

THE VOICE

MAGAZINE

Vol 25 Issue 02 2017-01-13

Minds We Meet

Interviewing Students Like You

Engaging with *The Walrus*

The Senses of Education

A Word of Inspiration

What's in a Word?

Plus:

*The Other Lesson
In Conversation..
and much more!*



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***The Voice
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LETTERS TO THE EDITOR



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

Hey! Did you know the Voice Magazine has a [Facebook page](#)?

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

EDITORIAL

Super Stitchings

Karl Low



So it turns out that our first regular issue of *The Voice Magazine* for this year is being published on a Friday the 13th. Fortunately, I'm not one that takes many superstitions very seriously. Of course, you won't catch me walking under a ladder, but that's more just common sense—I don't like to have things dropped on my head.

If you read up on superstitions, however, you find many of them make a lot of sense, when taken in context. Breaking a mirror causing seven years bad luck, for instance, came about when mirrors were extremely expensive. A large one could easily cost seven years worth of a person's discretionary earnings. Then remembering that bad luck is another way of saying hardship, and the superstition makes a lot more sense. If you happen to be in a rich person's house (as who else would have a mirror) and you accidentally break it, you can look forward to seven years of hardship as you try to pay it back.

I haven't found such a rational reason for the fear of Friday the 13th, however. Some equate it to Jesus' last supper, which had 13 people present on the 13th of the month, that occurred the night before his crucifixion on Good Friday, but that would tend to imply Thursday the 13th. There are also a number of different things that refer to Fridays as bad luck, and 13 as an unlucky number, but the

joining of them being bad luck seems to stem mostly from fiction.

Which, to me, makes it doubly odd that, of the superstition, it would become one of the most widely known. Perhaps it's because it's one we can't avoid. You can avoid walking under ladders (always a good idea) or breaking mirrors (also not advised), you can even, if you're quick and attentive, avoid crossing the path of cats (though I've always wondered, does that mean don't cross where a cat is going to walk, or where one already has walked?). And whistling near graveyards is generally considered disrespectful so you shouldn't be doing it in any event, but there's really no way to avoid a simple date on the calendar. Which makes it a great scapegoat should anything bad happen to you on that day. It's not your fault, it's Friday the 13th.

And suddenly understanding dawns. We love nothing more than a good scape-goat, don't we? 2016 taught us that, heck, our reaction to the year 2016 should teach us that. But that all said, I still don't hold that Friday the 13th is better or worse than any other day of the year. Except maybe January 20th, but let's not get into that.

However, if you are such a person, hopefully this issue will buck the trend. We start it off with our feature article, an interview with *The Voice Magazine's* resident philosopher. Jason Sullivan, author of the Fly on the Wall series, has taken some time to tell us what he thinks a person should serve Karl Marx for lunch, and why poutine isn't the answer, among other questions. We also have an exposé of the hidden lessons that AU is teaching you in Deanna Roney's article "The Other Lessons" (okay, maybe not an exposé so much as an acknowledgement, but the former sounds so much juicier, doesn't it?) Plus a look at some of what we may be missing at AU and how to get it in "Engaging the Senses with The Walrus", and of course we tie it together with a selection of news, reviews, events, and amusements to keep you connected with other students at AU. Enjoy the Read!

A stylized, handwritten signature in black ink that reads "Karl".

MINDS WE MEET



Jason Sullivan was born in Vancouver, British Columbia. He graduated from high school in Summerland in 1999. In 2002, he took a 10-month horticulture program at the College of the Rockies in Creston. He came across Athabasca and began a double-major in sociology and history in 2004, which he completed in 2014. He occasionally writes the Fly on the Wall column for The Voice Magazine

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

Other than work, I work in forestry. Also, I have a fruit orchard – apples and pears – here in Summerland. I read philosophy magazines. I go for a lot of walks. I try to envision enlightenment with my friends. Stuff like that. Not in a hippy-dippy way, more of a conversation. Other than being a football fan. I am a fan of the CFL. I read stuff online. I read books, especially philosophy books. I snorkel in the lake, Okanagan Lake here.

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

The first one that comes to mind is Karl Marx because I would be interested to hear what he has to say in the 21st century and the post-period after the Second World war. Karl Marx, I think he's very instructive into how we understand the world and could

understand the world today. Also, I wonder how he'd respond to the identity and culture stuff that's happened too. I suspect he would be surprised. He was relatively deterministic. He wrote about culture. I would love to hear his thoughts about the Frankfurt School. he'd get the 21st century instinctively, I figure, from his research into capitalist conditions of his own time. He didn't say religion is the opiate of the masses without meaning other things could be like religion, whether that's consumerism or the dominate tastes of culture at the time.

