [Workplace Hazardous Materials Information System](#)
- [Worker Safety Awareness](#)
- [Workplace Safety Management](#)
- [Worksite Inspections](#)

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)

# SAIT'S CENTRE FOR CONTINUING EDUCATION AND PROFESSIONAL STUDIES

provides **free** online information sessions, industry panel discussions and more.



Visit [sait.ca/coned](http://sait.ca/coned) for a list of upcoming events.

# INVESTING IN A CULTURE OF LIFELONG LEARNING

Mhairri Woodhall

*"We're aligned in vision and understand the value of lifelong learning. The training program we've built together is an integral element of Mullen's culture, and we can measure its success by our worker engagement, internal promotions and talent retention."*

Headquartered in Okotoks, Alberta, Mullen Group Ltd. owns a network of independently operated businesses and is recognized as one of the leading suppliers of trucking and logistics services in Canada. With a team of over 6,000 employees, owner-operators and dedicated subcontractors, Mullen provides a wide range of service offerings including LTL, truckload, warehousing, logistics, transload, oversized and specialized hauling transportation. Further, Mullen delivers a diverse set of specialized services related to the energy, mining, forestry and construction industries in western Canada, including water management, fluid hauling and environmental reclamation.

The organization boasts a robust service-oriented culture that supports and empowers team members to be responsible and accountable for their actions. Investing in people and growing leaders from within is one of Mullen's core values. To help achieve this, the company partnered with SAIT in 2005 to develop and implement its highly successful in-house Business Management Certificate Program. Cathy Delay, Mullen's Director, Human Resources, helped establish and promote the training focused on leadership and personal empowerment.

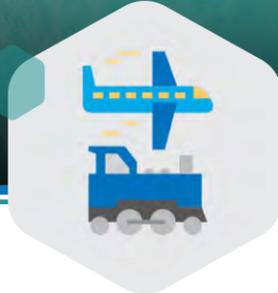
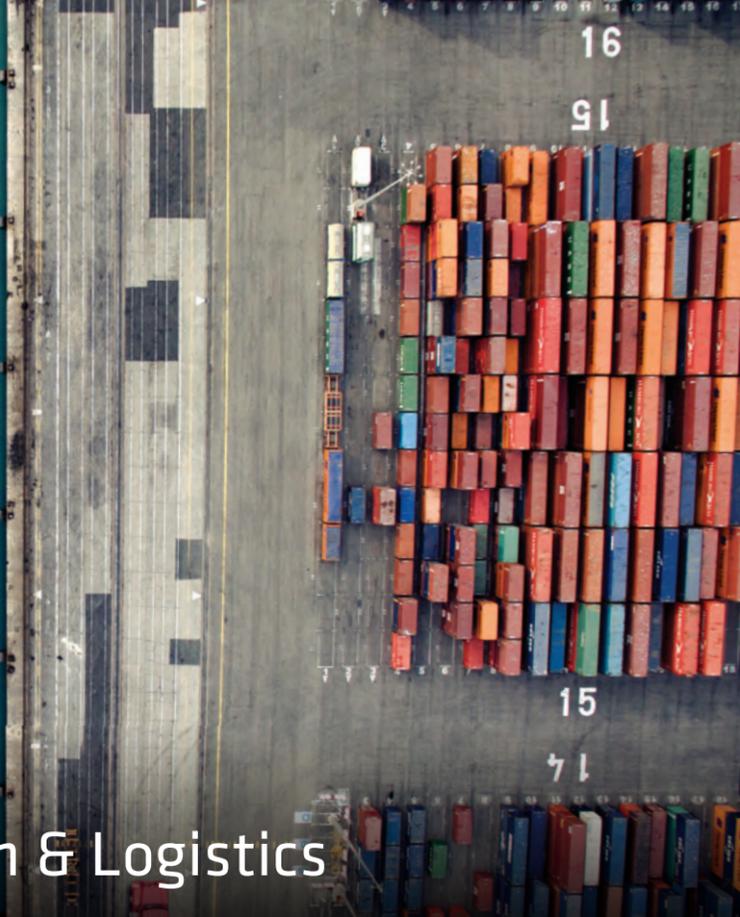
"As our business operations expanded across western Canada, we recognized that formalizing internal training and development for our growing team was critical to support our high-performance retention, engagement and succession strategies," says Cathy. "We wanted an efficient, cost-effective, standardized skills-based program," she continues, "and we partnered with SAIT for its experience and expertise in executing long-term customized learning initiatives."

