

THE VOICE

MAGAZINE

Vol 23 Issue 47 2015-12-04

Minds We Meet

Interviewing Students' Like You!

The AU Students' Gift Guide

It's that time again!

The Fit Student

Combat Exam Anxiety

Plus:

*Navigating the World of Study
In Conversation..
and much more!*



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LETTERS TO THE EDITOR



Dear Voice;

I'm responding to your article Becoming a Course Survivor, where you asked for our own course from hell.

I took an economics course from AU which had a lot of math. Having been math free for 30 years, it was a real struggle. I managed to pass the course but only got a 45% on the final. So I had rewrite it and then got a 65%. I've taken stinkaroo courses at the U of C and always managed to pass. At least at that school if you're that close they'll give you a pass. But not AU, no siree, I'm still pissed at being treated like that. Is AU so hard up that they have to extort an extra \$150 out of a poor student? I'm not taking any more math heavy courses at AU, there's not enough support.

Regards Matt S.

Have you read our [articles](#) on becoming a Mathematician? They probably won't help you pass an AU Math Course, but they might make you hate it less. 😊 -Ed.

We love to hear from you! Send your questions and comments to voice@voicemagazine.org, and please indicate if we may publish your letter.

EDITORIAL

It's A Good One

Karl Low



This week, you get to read one of the better issues of *The Voice Magazine*. I'd love to say every week is a masterpiece, but some weeks are just better than others, there's no way around it.

And this is a good one. It even has a letter, and you know how I love getting those!

We start with our Feature interview with nursing student Marcy Mackenzie, an interview that reflects, I think, what so many of us here at AU are. We're not the typical university, after all, many of us are midway through our careers and picking up extra skills, many of us are juggling school, kids, work, and life, and Marcy's no exception.

Also, be sure to check out The Fit Student this week. Marie Well, in the process of opening up what must be a fairly sensitive issue, gives us solid advice that any student might well have use for once in a while, because I've never met any student who has absolutely no nervousness about exams. Sometimes, seeing the extremes that others have to deal with makes our own problems seem that much easier.

We also have the third part of our interview with Sunny Gang. It's raw, real, and it may not be an article for everyone, I'll admit. But if you're not someone who's easily offended, it's certainly worth a read, if, for nothing else, than to find yourself asking the question "What in the world is a 'Wall of Death'?" Finding the answer lead me to some interesting videos, and another item to put into my bucket list under "Things to actively avoid." Maybe I'm just too old to see the appeal.

Plus, with Christmas coming up rapidly, it's time to start coming up with gift ideas, both to give and receive. Fortunately, Carla Knipe has some suggestions in the AU Student Gift Guide. Full of things that you can give to that student you know, or that, as an AU student, you might want. What better way to pass on the hint than to just "forget" to turn the computer off and leave that page up for whoever happens to come along next. Hey, it's worth a try, right?

While she's at it, Carla also takes a look at that most festive of holiday traditions, home brewing your own beer, in her column, Extracurricular. Although now that I write it out, it strikes me that perhaps that was just my family. My dad was big into home brewing at one point, and the smell of hops always reminds me of our basement back when I was in high school. So perhaps that article has a little more significance for me than it might for some of you.

But that just brings me around again to point out that the Best of The Voice issue will be coming out at the beginning of the New Year, and I'm still looking for what you, the students, think were the articles in The Voice Magazine over the past 12 months that held the most significance for you? We've got some strong contenders out there, from the heart-wrenching to humorous, advice, interviews, election coverage, and more. So let me know at voice@voicemagazine.org what you think, and we'll make sure those articles get featured to start off the New Year in a good way! Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.

MINDS WE MEET



Marcy MacKenzie is an AU student from Maple Ridge, British Columbia. She is in the Post RN Bachelor of Nursing program at AU.

Marcy is a busy Registered Nurse who balances work, school, and family. The Voice Magazine caught up with her by e-mail and interviewed her about school, e-texts, and Elvis.

First of all, whereabouts do you live? And have you always lived there?

I live in Maple Ridge, BC, which is about 30 minutes east of Vancouver depending on traffic. I was born and raised in Port Moody, BC, which is about 20 minutes west of Maple Ridge. I have always lived in BC, in the lower mainland.

If you work, describe what you do.

I am a Registered Nurse. I work at our local hospital; my position is called a Quick Response Community Care Professional. In a nutshell, I work on a particular unit and am responsible for setting up home health services upon discharge. I then follow the client in the community for two weeks post discharge.

Describe the path that led you to AU.

I have been an RN for 21+ years. I was told when I was in my final year of nursing school that I should continue on and do my degree as they felt I had not been "challenged enough" by the diploma program. Well, with student loans to pay off, and a life to start at the age of 21, I wanted no part of doing my degree. The next time I even thought about it, I was 30 and about to get married. I put thoughts of getting a degree on the back burner. Soon I was a mom of two, working full time, and realizing that I had gone as far as I could without my degree. And I wasn't happy with staying in the same position for the next 20 years. My colleague had begun courses at AU and she convinced me to start. So, a month shy of my 40th birthday, I began my first course towards my degree.

What do you do like to do when you're not studying?

Read, go to our weekend place in the US, refurbish furniture, hang out with my kids and husband. I'm involved with Girl Guides of Canada as a leader, so I spend a lot of time with that.

Who in your life had the greatest influence on your desire to learn?

Myself! I was the first person in my family to attend post secondary. I have that little voice in my head always pushing myself. I get bored easily—I need to be constantly learning something.

What famous person, past or present, would you like to have lunch with, and why?

Would it be cheesy if I said Elvis? Him, or Florence Nightingale. I'd love to pick her brain about what she thinks of the advancements in nursing since she's been gone.

Describe your experience with online learning. What do you like? Dislike?

I like the flexibility—being able to start a course when I want and work at my own pace. I really dislike the e-texts. I'm a book person. I like to "unplug" and read a real book, and I like to be able to highlight passages, flag pages, pencil in the margins.

Have you had a time when you wavered about your education?

When I'm staring at my books after a long day at work, after putting the kids to bed, and trying to write an intelligent sounding paper, when all I want to do is watch Netflix and shut my mind off. And when I get turned down for yet ANOTHER position that I've applied for, because I don't yet have my degree, I get a little discouraged, and want to give up.

What was your most memorable AU course?

MATH 215, *Introduction to Statistics*. I had not taken a math course since I was in grade 11 in 1989 and took Algebra—which I did really poorly at. I decided to jump right in when I began this program and take statistics first to get it out of the way. I worked on that course 4 hours per night, 5 nights per week. I've never worked so hard on a course in my entire life. I got a 'B' in the end. Could I tell you anything about statistics? No. But did I do it and pass? Hell, YEAH!

If you won \$20 million in a lottery, what would you do with it?

Quit my job, finish my degree, travel, send my children to the best schools. Share with my friends and family. Help those less fortunate.

What have you given up to go to AU that you regret the most? Was it worth it?

Time with my family. It will be worth it in the long run.