What would the meal be with Marx?

Aaaahh! Recently, I've realized there's no sense in trying to offer Poutine to other folks in the world. It comes across as American to them. They see gravy. They see cheese. They see fries. It doesn't succeed as well as I would hope.

My first thoughts are some goat cheese. In his time, he was in Germany (Prussia), then France and England. So, he would've tasted a lot of European food. I think some of the Vancouver food, like good Chinese restaurant food. Something like Peking Duck. When he wrote about Oriental despotism, it was probably at a distance from tasting their food, even some of the North African food. I don't know if he had any of that food. Some Peking Duck; some good Vancouver Chinese food, even Dim Sum.

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

Both of my parents. My father earned a PhD in zoology. He's a zoologist. My mom got a masters in marine biology. I was always brought up to believe education, scientific or otherwise, in and of itself had a lot of value. Education was something to pursue, not for no reason, but that it didn't have to always be "how you can make money from that." It also can be something that makes you who you are. I didn't hear a lot of philosophical discourse growing up, although I now realize that my folks' many after dinner discussions about the environment and vegetarianism were totally that. And I got the sense it was important, if possible, to get an education. Not to take chances, necessarily, but to say, "This is what I did."

Growing up, we didn't have nice clothes. In Langley, my siblings and I were considered to be lower income, which was how we looked. It was in part due to my folks growing up in the 60s. We didn't go to the race track. We weren't the horsey kids. At some level, it affected me. It reminded me that education allows you to be successful in your heart as well as with money. They encouraged going to school and following our dreams and not always thinking of the obvious vocational outcome.

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

What I really like is a really intimate interaction with the text, including the tutor, but a distinct interaction with the text and the material, you decide for yourself what you feel about it. You do not have the huge, overinflated ego of the professor who makes it her or his own mission to inject his or her own version of reality into the course material. You have this autonomy to decide with yourself what you're learning. That's probably my favourite part.

Another favourite part is being able to make up your own work schedule. You don't need to drive or take the bus to class. As folks I've known often say, you don't have the same interaction with your cohort, with other students. I take the courses. It is nice online. You can participate within the context, e.g. fora, online. However, you do miss out in interaction with other students. Even with someone fairly introverted as I am, you always have new input from students as things go along.

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

Oh, absolutely! There's times when it is like "shoot! Am I going to get a job that relates to what I am doing? Is there going to be a time when looking back that this can be seen as improving my life?" If you look at students, and if you look at your surroundings, nothing is different. There's no ivory tower. There's no students bustling by. Usually, there's an energy. As a distance student, I step back and realize, "Here's where I am, I am in a school of fishes."

What was your most memorable AU course?

I was thinking about this because I thought you might ask. It is a tough one. Honestly, I think the one that affected me most was the history of psychoanalysis. As an undergraduate, the one that affected me most was Humanities 360: East Meets West. It was about epistemological bounds and substrates that affect every part of our culture and who we are, and that might be one too. My favourite was The Evolution of Psychotherapy with Tony Simmons. That was the one that I enjoyed the most and impacted how I view the world the most.

What is most valuable thing in life to you?

I think the most valuable thing is pleasure-freedom, but, really, feeling an organic connection to ideas, feeling like ideas have a substance, a meaning—valuing ideas such that they become a part of oneself. I would say valuing ideas so that they feel personal to oneself. That's why I chose post-secondary education. It is feeling a personal connection to the ideas.

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

I definitely would have had a higher income since going to AU. I've given up traditional brick-and-mortar experience, which I certainly could have had. When I started, I was 22/23. A little bit of income, a little bit of the traditional university experience, some of the spatial-geographic connections to others that happens at that level. I have had a number of courses in traditional universities. I would suggest students that aren't sure to have at least some experience of that. Sometimes, school sucks and it can be good to have classrooms, some experience, on your journey.

What's the single best thing AU could do to improve your student experience?

I think increasing interaction between students, especially at the undergraduate level. Not to have that as mandatory, but to have that as little more of an outreach option. One factor is people falling behind or having a hard time with the deadlines. That is a support network itself within the context of individual courses.

What is the most important lesson in life?

To believe in yourself and not demand or expect more from others than is reasonable. To be your own best friend.

What's something people don't know about you?

I am quieter than I sound.

E-texts or textbooks? Any particular reason(s)?

I prefer textbooks. I like to write and annotate in the margins, and have a tactile, physical relationship with them. Back in the day, in the 30s and 40s, Heidegger wrote that he didn't like typewriters. He figured it wasn't tactile enough. That was a different time. But having a pen in my hand, and writing physically is a better experience for me, I feel more directly connected. Above all, I think I learn things better that way.