SAIT developed and designed the 160-hour certificate program to meet Mullen's unique requirements. Course content is contextualized to corporate culture and processes and includes communication, business finance, personal success and leadership training. To date, more than 650 people have completed the program. Of those graduates, over 35% have progressed into different positions or received a promotion within the company. The training program, which has become an integral part of Mullen's culture, has contributed to a 10-15% reduction in turnover rate amongst workers who have graduated.

"We think tomorrow" is Mullen's tagline. This future-focused philosophy inspired Cathy and her team to rethink the course delivery to achieve greater efficiencies and make learning opportunities more accessible. In partnership with SAIT, Mullen launched its online education portal in the fall of 2018, and within four weeks, 500 workers had enrolled. Like the in-class training, all online courses are created with the support of SAIT curriculum development and led by an expert instructor who is readily available to assist students.

Tanya Stephenson, a senior member of Mullen's Human Resources team, works closely with SAIT's corporate training solutions. "The relationship we've built with SAIT is a true partnership," says Stephenson. "We're aligned in vision and understand the value of lifelong learning. The training program we've built together is an integral element of Mullen's culture, and we can measure its success by our worker engagement, internal promotions and talent retention."

Visit [sait.ca/corporatetraining](https://sait.ca/corporatetraining) to learn more about SAIT's customized learning solutions.



## Transportation & Logistics

Gain valuable knowledge and the critical skills needed for a prosperous career in transportation and logistics. All of SAIT's practical hands-on courses and certificates are carefully designed to teach you relevant state-of-the-art techniques that are easily transferred to the workplace.

Grow your career in the fields of flight operations and planning, aviation, rail safety, autobody maintenance, topographical drafting and fieldwork. Whether you're seeking advancement or are new to the industry, our transportation and logistics programs promise to help launch and propel your career.

### SHARPEN YOUR SKILLS. UNLEASH YOUR POTENTIAL.

- Auto Body Preparation
- Auto Body Repair
- Professional Service Advisor
- Rail Car Mover Operator
- Rail Car Safety & Securement
- Remotely Piloted Aircraft Systems
- Track Inspection

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)



## Web & Digital Technology

Organizations, across every industry, are pursuing digital transformation strategies to gain and maintain market share, improve efficiencies and increase profit margins. SAIT's suite of web and digital technology programs focus on the skills that employers need to succeed in the global economy.

the dynamic and rapidly-evolving technology sector, or want to develop and build your web and digital skillset. Led by expert instructors, you'll learn in-demand software and programming, including industrial data communications, .NET development, cloud computing architecture and Blockchain.

Our hands-on learning opportunities will empower you to play a vital role in any enterprise; whether you're pursuing a career in

Join SAIT to build a strong understanding of programming concepts and obtain the relevant technical expertise required to advance your career.

### SHARPEN YOUR SKILLS. UNLEASH YOUR POTENTIAL.

- A+ and Network+
- Blockchain Developer
- .Net Development
- Business Intelligence
- Cloud Computing
- Cyber Security for Control Systems
- Data Analytics
- Information Security Analyst
- Java Development
- Microsoft SQL
- Programming in C
- Python Programming
- Wireless Networking

Find more career building courses and programs at [sait.ca/coned](http://sait.ca/coned)

# FROM STUDENT TO INSTRUCTOR

## A SAIT SUCCESS STORY

Mhairri Woodhall



Ali Moussa came to Calgary, from Lebanon, in search of better opportunities and new challenges. He chose Canada for how we, as a nation, respect all people, regardless of language, origin and religion. As a newly landed immigrant, Ali immediately began applying for jobs in the technology sector. Although he completed his master's degree in Computer/Communication Engineering in English, Ali was unfamiliar with the local market and had no industry connections. Within a few months of arriving, Ali enrolled in SAIT's software development program. His goal was to add to his technical skillset, gain new presentation and leadership skills, learn more about Calgary's cultural and economic environment and make new industry connections.

Ali praises the SAIT community for propelling his career forward, saying, "technology is always advancing, which is part of the reason I wanted to upskill at SAIT. However, I found equal value in the many networking opportunities and the resulting relationships I built. The environment is very respectful and positive, and there is a sense of equality and respect for all people – no matter your background."

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SAIT quickly became Ali's second family. He credits his instructors as knowledgeable, caring and experts in their field. "I feel the faculty were as invested in my success as I was, and sometimes even more," he says. "The advice given to me by instructors reaches far beyond course content," Ali continues. "I received mentorship on everything from job application and interview strategies, to industry and workplace culture and performance expectations. For someone like myself, who is new to the country, these intangible skills are critical."