If you were the new president of AU, what would be your first project?

I have no idea about AU politics (bad, I know.)

What's your favourite sound?

Rain on the roof, and the sound of waves from the ocean.

What is your most prized possession?

My family. But they aren't possessions, are they?

Please tell us something that few people know about you.

I'm very sensitive. I suffer from anxiety and depression. I'm a Cancer, I have a hard outer shell, and soft squishy interior, lol.

What is the most valuable lesson you have learned in life?

Be proud of your accomplishments. Work hard. Don't listen to people who say "you can't" because I *can*, and I *will*. Your own mind is the only thing holding you back.

What do you think about e-texts?

I hate them. I like nothing more than being able to shut everything off, and concentrate on my textbooks. I just don't get that with e-texts.

How do you find communications with your course tutors?

I haven't had a lot of contact with the course tutors, but the ones I have had have been very helpful

Where has life taken you so far?

Hawaii, Mexico, Las Vegas. I have never been to Disneyland, but it's on my list.

What (non-AU) book are you reading now?

None. I just finished a few true crime paperbacks, but my latest course started September 1st, so no leisure reading for me for a while. Or else I'd never get anything done!

**The Fit Student****Marie Well****Combat Exam Anxiety, Part II**

Are you one of those people whose mind goes blank during exams, even when you've prepared for hours on end? If so, you've come to the right article. *The Anxiety & Phobia Workbook* by Edmund J. Bourne, PhD, outlines an arsenal of strategies for combating and overcoming anxiety, particularly the kind that strikes and rages uncontrollably.

What if the Anxiety Increases to the Point of No Return?

What do you do if your anxiety causes your mind to go blank during an exam? Personally, I access disability accommodations for panic disorder. This means, I'll have the ability to cancel an exam beforehand if the anxiety overwhelms. Also, I'll have the option of taking extra time during the exam to journal in order to calm down. Journaling serves as the primary route for me to relieve the anxiety that otherwise has reached the point of no return.

Edmund J. Bourne provides a listing of strategies for flowing with the anxiety during a full-blown panic attack. When your mind gets muddled and you can't think straight, especially during an exam, options prevail that can help you turn your grade into an A. He advises to reassure yourself that the anxiety produces no real danger outside of an inability to focus. If possible, try to move around or engage in some sort of physical exercise (if anxiety strikes prior to an exam). Let out a cry or scream. Focus your attention on basic objects. Engage in positive self-talk and breathe at a slow pace through the nostrils. Focus on your body extremities.

Positive Self-Talk

What does positive self-talk have to do with anxiety? Well, people who undergo negative self-talk engage in what Bourne refers to as "scare talk". Scare talk only worsens symptoms of anxiety. To overcome the negative voices in our head, reframe them positively.

As advised by Edmund J. Bourne, I recorded a series of positive self-talk statements that he provided in his book. In addition, I outlined areas of perfectionism, excessive need for control, people pleasing, and so forth that I need to work on. I plan on taking my negative self-talk in these problematic areas and counter them by reverse engineering positive statements. In the process, I will upload my versions of positive self-talk onto YouTube with the additional benefit of using the clips to market a website.

When you encounter negative self-talk, Bourne advises to counter the statements with affirmations. Ensure these affirmations are in first-person and written with positive words and not negations (for instance, write I love myself as opposed to I don't hate myself). Start your statement with the words, "I am learning how to...". Record these positive affirmations and perhaps put them on YouTube if you wish to share your encouragement with the world.

Overcoming Perfectionism

At one of my former jobs, I often felt distressed over the risk of making a mistake. We had a Unix system that left me without a digital trash bin. In other words, if I accidentally pushed delete, a database of thousands of people could instantly be lost and irrecoverable. This risk exasperated anxiety within me, and my need to ensure a zero mistake environment fed the anxiety even more.

My job performance also outranked those of my predecessors. As a result, my boss nicknamed me the "sales star", and expectations were placed on me to sell every single event to the fullest capacity possible. The office planned around me selling to 100%; there was no room for error. I came through on each event, but the pressure of perfection frazzled my nerves. The anxiety disrupted me daily, disabling my clear thinking for hours on end. I was a perfect example of stress mess.

Bourne says perfectionists can benefit from focusing on the journey rather than the final result. Take your education as something to relish in, rather than just the acquisition of the degree. At the end of each day, dwell and feel good about your accomplishments. Try to imagine all the ways you showed kindness or assistance to others. Every day, find something pleasurable to engage in.

Recognizing Your Body's Expressions of Your Feelings

Sometimes, during the day, I feel this overhanging fear. My stomach feels tight and my vocal cords squeeze together. I failed to realize that these body sensations communicate a great deal about my state, so I ignored them. Yet, according to Bourne, these body sensations relay a great deal of information about our feelings, and we can better monitor anxiety by growing more in tune with the body's messages.

Bourne says we store our feelings in different parts of our body. Our neck, back, and shoulders harbor our angry feelings. Our stomachs take on our fear, and our chest and eyes filter our sorrow. Pay attention to these various parts of yourself and attempt to relieve tension in them, with a massage or muscle tightening followed by relaxation.

In the end, your commitment to overcome anxiety will pay off in spades. Be confident that no matter the extent of your anxiety, you have the ability to rise above and heal yourself forever through coping strategies.

Music Review

Trinadora

Samantha Stevens



Band: Trinadora

Album: *Trinadora Sounds*

I have to make a confession, as much as I love rock and metal music, I have a soft spot for well composed and sung Americana and folk music. There is just something about the simplicity of the music that fits into those genres. And Americana music often encompasses a wide variety of sounds. So, time for something different. Let me introduce you to Trinadora.

Trinadora was created when Ron Holm and Jannie Nelson combined the sounds of a

guitar with an ocarina, and the result was amazing. Based in Rockford, Illinois, Trinadora plays many live venues around the state.

Named after the Argentinian native bird known for its unique, trill-filled songs, Trinadora's music is so unique that, at times, I'm reminded of folk music with a Cajun flair, and other times the French Riviera comes to mind. Their sound reminds me of a combination between Roy Orbison and Fleetwood Mac—with a dash of jazz, bossa nova, and blues. The duo occasionally add a harmonic, piano, and other instruments, but the music remains perfectly simple, reminding listeners that great music can be made without any electronic effects.

Their songs on the album are fairly short, but I really enjoyed this album. There are eleven tracks, and each song is unique, allowing listeners to choose a favourite among them. The musical abilities of Ron and Jannie are astounding, and I love how both contribute to the vocals.

"Cafe on the Square" has some distinct Latin flare adding a fun and tropical feeling to this song. I can't help but envision a lounge singer surrounded by a classically dressed audience. The simple guitar and light piano is lovely complimented by the soft vocals.

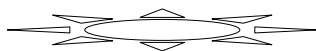
"Who We Are" is definitely my favourite. The piano and guitar create a perfect balance and harmony with the male and female vocals. Like the rest of their music, this song focuses on the intricate and complicated feelings of love and longing for another.