How do you find the tutors?

By and large, they are excellent. Here and there, there will be a hiccup. Someone will forget to mark something, but, by and large, I respect them a lot. I don't think it is an easy job to be a tutor because they have a lot of other stuff like students. I look up to tutors. I would love to be a tutor. I get the sense that they often find it really rewarding to be there for students, whether it is phone conversations or online interactions. I think that probably enriches their life in general as it has enriched my life.

Where has life taken you so far? (travels for pleasure, work, etc.)

It has taken me to a level of security that I appreciate, work-wise. Some people like insecurity. I like security. I like to know where my food is coming from. In terms of education, it has been nice to travel a bit, make some decisions and usually not regret them, and the flexibility is so important. That's why Athabasca is so important. The flexibility is so important. I went to Hawaii one time. I took the textbook there. That was cool. I didn't have to worry about attending classes.

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

I am reading a book by Martin Heidegger. I just finished *Parmenides* by Heidegger. Now, I am reading *The Fundamental Concepts of Metaphysics* by Heidegger. That's what I've been reading now.

A Word of Inspiration

Carla Knipe



January is a time of new beginnings—and also the ubiquitous resolutions. These plans and goals are all made with a lot of optimism and the best of intentions, but they always seem to fall away by February. Breaking New Year's resolutions seems to be as much a part of making them! Psychologists say that January resolutions fail more often than they are kept because people make them with no clear and detailed plan on how to put them into action, or else people procrastinate on getting started which then leads to a "why bother starting at all" air of resignation. Another cause of failed resolutions is that

people make wildly optimistic goals that are too big to achieve, especially in a short time. Instead of feeling empowered, many people just end up discouraged.

But there is an alternative that is gaining momentum across the globe. Instead of seeing resolutions themselves as the problem, or that a failure to follow through is a personal weakness, there is a shift in mindset that is positive, empowering, and may end up giving the whole concept of new year's resolutions a makeover.

This resolution revolution begins with just a single word. It is a deceptively simple but powerful tool. The "one word" concept involves choosing a personal theme word to guide goals and decisions for the year instead of creating a huge list of items to achieve. The concept shifts the rigidity of New Year's resolution to something that is more gentle, flexible and personal. It is a means for growth without all the pressure. It sets intention and invites change, but does so with a blank canvas of possibilities rather than a defined set of perimeters. The great thing is that it can be started at any time of the year and incorporated however you choose.

If you are intrigued about this idea and want to try it, here are some guidelines for choosing your word and how it can be meaningful for you.

The first step is to take some time for quiet self-reflection. Let your mind dwell on any patterns you noticed emerged over the past year. Think about the areas in your life that speak to you as needing attention. Consider what kind of person you want to become and how can you strive toward that goal. What could you have done better in the past that you now want to change? You can focus on areas of health and wealth, but your word can also encompass areas that you don't often think about, such as spirituality or inner well-being. What is most important to remember is that the idea is not to force yourself to choose a word. Let your subconscious dwell on it, maybe for a day, a week, or even longer. Many people say that it is easier than one might think to settle on the right word; that more often than not, the right word ends up jumping out when they allow their intuition to guide them. In effect, the right word chooses you. That perfect word might be "courage", "abundance", "forgiveness", "possibilities", "joy", "thrive", or perhaps something else, but there is no right or wrong word. If it has personal significance for you, then it is the word that fits. It doesn't even have to make sense to others, as long as it has significance for you. And others may choose the same word, but that doesn't mean they will

interpret that word in the same way as you. It is helpful to write down the reasons you've chosen your word and keep the piece of paper close by so you can refer to it when you need to.

What happens after you choose your word? There are no rules about what to do with it. Many people keep their word very personal and known only to themselves. Other people use their word as a theme in blog or social media posts or explore what the word means through visual art, photography, or personal journal entries. You can meditate on it or find quotations or song lyrics that contain the word as a basis to ponder its meaning. What ultimately matters is that your word becomes a backdrop and a filter through how you see aspects of your life. For example, if you have the goal to achieve greater fitness this year, rather than say "I want to join a gym, and lose a lot of weight" in the way that a traditional resolution does, you might choose "self-care" as your word. You might then put that word into practice by first asking yourself what little steps you need to take to create some self-care in your life and then make some effort to reach that goal. This may include increasing your physical activity, but it might also include learning how to meditate or setting some healthy boundaries with others. Rather than having weight-loss as the end goal, your theme word creates a holistic approach.