Ali also speaks highly of his fellow students and the diverse array of experiences and backgrounds represented in each class. "I worked with people from a variety of industries, vocations, cultures and age groups.

Each person brings their unique perspective to the course material. We learned from each other, and I built lasting connections and friendships."

After completing his program, Ali worked as a software developer for Autocene. He's since joined the SAIT faculty as an adjunct instructor for the School of Information and Communications Technologies. In his new role, Ali feels fortunate to teach, inspire and provide guidance to students and give back to the SAIT community. When asked what advice he wants to share with someone considering upskilling, Ali's response is, "be optimistic – about yourself, the process and the outcome." A positive outlook has done well for Ali, and the students he teaches will undoubtedly benefit from it.

# RESOURCES

## COUNSELLING, ACADEMIC COACHING AND TUTORING SERVICES

### Personal and professional counselling

SAIT offers personal, educational and career counselling to all students. Connect with a counsellor to: acquire new skills to enhance academic performance, learn practical tools to overcome life challenges, develop strategies to support a healthy lifestyle, and get support if you're feeling overwhelmed.

403.284.7023

### Academic coaching

Take advantage of our academic support services designed to help students succeed. Master your time-management skills, learn effective note-taking practices from an academic coach, or connect with a tutor for one-on-one support.

403.284.8082 • [academic.coaching@sait.ca](mailto:academic.coaching@sait.ca)

### Accessibility services

If you have or think you may have a condition affecting your learning, please contact our Accessibility Services advisors at the start of your course to set-up accommodation requests.

403.774.5093 • [accessibility.services@sait.ca](mailto:accessibility.services@sait.ca)

### Testing services

Need to book an exam? Our testing centre provides a classroom-based testing environment equipped with video monitoring and restrictive computer access.

- Book a test in the testing centre
- Find an exam proctor for online learning
- Arrange accessible accommodation
- Improve your study and problem-solving skills

[testing@sait.ca](mailto:testing@sait.ca)

### Career advancement services

SAIT's MyCareerHub gives you access to hundreds of job opportunities, where you'll also find how-to information on writing your resume and cover letter, interview strategies and maximizing your LinkedIn profile.

403.210.5730 • [student.employment@sait.ca](mailto:student.employment@sait.ca)

### Chinook Lodge

**Oki, Amba'wastitch, Danit'ada, Tân'si, Hello**

The Chinook Lodge Resource Centre is a place for Indigenous learners at SAIT to gather, connect with peers, access advising and counselling, get assistance with financial aid and housing, speak with Elders and others from the community, participate in events, network and more. Chinook Lodge is an inclusive environment open to the entire SAIT community. Inquire about advising, support and events.

403.210.4028 • [chinook.lodge@sait.ca](mailto:chinook.lodge@sait.ca)

## THE LIBRARY AND BOOKSTORE

### Reg Erhardt Library

Gain access to print articles, books and videos to help with your research or log into a computer to access online resources, printers and more.

403.284.8616 • [library@sait.ca](mailto:library@sait.ca)

### SAIT Bookstore

Purchase eBooks, textbooks and any reading materials by visiting the SAIT Bookstore for course and program materials, supplies and swag.

403.284.8466 • [bookstore@sait.ca](mailto:bookstore@sait.ca)

## TECHNICAL SUPPORT, CAMPUS HELPLINE AND STUDENT RESOURCES

### Campus helpline

If you need on-campus support – parking, facilities issues or password re-sets and help with computer account information – you can email or call SAIT's helpline.

### Resources

Email, wireless and VPN access, mySAIT, Brightspace (D2L) and software information – Office 365 and how to borrow an AutoCAD license – are available for you to access.

403.512.4357 • [helpline@sait.ca](mailto:helpline@sait.ca)



## GETTING AROUND CAMPUS

### Transit and parking

Whether you drive, take transit, walk or bike ride, there are many different ways to get to SAIT's central campus. Explore our campus map and see where our parking lots and bike lock locations are located.

403.210.4494 • [campus.parking@sait.ca](mailto:campus.parking@sait.ca)

### SAIT recreation

SAIT Recreation offers over 50 recreation programs ranging from martial arts, to fitness classes, to dance and yoga classes for children and adults. Monthly and semester-based Wellness Centre memberships are available to continuing education students.

403.284.8027 • [campus.centre@sait.ca](mailto:campus.centre@sait.ca)

### Dining on campus

We have a wide variety of restaurants, coffee shops and corner stores for quick bites, sit-down meals, tea or coffee or a gourmet lunch or dinner. From pizza to sushi, to the refined dishes in the acclaimed Highwood Dining Room, we offer something for everyone.