"Anam Cara" is a close second favourite. Dominated by the guitar, this song sounds darker and more complex than the others. Jannie's ocarina adds an exotic feel to the gentle and twangy guitar. Together they create a melody that struck me as being profoundly beautiful in its unusual simplicity.

The album ends on a fun and upbeat note with the final track "Retro-Rockin' Roadhouse." Think of the Grease soundtrack, but without the chorus line. The beat is big band, but the sound is old rock, blues, and country with a jazz influence. I thought that this was a great way to end an already fantastic album.

I really suggest checking out this album. The imagery that is invoked while listening to the album is amazing and it is easy to get carried away with each note that Ron and Jannie play. After all, it is getting close to the time of year when you need to take a few moments, sit back, and listen to some great tunes.

Samantha Stevens is an aspiring writer who loves combining her love for literature with photography, painting, music, and all creative pursuits.



Navigating the World of Study

Barbara Lehtiniemi



The team at Finland's Study Advisory

Want to explore the world of universities? Would you like to know what's it like to learn in Lisbon or study in Seoul?

Just as many travellers rely on TripAdvisor to guide them to the best—and help them avoid the worst—of hotels and restaurants worldwide, now students can use the new Study Advisory website to research universities worldwide. Study Advisory (at StudyAdvisory.org), much like TripAdvisor, relies on ratings and reviews drawn from the experience of many.

Study Advisory, launched in September 2015, was created by a team of seven former university students in education-enlightened Finland. While initial site activity is primarily from students and universities in Europe and Asia, this English-language site covers universities around the globe.

Why a global university ranking site? According to Study Advisory product manager and co-founder Veikko Lindberg, "We want to provide a fresh rating that is useful for the students. Although the traditional academic rankings are highly valued we want to develop something better suited for the prospective students. Young people are interested about the quality of teaching, student services and atmosphere, not so much about who has won a Nobel in a certain university in the mid-fifties." Additionally, says Lindberg, "We want to see also those universities shine who do not succeed in traditional rankings."

Comparisons between Study Advisory and TripAdvisor are not surprising. Says Lindberg, "We all are big fans of TripAdvisor and we all use it." Lindberg explains further: "Our initial idea behind the service is similar to TripAdvisor's: we want to know what people really think of the 'places' they've chosen. However, the difference is that for us the 'place' is a university."

Study Advisory allows students to compare almost 12,000 universities worldwide. With reviews and tips from current and former students, it's like getting feedback from fellow students who have been there and done

that—not much different than getting feedback from fellow travellers. Says Lindberg, "We want to encourage all current and former students to rate their universities. Like in TripAdvisor, there are some really cool reviews already. Students are talking about the prices of lunch, possibilities to practice sports, parties, networking, future career aspects—and that is exactly what the future students want to know!"

Unlike the somewhat sterile university ranking releases that provide survey statistics but little human feedback, the Study Advisory site includes both ranking points and reviews. Students can add unstructured comments about their own university experience. It's like getting honest, human feedback and not glossy brochure marketing or stuffy statistics. (When asked if Study Advisory might incorporate national rankings, like the [Maclean's University Rankings](#) for Canada, Lindberg didn't rule it out, saying, "We want to provide the most useful information to the students and if we find out that some ranking is something that is a must in a certain region then we'll surely look into that. Adding a new ranking to our service is possible.")

Adding a university review is easy and involves rating the institution on six different areas (teaching, campus, student services, internationality, value for money, and security), then adding a review in your own words. No login is required to add or read reviews. Even better, Study Advisory donates 25 cents (EUR) per each added review to UNESCO's Programme for the Education of Children in Need.

An overview on what it's like to study in different countries can be found on the [country profiles](#) page of Study Advisory. This page is still being compiled, with only about 20 out of an expected 100 country profiles as of early this week. (Just so you know, Canada's byline says "We're not just colder, we're cooler!", while Finland promises "Top-notch education and exotic nature".)

The Study Advisory site is free for students to use; universities, however, are required to pay a fee if they want to enhance their profile on the site. Asked whether many universities have subscribed, Lindberg replied, "The interest from universities has been astonishing and we are really happy about that! We have already many university customers from Asia and Europe, our first university from Australia but nobody from Canada just yet—we wonder who will be the first brave one! One thing that all those subscribed universities have in common is that they want to be the forerunners in digitalized student recruitment. They want to be seen as modern, social, and active universities in front of the students."

Just as TripAdvisor began with one review (and now has many millions), Study Advisory is in the initial stages of building its global review base. Of the approximately 100 Canadian universities listed, for example, only one—University of Montreal—has a student [review](#) so far. If you're looking for information on universities, you may need to bookmark the site for later. In the meantime, you can help other students by adding your own review of universities you have attended. (If you want to review AU, you can find it [here](#).)

[Study Advisory](#) is on its way to forming a key resource for students deciding where in the world to study. According to Lindberg, "One thing that is sure is that we'll never stop developing Study Advisory. We want our service to be as useful as possible for the future and current students...Our goal is to become a platform that provides relevant and needed information to students where and what they should study."

Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario

The AU Student Gift Guide

Carla Knipe



Once again, December has crept up on us without notice. Finding the perfect gift to give us as "adult students" can be a challenge for our loved ones. We want to receive something a bit special and creative, yet practical to help us on our learning journey. So here are some gift ideas that you can use to put together your own wish list (or you can just print this out and leave it in a conspicuous spot for people to find).

Technology

The gift of tech is an easy win. It's a useful tool to help with studying, and it can be a showstopper of a present, but it can also be a tricky gift to purchase unless it's exactly the right item. AU students qualify for an education discount through the Apple store, so a new MacBook or iPad might be the perfect present that will last for several years. Another gift idea is an e-reader for those AU e-texts, not to mention a portable way to read for pleasure. A pair of noise-cancelling

headphones, or a scanner pen that transfers and saves handwritten or typed text into a document on a computer might also be the perfect study accessory.

Software

This isn't an overly personal gift, but using software to assist with study management can make tasks so much easier. Programs such as Dropbox Pro, Scribd, Scrivener, 1Password, or a subscription to Amazon Prime or NextIssue (just to name a few of the great resources available) will be welcomed and leave you wondering how you managed without them.

A Good Chair

Spending long hours hunched over a computer or cracking those books can lead to back and shoulder problems due to poor posture. While a chair might not seem like a very original present—and a professional-grade ergonomic office chair is not cheap—it is a purchase that will prove its value in the long run compared to the cost of treating future health issues. Another alternative for those who enjoy studying outside of the house is an ergonomic backpack or laptop bag. Just carrying it around is guaranteed to make a person feel smarter!

An Experience

What have you always wanted to try but haven't, because you are always trying to get that essay submitted or finish "just one more course?" Receiving a gift certificate for an experience might be the push you need to take a study break for at least a few hours. Whether it's white-water rafting, a theatre or symphony performance, a weekend stay at a fancy hotel, a spa treatment, or a subscription to a treat-of-the-month club, this gift might be the boost you need to give yourself a breather.