There are those who are skeptical about how and why this practice is effective. The perception is that it is an airy-fairy technique compared to traditional methods of goal-setting. But the one word concept is picking up momentum and becoming mainstream, even to the point where business coaches urge their clients to pick a word that will help them think about and focus on the next level of their careers. If you need more convincing, people who have chosen words for several years remark how their word manifests in their life in uncanny ways. They say that it is far more enlightening to learn about themselves through their word than a traditional resolution, which is all about being results-oriented. Members of the "One Word 365 Community" group on Facebook recently discussed the results they've noticed each time they have chosen a word of the year. They said that no matter what their word choice is, it becomes a focal point for them and they notice that "their word" unfolds in all kinds of ways as the year progresses. Often they put their word to the back of their mind for a while and don't consciously dwell on it, but it pops up again when they least expect it—such as seeing it on a billboard or mentioned in a television program. Their words of the year may help them process a life event or in making a difficult choice or decision when a path seems unclear. They also say it is a way to seek out clarity in the present as well as guide the future. It also provides a way to move on from the past because the words tend to be positive in nature and invite positive action. They also say that a single word is so powerful that it can define and narrate your life story, and ultimately, your self.

So instead of making yet another resolution that might fail, maybe it's time to resolve *not* to make them and to find your theme word of the year instead.

For further reading:

<http://myoneword.org>

<http://oneword365.com>

<http://getoneword.com>

Carla is a Calgary writer and AU student who loves all things "wordy." She has chosen "bloom" for her theme word of the year and is interested in finding out what that means for her in 2017.



Engaging the Senses with The Walrus

Barbara Lehtiniemi



As an online student, I miss not using more of my senses for learning. Although each student has their preferred learning style (visual, auditory, tactile) learning goes deepest when multiple senses are engaged.

My brain gets fogged in when I rely too heavily on one sense. To combat the fogginess of too much solitary reading, I seek out opportunities to exercise my other learning styles. There are a wealth of worthy online lectures I can watch, but

nothing beats getting out in the real world where I can see, hear, touch.

I recently attended a [Walrus Talks](#) event in Ottawa. The Walrus Talks are hosted by the non-profit Walrus Foundation (the same folks who publish The Walrus magazine) and bring together the best speakers to present different facets of a fascinating topic. The talk I attended was on the Arctic. During the evening, seven speakers spoke for seven minutes each on such varied aspects of the Arctic as biodiversity, business, language, culture, and teenagers. Afterwards, audience members had the opportunity to converse with the speakers at a reception or just mingle and enjoy complimentary food and drink.

The Walrus Talks visit major Canadian cities each year, covering a wide variety of topics of interest to Canadians. Last year, The Walrus Talks addressed energy, water, innovation, youth leadership, and migration, among others. The next Walrus Talk, [NexGen](#) (Calgary March 9,) addresses what kind of leadership we need for the next fifty years. Tickets for most Walrus Talks are \$20 (\$12 for students) and can be ordered in advance (and should be—many Walrus Talks events sell out.) Check the [events](#) page for future listings.

In 2017, The Walrus Talks will be celebrating Canada's 150th birthday with a series entitled *Conversations about Canada: We Desire a Better Country*. From March 1 to May 31, The Walrus Talks will make one stop in each Canadian province and territory. Each event will feature four youth leaders and four members of the Order of Canada who will focus on the future of Canada, each from their own perspective. This series of talks is free—with the exception of Montreal—but seats must be reserved in advance. For those not able to attend any of the [tour dates](#), the events will be streamed live online and rebroadcast on CBC radio.

Previous Walrus Talks—including the one I attended on the Arctic—are available for viewing on [Youtube](#). It's not quite as good as being there—viewers miss out on the energy generated by riveting speakers, not to mention the reception (free food and drink!) afterwards—but the fascinating subject material and knowledgeable presenters make each worth a view.

Public lectures stimulate because they engage the senses and demand full attention. As a student, The Walrus Talks get high marks with me because they engage *all* of my senses, expand my knowledge, and reenergize my brain. The next time The Walrus Talks near where I live, I'll be there—senses fully engaged.

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

The *Other* Lesson

Deanna Roney



I have always loved learning. I was the kid in school that enjoyed being there (mostly). One thing that Athabasca University taught me was that I had the ability to teach myself, if I had the proper sources. AU gave me the resources to continue to learn beyond the figurative walls of the university. In my time with AU I learned how to research effectively, how to properly source and quote, when to use which system (CMA, APA, or MLA) and how to appreciate each despite the headache they gave me in the beginning.

Since graduating from AU I have been striving to learn what I can about an

industry that is highly subjective: publishing. Each time I settle in and start to research I am grateful for everything I learned along the way. Because maybe the most important thing you can learn at university isn't the subjects, or theories, but a life skill on how to continue to teach yourself the skills you need to succeed in your chosen industry.