[View all our dining options online at: sait.ca](http://sait.ca)

Take a virtual tour at: [tour.sait.ca](http://tour.sait.ca)

### Campus security

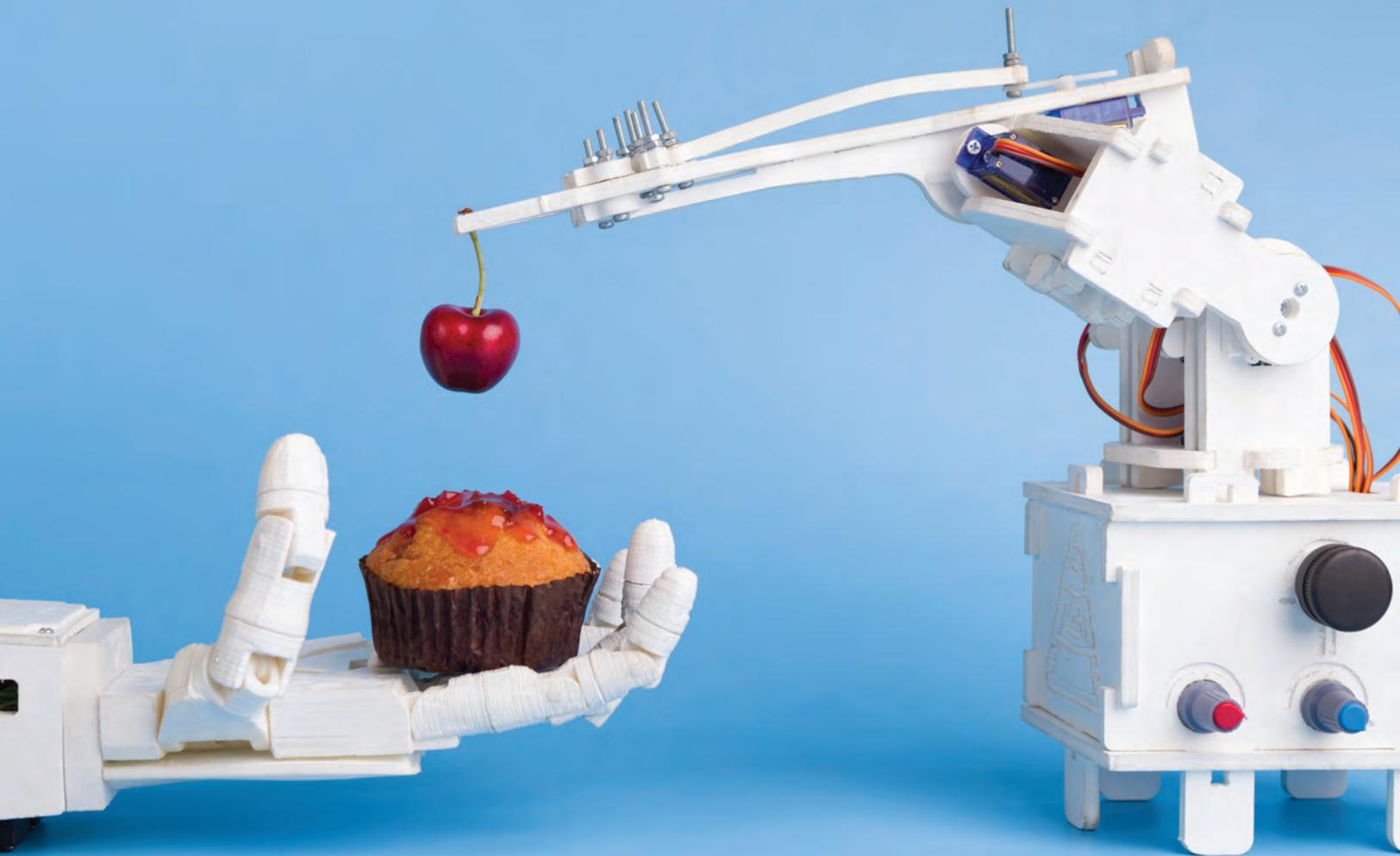
Making sure you feel safe at SAIT is important to us. Our campus security provides many different services, including first aid and medical assistance, wayfinding, lost and found and a safe-walk program.

Emergency: 403.284.8000

Non emergency: 403.284.853

### SAIT App

Download the app to view the campus map, review your schedule and check your final grades. The app is called Ellucian GO and is available to download for free at Apple and Google Play stores.



[\*sait.ca/coned\*](https://sait.ca/coned)

Toll-free: 1.888.284.7051

ConEdadvising@sait.ca

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