A Coupon Book

This gift might come across as twee and uninspiring, but finding some free time is a big deal for AU students because of the constant battle to balance work, family commitments, and the challenges that come with distance education (AU student Moms find getting free time especially difficult). Making a coupon book good for afternoons of watching the kids, a long bubble bath, a promise to clean the house or X-number of hours of

uninterrupted study time just might be the perfect gift and is a customized way for a family member to show their support. Making it look professional and printing the coupons out at a copy shop gives this gift more "street cred."

Stocking Stuffers

Beyond the usual books, socks and coffee shop gift cards, here are some other creative ideas for smaller gifts:

- An item from the [AU online shop](#)
- A posh ballpoint pen
- Relaxing essential oils or good quality natural body products
- A custom stamps for home library books
- A Moleskine journal or Filofax day planner
- A clip on book light
- Lots of pens, pencils and highlighters in an attractive container

Carla would love to receive any of these gifts from her husband, but admits that, like many AU student moms, she would really love just taking a good nap.



Writer's Toolbox

An Invitation

Christina M. Frey



You're putting together holiday cards or inviting friends and family to a year-end gathering. You've got festive music on the radio, the scent of gingerbread is wafting through the house, and you're sipping a caffeinated concoction in a red cup. What the heck does grammar have to do with that?

As it turns out, quite a lot—and it's all in a name. Your name.

One of the most commonly confused distinctions is among plural, possessive, and plural possessive versions of surnames, and errors are so frequent that it's hard to recognize the correct form when you do see it. This week we'll sort out how to get your name right—just in time for the holidays.

Plural: Surname + s

If you remember nothing else, remember this: there is no apostrophe in the plural, regardless of whether the surname ends in s, z, or y.

The regular plural is always formed by adding an s to the surname—no apostrophe. And unless the surname already ends in s, it doesn't matter how you'd normally form the plural—it's "the Freys," never "the Fries." Even if the surname is identical to a common noun (not a name) that forms an irregular plural, you still just add an s. You're visiting "the Leafs," not "the Leaves."

Example A (incorrect): The Frey's will be home next week. This is the possessive singular form—plurals don't take apostrophes.

Example A (correct): The Freys will be home next week.

If the surname already ends in *s* or *z*, add *—es*. Don't add an apostrophe! It's "the Joneses," not "the Jones's" or "the Jones" (the latter could only be the case if the surname was "Jone").

Example B (incorrect): The Hess's will be home next week.

Example B (correct): The Hesses will be home next week.

Possessive: Enter the Apostrophe

To form the singular possessive of a surname, the general rule is to add an apostrophe + *s* as you would with a common noun—so it'd be "Christina M. Frey's column" (see this [Toolbox article](#) for exceptions to the general rule). But note that adding the apostrophe + *s* only applies to a *single surname*, not a surname group like a couple or family. "Frey's" refers to one Frey, not several.

To form the possessive of a group surname, add an apostrophe to the plural form. It's really that simple.

Example C (incorrect): The Jefferson's party will be next week. This is the singular possessive form, so unless there's only one Jefferson and they go by "The Jefferson," it's incorrect. If the Jeffersons—more than one—are holding the party, use the plural possessive instead.

Example C (correct): The Jeffersons' party will be next week.

To keep them straight, a quick review:

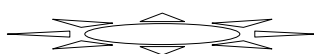
Plural: Add *-s* or *-es*. *The Trumans are having a party. So are the Joneses.*

Possessive: Add an apostrophe + *s* (general rule). *Sarah Truman's party was fun last year.*

Plural possessive: Add an apostrophe to the plural form. *The Trumans' party* [the party held by the Trumans] *takes place the day before the Joneses' party.*

That's a lot of partying—happy holidays!

Christina M. Frey is a book editor, literary coach, and lover of great writing. For more tips and techniques for your toolbox, follow her on Twitter (@turntopage2) or visit her [blog](#).



Extracurricular Home Brewing & Winemaking

Carla Knipe



The interest in craft brewing and small-scale wine production at a commercial level has also led to a surge in brewing beer and making wine at home. Creating one's own alcoholic beverages dates back centuries in human civilization. Both beer and wine are created from the simplest of ingredients, but the magic is the science behind the process. Having the necessary know-how makes the difference between success and failure.

Both beer brewing and winemaking require advance preparation and quality ingredients. Beer brewing requires a brew pot (a large, stainless steel pot with at least a five gallon capacity), a primary fermenter (a large, airtight plastic vessel), an airlock and stopper, a plastic hose, bottling bucket, and thermometer. This equipment sounds like it costs a lot, but it is actually reasonably priced. For home winemaking, the equipment list is similar to beer brewing. A batch of wine requires a 30-litre bucket with lid, grommet, and airlock, a 25 litre fermenter with large cap, bung, and airlock, a large auto-siphon, a thermometer, and a hydrometer with case. To bottle the final product, you will also need a sterilizer, a capper or corker, and, of course, bottles and caps or corks.

The actual ingredients for your beverages can be purchased online or through a home brewing shop. In the case of beer, you will need yeast, barley, hops, and sugar. There are kits available, but many brewers like to start from scratch and then tweak their recipes as they become more experienced. For home winemaking there are two approaches. The most common is to use kits purchased from home-brewing shops, which include all the juice concentrates and in-depth instructions. Going it alone and supplying and preparing your own fruit is trickier because you are dealing with a natural product where the acidity and sugar levels can vary widely. However, many home vintners enjoy the challenge.

The two most important aspects of home brewing are cleanliness and temperature. Remember, everything that comes into contact with the ingredients needs to be thoroughly cleaned and sterilized. The correct temperatures called for in the recipe must be maintained at the correct stages of the process.

Another important point is that the beer or wine needs to be stored correctly and monitored while it matures. Each beverage recipe has its own requirements for storage and maturation, and since this is the most crucial part of the process, it cannot be sped up. Another point to remember is that, unlike commercial products, there are no preservatives added. So the alcoholic beverage must be consumed within a certain time and is not suitable for long-term storage.

Even though home brewing may seem like a solitary experience, it doesn't have to be. Seeking out like-minded hobbyists at a home brewing shop or taking courses at a community college are great ways to share knowledge and stories of successes and failures. Home brewers ultimately do not undertake this hobby to save money;

they do it because they enjoy the process and the sense of accomplishment when everything falls into place.