There were many courses I took that when I looked to the final assignment I wondered, how am I ever going to do that? It didn't make sense to me, the questions may as well have been in another language. But, I would take a step back, start at the beginning and work my way to that final task. And without exception by the time I got there I had it figured out enough to work my way through it. I have been thanking the skills AU taught me recently, skills of perseverance and persistence, as I try to build a website, start a blog, and a page of book reviews. At times, I grew so frustrated that I wasn't sure how it was going to be possible, buttons were missing, links were broken, and posts would vanish. But, I thought back to all those courses, all the assignments that I finished, everything that I accomplished with AU and I reminded myself that I could do it, I could teach myself, I just needed a source.

I learned where to research: be it for a writing project, or a how to build a website project. AU gave me the confidence to push forward when it seemed impossible and never give in.

Everything I learned with AU has changed and shaped who I am, everything in the virtual classroom, and the lessons that hovered around the edges. I think some of these lessons are learned in bricks and mortar universities as well, but the self-dependence is something that students of AU need to learn quick if they're going to succeed. We learn to rely on ourselves for motivation, comprehension, and confidence. While we find community within each other online, we are mostly alone in our studies. This is a reality that set me up well for my current aspirations. My hours spent in the office are focused, as focused as I was within AU. My planner is as organized as I was when I was trying to fit in four courses in a day. I learned I could be consistent, I learned to be driven, I learned to be self-sufficient.

All these things that AU taught me without intent (or perhaps with) have proven to be priceless, there could be no course on how to guide and motivate yourself, or how to use these research skills outside the classroom, but

with AU we get a little extra for our money because we learn these things. We learn how to teach ourselves and how to rely on ourselves alone because, sometimes, we don't have the time to wait for an email back, or for office hours. Sometimes the only person available to help us is us. And by the time we are through our program, we are comfortable with that.

Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Terry Fox Humanitarian Award

Sponsored by: Terry Fox Humanitarian Awards Program

Deadline: February 1, 2017 (see "Tips" below for important info)

Potential payout: up to \$28,000 over four years

Eligibility restriction: Applicants must be Canadian citizens or landed immigrants, have completed or will complete high school by June 30, 2017, and planning to or already studying towards their first degree or diploma at a post-secondary institution. See the full [eligibility criteria](#).

What's required: An online application including an essay outlining the applicant's humanitarian work, contact info for three referees, and a PDF transcript (official or unofficial) for the past two years of study. Shortlisted candidates will be interviewed in person.

Tips: Submit your application well in advance of the Feb 1 deadline to allow sufficient time for your referees to respond to the information request generated automatically when you apply. Your referees' responses must be submitted by Feb 1 also. Read the [FAQ section](#) for additional information about the award and the application process.

Where to get info: terryfoxawards.ca/



The Creative Spark

Talk Big

Marie Well



University is maddening. We're taught to critically think, but not with our own thoughts. Researchers on a topic engage in what is called a "conversation." Sure, you get to choose highlights of that conversation and synthesize a summary.

But are syntheses original? *Meh.*

You can take a strong position if you have lots of support from that conversation. You might even share something new through primary research (such as interviews or surveys). But, rarely do you share your soul.

You can't say "I." You can't tell the tales grandpa swore you to secrecy about that explain the psychology of war. You can't tell how your childhood trauma makes you morally torn by the word "love." In fact, when it comes to the conversation, you have no voice.

What a loss!

You see, no-one else is quite like you: the love you feel is unique. The reasons you avoid certain places or people are unique. In fact, the constant chatter inside your brain belongs to you alone. So, original thoughts bubble inside you, don't they?

Curious minds hunger to hear your inner voice.

So, let's burn the ivory tower of academia and find fun ways to express yourself—through something called *internal dialogue*. Yes, the creative kind you find in fiction.

Marcy Kennedy in her book *Internal Dialogue* (Busy Writer's Guides Book 7) tells how to write internal dialogue for fiction (in bold below). I show how to show off your own inner voice inside your essays.

Our fears, our disgrace, our lies hide within our internal dialogue. Now doesn't that sound thrilling? Let your inner voice run naked at strategic spots in your essays. I'll show you how.

But first, why internal dialogue? Internal dialogue sounds more exciting and less lecture-like than mere narration. You can bore your prof with a narrative lecture. Or, you excite by sprinkling in the inner voice of your subject, of yourself, or of yourself acting the voices of your cited authors.

Reserve your internal dialogue for the point-of-view character. If you're writing about Plato, identify with him—write how *you'd* respond if you said the things he said and did the things he did. If you're writing about an object, give that object a voice. If you took on the form of that object and did everything it did, what personified thoughts might run through your skull?