RESOURCES

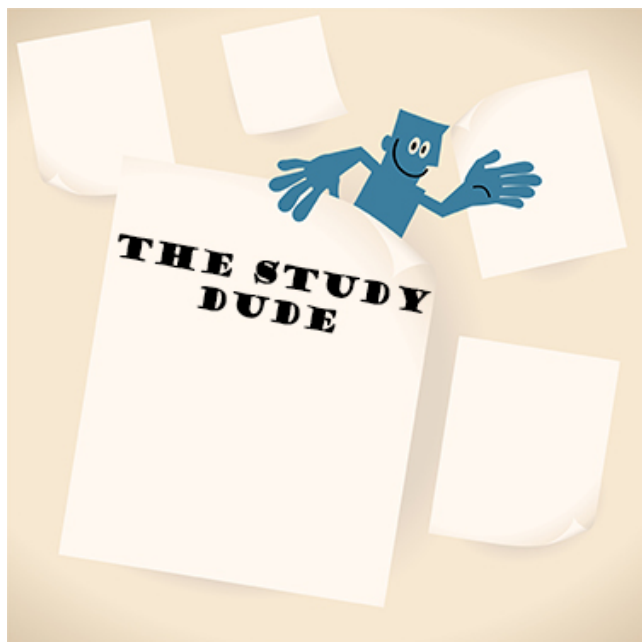
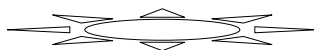
<https://byo.com/newbrew>

<http://www.homebrewersassociation.org/how-to-brew/beginner/how-to-make-beer/>

<http://www.homewinemaking.co.uk>

<https://winemakermag.com>

Carla would love to be able to take part in any hobby involving a needle, but she has resigned herself that this is impossible due to the fact that she may indeed possess all thumbs.



Study Tips from a Semi-Anonymous Friend Writing a Dissertation in a Snap, II

There is nothing more that The Study Dude wants for you than to say something more than, "Well, I... well I don't know" when someone asks you what your thesis was about.

Well, in these articles, as The Study Dude, I'll try to give you the study tips you need to help make your learning easier. I'll also give you straight and honest opinions and personal anecdotes—even the embarrassing ones that you wouldn't ever dare read about from any other study tip guru.

This week's Study Dude article starts with part two of *Demystifying Dissertation Writing* by Peg Boyle Single, Ph.D. If you ever wanted to learn how to write a dissertation or book from scratch—and you want to streamline it as much

as possible—Peg will shower you with tips and tools for being anything but *All But Dissertation*.

So, there's nothing to fear. The Study Dude is determined to make right for you all the wrongs I made in grad school—one A+ at a time.

How to Read Interactively

When I read an article, I like to highlight sections galore. I like to make yellow snakes aligned horizontally, capturing every single point that interests me and that might fit into the topic of my thesis. No text that seems to scream "Let me captivate you!" goes without highlight.

In the margins beside each yellow snake, I put one or two keywords that encapsulate the gist of the message. Once I've finished highlighting and placing keywords beside each highlighted piece of quotable material, I make up headings for an outline based on the most prominent keywords.

Then, I go into the papers I've highlighted and type up each margin heading into a Microsoft Word outline program. From there, I'll add the quotes under their respective headings, later grouping them in a more calculated manner. If some of the sections of the outline seem to have too little material, I continue researching in that area, as Peg Boyle Single also suggests you do in her long outline system.

In next week's Study Dude article, I'll reveal to you a much better system for organizing that initial outline, but for now, I'll just let you know that Peg Boyle Single doesn't recommend highlighting reading notes. She thinks we can quite easily take highlighting to extremes. She recommends using an erasable pencil and a software package like Endnote.

Her system is different. Peg Boyle Single crafted the following advice on how to read interactively:

- Underline with a pencil important or potentially citable parts in your reading.
- Jot down notes in the margins of your readings.
- Avoid using a highlighter. It promotes your pages ending up as a sea of yellow.
- Get an overview. Start your reading venture by reading the Table of Contents. Work your way down into the intro and then, if you don't have a TOC, say for an article, look at the headings and subheadings. Also, peer at the references for the book or article.
- Finish reading the article, book, or chapter before venturing on to take notes. Okay, okay! If you don't want to wait until you finish the reading, then go ahead and take notes during the reading. This is not recommended, though.
- Try to glean what the main point is, what evidence leads to a convincing conclusion, what object or person or source the article studies, what theory or methods were used, and how the article or book helps advance your personal- or career-related interests.
- In the book or article, put three stars by the main point, and write H#1 for hypothesis number one and H#2 for hypothesis number two and so on.
- On the front cover, use sticky notes to indicate page numbers of main elements, such as the hypothesis, the theory, or anything else of importance.
- Read dissertations from your own department and notice how method, theory, and key ideas are presented.

Take Notes for Citation Purposes

Taking notes for citations includes a plethora of judgement calls, like what to include, what to paraphrase, and what evidence will best make your point.

After the loads of reading you will undertake in the research process, you will need to be able to discern what to include and what to omit. These inclusions comprise your citeable notes. What then happens with these citeable notes in Peg Boyle's system will surely streamline the essay writing process.

While I was in graduate studies, I heard about the latest innovation: Endnote. Some of the students tried it on for size, but I received the advice to go the old-fashioned route for collecting citations: cue cards and the good old computer keypad. While this advice may have made me more diligent with learning proper citation formats, I think I missed out on learning an invaluable software package that could have fast tracked my research endeavour.

Peg Boyle has much advice on how gather interactive and citeable notes and how to implement Endnote into your research ambition:

- Endnote, Reference Manager, or any other reference software will help guide your research activities.
- For your interactive notes on an article, try to capture the key idea, the hypothesis, the evidence and arguments, the theories, the methods, the results, all the quotes you wish to capture, why it matters, and how the material is significant to your own research.
- Record the bibliographic reference and who to contact for copyright permissions.
- Always ensure you capture the page number.
- Take copious and lengthy notes from primary sources, such as interviews, objects of study, diaries, or anything that serves as the original material or the focal point of what you are analyzing.
- Cite generously.
- When you add citeable notes to your outline, these enable you to see where you are weak in quantity and quality of citations and where you are strong. This should help you determine what areas you need to research further and which you can stop researching further.
- Citeable notes contain the point of the quote and some words from the quote itself.
- Group citeable notes by theme
- Organize each theme logically, chronologically, etcetera, giving it a coherent order and structure.

Devise a Statement of Focus

A statement of focus is not unlike a thesis statement, but might contain a little more information about your methodology and theory and so forth.

Unwisely, I never came up with a focus statement nor an elevator pitch for what my thesis entailed. If, at the outset, I had come up with a strong focus statement, or at least an elevator pitch, my thesis would have strengthened noticeably.

Later on, after the thesis, I applied for a career opportunity. The interviewer probed, "Tell me about your thesis." I hemmed and hawed and tried to insert my best, unpolished pitch. She facetiously responded, "Were your results good or bad?" I never got the job. The moral of the story: at least get an elevator pitch, if not a whole focus statement for your thesis, because you'll end up needing it throughout your life.

Peg Boyle Single gives advice on producing a focus statement:

- A clear focus statement can almost guarantee success with your dissertation writing.
- Ensure that your focus statement aligns with your professional aims.
- A focus statement consists of only a few sentences.
- Your focus statement relies on the major groups or themes of citeable notes you took previously.
- You will be revising your focus statement throughout the dissertation process, so don't worry about whether it is perfect or not at the outset.
- Make focus statement crystal clear.
- A focus statement should include a research question, the object studies, the theory and methodology uses, and the time frame.
- Ask yourself why you are researching this topic to help glean how to draft your focus statement. Also ask what the key idea is, why the research matters, what three major points you want to convey, and what objects or data you need to investigate.
- Journal while coming up with a focus statement.
- Discuss focus statement with anyone and everyone.

References

Single, Peg Boyle. 2010. *Demystifying Dissertation Writing*. Stirling, Virginia: Stylus Publishing.

In Conversation with Sunny Gang, Part III

Wanda Waterman



Sunny Gang - Photo by Mel D. Cole

Sunny Gang is a lively thrash-punk-rap outfit based in New York, known for inspired (and inspiring) rap with a zealous rock ambience. Fronted by rapper Nasty Nate, other members include Chris Bacchus on guitar, Joe Sap on bass, and Marshal on drums. Sunny Gang just released "Godzilla", a single from their album, Party/Animal. Recently the band took the time to answer Wanda Waterman's questions about their musical experiences. (See the first part of this interview [here](#) and the second part [here](#).)

What was the most mesmerizing musical experience of your life?

CHRIS BACCHUS: The most mesmerizing musical experience for me was seeing Lamb of God in early August. I dislocated my knee the first time I saw them, so there's that. I

felt like I was in a trance, and, mind you, I was completely sober. I felt every guitar riff enter my eardrums, then resonate through my whole body. Randy Blythe's screams gave me chills and held me in a state similar to sleep paralysis. I don't know what it was, but it was probably the devil (laughs).

JOE SAP: I wouldn't call it "mesmerizing", but Marsh, Bacchus, and I went down to Bonnaroo in 2014, and we saw The Orwells perform in a small tent stage that was meant to hold maybe 150 people, sitting on chairs and bean bags and stuff. Five hundred kids showed up ready to mosh.

Everything that wasn't bolted down was being crowd surfed around: people, beanbags, chairs, possibly even a table. Then people started climbing the rafters, and there was serious concern that the whole thing was gonna collapse. It was pretty awesome to see a raw display of destruction at what is otherwise a pretty chill, laid back, super friendly and respectable festival.

I also recently saw Death Grips on their last tour, and that was an incredible display of musicianship. The guys performed at 150 percent intensity for an hour and a half straight, barely even stopping between songs. There was no introduction, no stage banter, nothing but a never-ending assault on the senses. There was barely even any light on the stage; most of the show was just backlit with these harsh red lights so all you saw were three silhouettes going apeshit.

NASTY NATE: Probably the time I did acid and listened to Pink Floyd's "Time" and the entirety of "Shine on You Crazy Diamond." I was seeing sounds and hearing colors. Pretty intense. Then I took a shower in the pitch black listening to "Have A Cigar," and I could feel the vibrations in the water.

Has anything funny or strange happened to you in the recording studio or on the stage?

CHRIS BACCHUS: The first would be one of our first shows in Newark. We played a place called Hell's Kitchen. It's a dimly lit rock bar that occasionally has burlesque dancers to entertain the crowd. Luckily, the night we played was burlesque night. We're hammering through Bloc Party and the dancer comes on stage right before I rip my solo. The solo hits and she's going nuts. It was about this time that I decided to grind on her while I was shredding a pentatonic lick. I'm pretty sure my headstock was lodged between her ass cheeks, but hey, I guess that's what guitar polish is for.

The second funny instance wasn't exactly funny at the time, but it's definitely humorous now. We were playing the Afropunk Battle of The Bands semi-finals and we were very into smashing guitars on stage. So toward the end of our set I destroyed a guitar by jumping into the crowd and taking swings at the floor with it.

After a few swings the guitar was completely dismantled. I went to pick up the guitar's remnants, and as my hand was under the guitar Nate jumped into the air and stomped right on the guitar. As a result, I ended up with a broken middle finger. Damn ... lead singers always want part of the action.

JOE SAP: I thought Bacchus breaking his finger was pretty fuckin' funny at the time. I'll share a more recent story. Last weekend we played a show at this new underground spot in Newark called The Cage. Before we started our set proper, Bacchus, Marsh and I reeled the crowd in with a quick improvised punk riff while Nate introduced us.

This was a hometown show, of course, so the place was packed with homies who were ready to go nuts, and nuts they went almost immediately. Before we started our first actual song, I looked out into the crowd and in the already-forming mosh pit, a rapper named Hoddy who had opened the show up was spinning through the crowd swinging a sledgehammer that he had found sitting in the corner.

The show only got more ridiculous from there, with people hanging from the 15 foot ceilings, a wall of death, topless chicks dancing, blow-up dolls being thrown around and promptly destroyed, and just about any other kind of rock 'n' roll insanity you can imagine.

NASTY NATE: During our last performance at Battle of the Bands I set the crowd up to do a wall of death and there was this little girl who couldn't have been older than five years old, who had been in the front dancing the whole time and she was standing in the space between the two sides. At that point it was too late to stop what was going to happen so the two sides came together when the beat dropped.

I don't know what happened to that little girl, but in my head some superman came and snatched her at the last minute and saved her. I know she didn't get hurt or anything or else we would have heard about it, so don't think a little girl died at our show. Nonetheless it was pretty crazy.

Student Sizzle

AU's Hot Social Media Topics

Following what's hot around AU's social media sites.

AthaU Facebook Group

Lori wonders if she'll still be charged a fee for course materials when withdrawing from a course in the first 30 days. Margaret seeks suggestions on an elective 300-level course. Aly wants to know if an exam date can be changed for free if the contract date was extended.

Other posts include discussions about changing programs, writing a discussion essay, and courses CHEM 301 and PHIL 333.

Twitter

@AthabascaU tweets: "Are you a teacher? Know one? AU has professional development courses in Blended and #Online Learning and Teaching <http://ow.ly/VIE0E>."

@AthabascaUSU (AUSU) tweets: "AUSU president posted a new executive blog regarding AU service standards & response times. <http://bit.ly/1XEhknkU>."

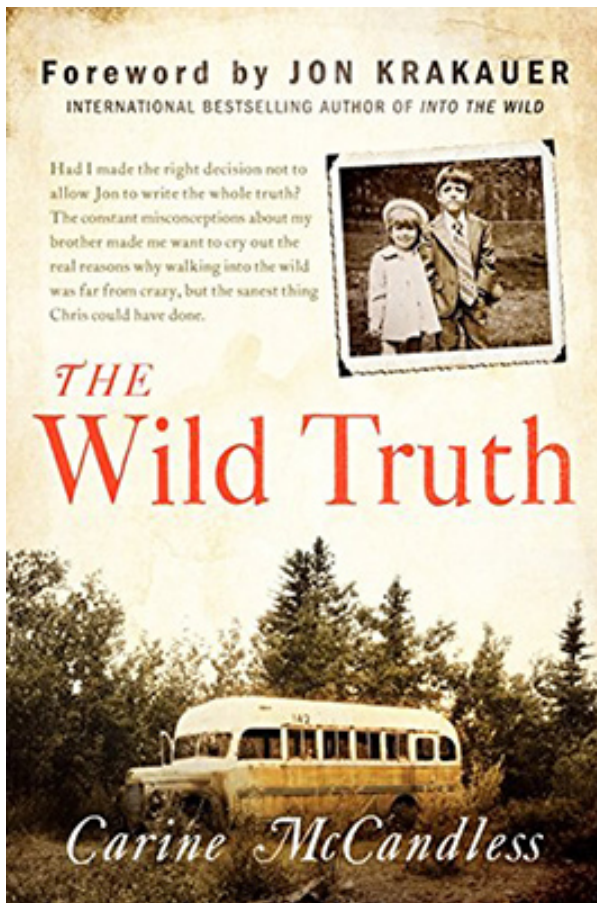
Youtube

From Gunnar Schwede: "RC Plane over Athabasca University" allows you to procrastinate for almost eight minutes while getting a remote-control plane ride over AU.