You can also take on an omniscient point-of-view in your essays. In other words, you can head hop from one cited author to the next, sharing how you would think and feel if your consciousness melded with each author.

All your internal dialogue should advance the story or foreshadow. Similarly, any internal dialogue you insert should advance or support your thesis. Pluck all else.

Only insert internal dialogue that you, your subject, or your cited authors might think. If your essay is about Plato's death, and you know he's had a near death experience then chances are that Plato may have mulled that over at his deathbed. Insert that inner pep talk—but only if you can support that it's likely to have occurred.

Internal dialogue consists of pep talks, problem solving, and even self-esteem crushing. Let these aims guide your internal dialogue inserts in your essay. If you had those experiences, and you lived the world of the subject or the cited authors, what pep talk or verbal beating would you give yourself?

You can use indirect internal dialogue which doesn't use exact words of thought. Indirect internal dialogue uses third person point of view and no quotation marks.

You can also use direct internal dialogue by using the exact words thought, stated in first person present tense. Italicize direct internal dialogue—without quotation marks. In essays, you typically use third person (he/she/it/they) point-of-view and past tense. But after each major theme or argument, why not insert an italicized direct internal thought in first person present tense? Set it off as its own paragraph. (But keep it brief). Punctuate every page and a half with direct internal dialogue if you wish. Go wild.

Don't use the words "he wondered" or "she realized" or "they thought." Show the action that leads to the thought. Or show how the thought unfolds with the experiences of the subject or authors cited. Show, don't tell.

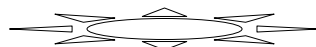
For instance, say something like this (but make sure the information is mostly factual):

He handed the poison to Socrates who clutched the goblet while shuddering a laugh. *A New Year's hangover?* Socrates looked drunk, a self-satisfied smile stretching his cheeks.

But you can use words like "he wondered" if you are head hopping from cited author to cited author (like in omniscient point of view). For head hopping, keep the direct inner thoughts italicized, and the words "he thought" non-italic. And, of course, put quotation marks around actual quotes.

So, speak your mind with internal dialogue. A paradox? I call it a creative spark.

(For templates on how to enter the conversation, consult Cathy Berkenstein and Gerald Graff in their book *They Say; I say: The Moves that Matter in Academia.*)



In Conversation...

With Goldwyn Thandrayen of Psychocide

Wanda Waterman



Left to right: Joey Blais Gagné, Goldwyn Thandrayen, Wilson Li, and Charlie Chain

Goldwyn Thandrayen is the lead singer, songwriter, and guitarist for Psychocide (which also includes drummer Wilson Li, bassist Charlie Chain, and guitarist Joey Blais Gagné), an indie, metal-inspired band that's getting ready to release their debut album, *Alcohol & Bad Decisions*, on March 3rd, 2017.

Psychocide has just released a track, "Crazy Janet," a song based on a character who'll eventually appear in a comic book, along with other characters from the album (including the bandmembers). Psychocide's sound is tight but manic, intelligent but playful, drawing on the

best alternative musical influences while keeping song ideas and lyrics jarringly original.

Goldwyn was born in Mauritius but spent time in Scotland and the USA before moving to Montreal to study film and work with his new band. Recently Goldwyn took the time to meet with Wanda Waterman in a Montreal café, where he talked about his heavy metal roots, the making of *Alcohol & Bad Decisions*, and why there'll be a comic book based on the characters in the new album.

How much heavy metal did you find growing up in Mauritius?

None. Everything over there was reggae. Rock was never really popular over there, but my older brother somehow managed to get some rock and metal magazines, which were hard to get in the 1990s. He was really into metal, so any chance I had to rob cassettes or whatever off of him, I did. That's how I started playing rock. It was cool that there were very few people in Mauritius that listened to metal and rock (like probably 10 or 15) at first, even though they're more popular there now.

I was about 16 or 17 when I started playing guitar. I'd tried to find someone to teach me, but then I learned how to read tabs. Me and my drummer there both started on our instruments at the same time, so we were both very bad, but we were kind of bad together at the same time. We learned from each other. No one played rock then, so we kind of conned people around us into playing it, and it turned out to be fun for both us and them. We started a little band, and by the time we left Mauritius, we'd done one gig. The people who are doing the scene now were at that gig and liked Megadeth and Iron Maiden, so now the scene's grown!

Do you have any musical mentors?

Not a mentor, but a roommate who was a really good guitar player. He was very good, and I always tried to be better than him. I'm a competitive person; I think that pushed me to get better. We ended up playing in the same band, and we both wanted to play lead guitar. I wasn't good enough, so I ended up leaving that band.