Wild

Deanna Roney



Into the Wild, by Jon Krakauer, was a story which captured my imagination, as well as countless others. It is the story of a young man who cuts himself off from his family and wanders the country. As most people know, even those who have never read the story, his journey ended tragically. Chris McCandless died in the Alaskan wilderness, the story claims he poisoned himself while eating wild potato seeds, though what caused his death has since been debated.

I recently learned about another novel, written by Chris' sister, Carine, *The Wild Truth*. Carine, frustrated with the misconceptions about why her brother left and the sympathy her parents were receiving for having "such a cruel son", was pushed to tell the whole story. The story sheds new light on why Chris left, why he had no choice but to cut ties, and how, in doing so, he was not finding himself but finally free to simply *be* himself.

Reading these stories has given me a new insight into people, into human nature, and into writing. Carine requested that Jon keep most of the details of their childhood out of the novel, not wishing to harm her parents, who, at that time, she still held out hope for. When reading *Into the Wild*, it was clear to some what occurred in that home, though missed by others, and the extent

of it was unknown. Jon's writing of *Into the Wild* showcased how to write between the lines, how to suggest without stating. Carine's novel filled in the blanks, but it does more than that. It tells the story of Carine. How she coped with their childhood, and how she related to her brother leaving with no way of getting in contact with him.

The Wild Truth shows a dark side of humanity. It shows how the cycle of abuse can continue, but also how resilient people can be. It shows that people can be deceived and yet still come out on top. Life may place many obstacles in one's way but everyone, if they choose, has the strength to overcome them. Carine wound up married twice to abusive partners, though both times they did not show signs of being abusive until after marriage. She held out hope that one day she could reconnect with her parents, even though everyone else had given up and all the signs suggested it was impossible. She is the embodiment of strength, reliance, and perhaps error. She writes bluntly, acknowledging that things about herself and her nature that were difficult to admit to be true had happened.

These stories catch my interest. I find as I read *The Wild Truth* I am picking out similarities and events that happened in it and *Into The Wild*, reading each for its own worth, but acknowledging another point of view. It is interesting to see another perspective and to read the other side of the story. While this novel has been out for some time I only just discovered it. These novels (even while I have not completed *The Wild Truth*) have captured my imagination. *The Wild Truth* will likely join the ranks of *Into the Wild* as my most reread books. I encourage anyone who has read and loved *Into the Wild* to also read *The Wild Truth*. And, if you have read neither, read both.

Deanna Roney is an AU student who loves adventure in life and literature



A Gift That Lasts

Have you jumped on the colouring for your sanity craze? In July I bought a colouring book as part of Hilary's birthday gift and one for myself. Didn't I feel special to be on the rising side of a trending curve as opposed to nearly missing the tail end? Right now you can't take a step in any direction without seeing umpteen options. And, of course, I bought two twenty-four packs of Crayola markers to ensure our Mandala Magic sheets would be vibrant and master works. The other day I dug through my art supplies and unearthed my seventy-two piece Prismacolor pencil set in the snazzy metal case and a twenty-four pack of watercolour pencils. A softer look with more shade variations. It is true that you can't colour and worry at the same time. If you've been very good maybe you'll find one in your stocking this year.

While housecleaning this weekend I organized my games. It was also an attempt at baby-proofing the place for year-old Kade. I corralled those things that promise to help keep my faculties a while longer. Having a pretty purple flocked box to store them in was just gravy. So, stashed within reach of my favourite chair is the old Hi-Q game we've had forever. It's a game for one. The goal is to remove as many pegs from the little game board as possible by strategic jumping. Keeping it company is my Nintendo DS with Brain Age game cards. Playing Sudoku or word games promises to keep Alzheimer's at bay. Too bad the screen seems to have gotten smaller!

Added to the mix is a wooden Sudoku game from Indigo. Sue me. I'm a sucker for beautiful, tactile things. Granted, it's a pain loading the numbered pegs and there are only twenty-four game options. But, maybe a slower, non-electronic version is just what a person needs. The speed with which you can solve a problem is only one measure of the intrinsic value of putting your mind to the test.

A couple of word puzzle books and a compact box of 101 write-on-wipe-off puzzles offer more challenges. I've got a jigsaw puzzle waiting. Speaking of old school, maybe a good old-fashioned game of Snakes and Ladders or Scrabble will break out during Christmas. There's something to be said for sitting around a

table, throwing dice, moving markers, handling tiles, staring down your opponent. To help Grady learn his numbers, we usually play a few games of Bingo on Christmas Eve. He's gone from crank turner to caller.

No one I know is going to permanently ditch her smart phone or laptop, but maybe we can choose to slow down and play the old-fashioned way. Alone, or with family and friends. To relax, or stay sharp. To recapture our youth, or teach our children. To slow down and get off the merry-go-round? A gift that lasts, from where I sit.

Hazel Anaka's first novel is Lucky Dog. Visit her [website](#) for more information or follow her on Twitter @anakawrites.



Dear
Barb

Barbara Godin

The Distance Relationship

Dear Barb:

My girlfriend and I have been dating for two years. We began dating in high school and were each other's first relationship. This year she moved away to go to university and I stayed home to attend the local college. We always got along great and rarely argued until she went to university. Before she left we had discussed her going away to school and knew it would be difficult, but we believed we loved each other enough to be able to manage a distant relationship. Now I'm beginning to wonder if that's going to be possible. When I text her she sends me quick one word answers and even when I call her she is brief and claims she is so busy with school. When we do talk we end up arguing. She has been home twice for the weekend and seems to want to spend most of her time with her family or friends rather than me. I have tried to discuss how I feel but she is distant and says everything will be okay. I am beginning to wonder if she has met someone else. I can't even think of the possibility of losing her. I don't know what to do, or how I can get her to talk about this! James.

Hi James:

Long distance relationships are difficult, but not impossible. You both need to set some ground rules so each of you knows the others expectations. For example, set a schedule to text or call when it is convenient for both of you, then you will have each other's undivided attention. If you text or call when one person is in class or busy, it is difficult to answer, which can leave you feeling ignored. But be careful, as too much communication may make you appear possessive or needy and that is a real turn off. Also, have you discussed whether you are exclusive? You might be under different impressions of what your relationship is. During visits home your girlfriend may feel she is spread thin as she tries to visit everyone in a brief weekend. Because you want her undivided attention, you may be misinterpreting her visits. It's natural that her family and friends want to spend time with her as well. Maybe it would work out better for you to visit her at university, that way she will be able to spend time exclusively with you and also introduce you to her new friends and show you where she hangs out.