I'm a lead guitar player now. I kind of started a band in New York with my roommates there. We were only a three-piece band, and we also partied, which didn't help us go professional. I was the only one who was able

to party and do the music, too, but, the others dragged it down, so then we split and I went on to make the record in California.

I just put Psychocide together two or three months ago. I came here and met the drummer, Wilson. The band is made up of different people now than it was then. Now we have the most solid band members ever! They're all from Montreal.

As much as that bass player wanted me to move here, things didn't end up working out with him when I finally did, so, now, I have someone else. I have the drummer, Wilson. He's into Dream Theater. He was the first member who came in. It took a while to find the second member, Joey, who's on lead guitar and keyboard at the moment. He joined about a month and a half ago. From then on, we knew everything was solid. The bass player joined a month ago, so now we have a full band.

How did you come up with the band's name?

It was my idea to name the band that, but the name itself I found when I was using a laptop of mine one time. There were a bunch of lyrics on it, which I believed were my brother's because he used to write a lot of pro poetry. There's one poem titled "Psychocide" on there, and the name just kind of stuck.

I discovered a few weeks ago that that was not in fact my brother's poetry but had been written by a friend of mine from Scotland. I think that we were in a band together at one point, and he wrote lyrics and the words kind of stuck. I thought that they were cool words. I didn't even know that they had a meaning. Then I found out that they did, and that made it even better. "Psychocide" has something to do with suicide of the brain.

How did comics come to be a part of the album scheme?

That was an accident. I had to get the cover of the record done, and I'd been trying to get a logo for years. I just had this crazy idea: "I'll describe what the songs mean and see if an artist can draw something."

I eventually met this person from Spain who draws cartoons. He read the lyrics and pictured exactly what I pictured. The first character then came. Her name was "Crazy Janet," and I was like "Oh, wow!" because we already have a music video for that, which we haven't put together yet.

I gave him 10 songs. He hadn't heard the songs yet; he just had the lyrics and the descriptions I'd given him, and then he did all of the 10 characters. Right now, he's doing four more, of each band member, for the vinyl.

The comic book won't be available to the public at first, but it will be available for fans to pick up at gigs. Everyone should be able to see the covers, though. Vinyls could have been the same as the artwork for the CD, but we're adding something different. The four characters of us, the band members, are now in there.

What's your artistic mission statement?

To leave a legacy. I would like to change how music videos are done. '80s and '90s rock, for example, had great music videos. I hate the lip syncing and stuff that bands are doing nowadays. I want to change that. I don't think that it would be expensive to do it— it would just take more creativity.

What's on the horizon?

We want to record the next record in April, even though the first one will only be out in March. We're also looking at shooting some short films in April. We're doing two music videos in January, and another one in April. *Wanda also writes the blog* [The Mindful Bard: The Care and Feeding of the Creative Self](#).

20 Things

Barb Godin

New Year's is a time of reflection, so as I was reflecting I thought I'd write down some of my thoughts.

20 Things I've Learned in my Life

1. There are people you can trust and people you can't, the important thing is to know the difference.
2. Everyone is on their own personal journey, some you can understand and some you just wonder why?
3. Soulmates don't have to be a spouse, they can be a friend, sibling, coworker etc.
4. Parents don't always love their children and children don't always love their parents.
5. What goes around doesn't always come around.
6. Grief never ends, it's just hidden till the next trigger.
7. You can have more than one true love.
8. Some people would rather be right than happy.
9. Compassion and empathy are not present in every person.
10. People who want to be in your life, will be.
11. Some people hold grudges their whole lives, never realizing they are hurting themselves.
12. Death comes calling whether you want it or not.
13. You can love a pet as much as a person.
14. Grandchildren show us that we can love someone else's child as much as our own.
15. Life isn't always fair.
16. Love is the universal language.
17. Hate is evil and destructive at any level
18. Words are the only way to heal an injured relationship.
19. There is a higher power that we don't truly understand.
20. Once a relationship is severed it can never be fully repaired.