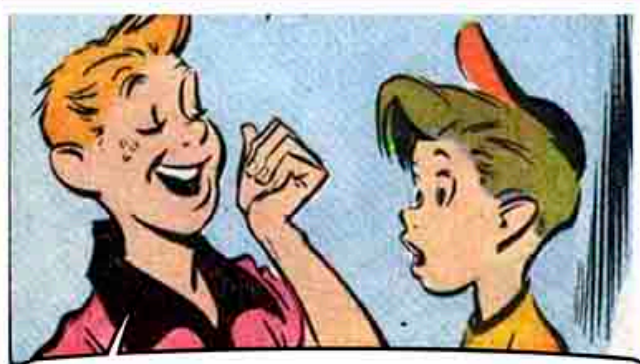
Discussing your future plans may put your mind at ease. For example, do you ultimately intend to be together, if so, have you decided on a timeline for when you would like this to happen? While you are apart you can still do things together. For instance, you can play online games together, or watch videos on YouTube, etc. Posting pictures and status updates on Facebook, Twitter, or Instagram will aid in remaining present in each other's lives. Most importantly, you need to remain positive. Many long distance relationships grow in spite of the distance.

There are no goodbyes for us. Wherever you are, you will always be in my heart.

—Gandhi

Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.

THE NONPARTISAN: SHARE AND SHARE ALIKE



Hey, Bobby, how'd ya like to earn a little extra pay at the soda shop?



You betcha, Andy!

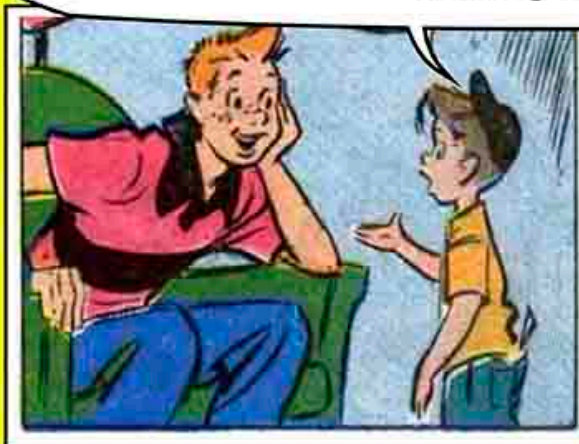


All ya gotta do is mop up for me after my Saturday shifts. I gotta get away early for my dates with Nancy Beth. I'll pay you a buck!



Share and share alike, I say. It's the American way!

But Andy, the boss pays you an extra two bucks for mopping up after your shift! That's not share-and-share-alike! It's blood-sucking capitalism!



That's what I mean by share and share alike, Bobby!

WRITTEN BY WANDA WATERMAN



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IMPORTANT DATES

- **Dec 10:** AUSU Council Meeting
- **Dec 10:** Deadline to register for courses starting January 1
- **Dec 13:** January degree requirements deadline
- **Dec 16:** [Edmonton Meet & Greet](#)
- **Dec 25-Jan 4:** AU Holiday Closure
- **Dec 30:** January course extension deadline

Mobile App for Athabasca University Students

By Donette Kingyens, AUSU Communications and Member Services Coordinator

AUSU recently partnered with AUGSA to provide a new [Mobile App](#) for Athabasca University Students! We wanted to provide a modern, electronic interface for students to keep track of their studies, get access to services, and to connect with other students, all within one handy application. And the best part – it's **FREE!**

The Mobile App launched officially in September 2015, and has a lot of great features. Most importantly, the mobile app provides numerous ways to **connect with other AU students**, including:

- **Campus Feed** – Join the campus wide discussion.
- **Groups** – Join up with numerous chat groups such as the Study Buddy or Study Tips chat group.
- **Class Forums** – Add classes to your schedule (*see below*) and chat with other students in your class.
- **One-on-One Chat** – Add friends and chat one-on-one with them in the app.

The app has lots of other great features as well, including:

- **Courses** – Manage your courses, create to-dos & reminders, stay on top of assignments.
- **Study Tools** – Schedule study sessions & build habits with the study timer.
- **Campus Services** – Learn about services that are offered at AUSU and AU.
- **Academic Calendars** – View important dates, deadlines, and events at AU and AUSU.
- **Programs** – View the programs offered by Athabasca University.
- **Timetable Sharing** – See when your friends are free.
- **Student Lifeline** – Access the Student Lifeline Health & Wellness program.
- **Careers** – Check out some great resources for finding employment.
- **Deals** – Access exclusive discounts and deals offered by AU and AUSU.
- **Links** – Numerous quick links to AU and AUSU resources and commonly accessed pages.
- **AUSU** – Find out more about your AU Students' Union, council, and staff!

AUSU does recognize that our members have distinct needs, and the mobile app was just one way to address them. We have notified the Mobile App developers, Oohlala that we would like to see a few changes to the app programming to address our unique needs, namely not having to enter in a semester, start date and start time when adding classes to your schedule. Oohlala advised us this will be addressed with their production

team and made a priority for upcoming software updates to accommodate the unique needs of AU students. In the meantime, check out the instructions below for adding a class to your schedule:

How to Add Courses to your Schedule

- Search for your class in the “**Courses**” tile.
- Click “**Classes**” in the top bar (or click the “**Add Course**” button).
- Enter a semester name, start date & end date, and start and end time (*just enter anything here –we recommend picking a start time that corresponds with when you typically study if you can*).
- Click the blue check-mark (*top right*). ✓

You can now go to the **Chat Groups** and chat with other classmates who entered the same class to their schedule, or you can schedule assignments, study time, or exams for your class!

Other tips for using the Mobile App:

- Check out the “**Services**” tab to find a list of various services offered by AU and AUSU – many students may not know all of the services available! We keep this regularly updated with current services.
- Go to the “**Events**” tab to find out when the next AUSU council meeting or national “Meet & Greet” are being held. You can save events you are interested in to your own timetable!
- Check out the “**Deals**” tab to see an extensive list of the various software and program discounts and freebies offered by AUSU and AU. For example, did you even know you can get a discount on Microsoft Office from AU?

If you have feedback about the mobile app, please let us know at services@ausu.org. The app continues to improve, so your thoughts are important to us! AUSU regularly updates the app with events and services, as well as posting important updates to the campus feed. We also regularly confer with the app developer about other ways to improve on the app, so let us know if you have any suggestions!

AND for those that like the [hard copy planner](#), we have a simpler, more compact version available!

Download the App at athabasca.campusapp.com.



CLASSIFIEDS

Classifieds are free for AU students! Contact voice@voicemagazine.org for more information.

THE VOICE

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