AU-thentic Events

Upcoming AU Related Events

Doctorate in Business Administration (DBA) Information Session

Monday, Jan 16, 10:00 to 11:00 am MST
Online

Hosted by Athabasca University's Faculty of Business
business.athabascau.ca/event-details/doctorate-business-administration-dba-information-session/
register online at the above address

second session: Monday, Jan 16, 5:00 to 6:00 pm MST

business.athabascau.ca/event-details/doctorate-business-administration-dba-information-session-2/

Executive MBA Information Session

Wednesday, Jan 18, 10:00 to 11:00 am MST
Online

Hosted by Athabasca University's Faculty of Business
business.athabascau.ca/event-details/executive-mba-information-session-10am-mst/
register online at the above address

second session: Wednesday, Jan 18, 6:00 to 7:00 pm MST

business.athabascau.ca/event-details/executive-mba-information-session-6pm-mst-2/

Executive MBA and the Business of Hockey Information Session

Thursday, January 19, 10:00 to 11:00 am MST
Online

Hosted by Athabasca University's Faculty of Business
business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-10am-mst-online-2/
register online at the above address

second session: Thursday, Jan 19, 6:00 to 7:00 pm MST

business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online/

Bannock and a Movie "Trick or Treaty - Part 1 of 2"

Friday, Jan 20, 12:10 to 12:50pm MST

Athabasca University, Peace Hills Trust Tower, 12th floor, Room 1222,
10011 - 109 Street Edmonton, Alberta

In-person; limited seating

Hosted by AU Centre for World Indigenous Knowledge and Research

indigenous.athabascau.ca/documentation/TrickorTreaty_Part1.pdf

Register by phone (780)428-2064 or e-mail ivyl@athabascau.ca.



Simpler Times

In December I committed to the 30-day Minimalism Game. About a year ago Edmonton Journal writer, Fish Griwkowsky, took the challenge and documented it weekly in a feature story. I found his journey fascinating (in the way motor vehicle collisions are fascinating) and marveled at his willingness to expose himself in this way. A year later I was ready to go for it.

The challenge is based on the urgings of Joshua Fields and Ryan Nicodemus aka The Minimalists. Their philosophy has led to a website, books, speaking careers and an appearance in the Netflix documentary, *Minimalism*. The premise is that on day one, you get rid of one item. On day two, two items; day three, three items; and so on until day thirty, when you get rid of thirty items. 'Getting rid of' may mean donating, selling, trashing. The idea that the stuff must be out of your house by midnight is hooey in my opinion, especially for those of us without easy access to a thrift shop.

I loved the playfulness of the challenge. One of the more bizarre things I came across was my old autograph book. Is it full of celebrity autographs, you ask? Hell no. It's got corny verses and childish handwritten messages from classmates. And, no less than NINE from my youngest sister, who would have been about eight at the time. Thank God, she signed them with our family name or 'your sister, Gail' otherwise I would never have known who the little pest was.

Dated entries tell us this treasure is circa June 1968. The pale pink cover and faded gold embossed fleur-de-lis design speak to its age. It's held up surprisingly well.

The real gift of this find so many years later is the glimpse back to a time of simplicity, innocence and naiveté. Today classmates are sexting each other. In 1968, a racy entry was:

Dear Hazel,
 You can't make love in a garden,
 Because potatoes have eyes,
 Corn has ears and
 Horses have tales.

Or: My dear Hazel,
 I love you great; I love you mighty
 I wish your pajamas were next to my nightie!
 Don't blush! Don't get red!
 I mean on the clothesline---not in bed!!

Or: Dear Hazel,
 God made apples,
 God made trees,
 God made girls,
 For boys to squeeze.

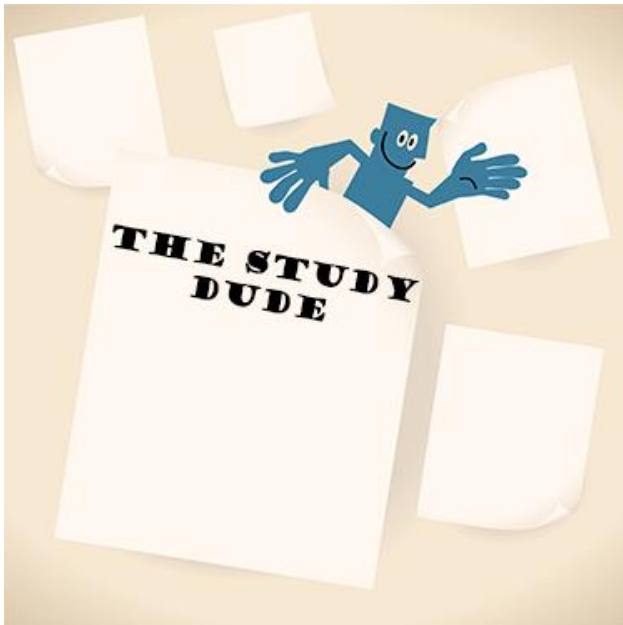
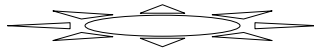
Many of them had an added note: Yours until Russia get Hungary and fries Turkey in Greece! Or one of these gems: Yours until butter flies!!! Yours until the kitchen sinks! Yours until Niagara falls.

This one from a priest's wife at a 1970 church summer camp offered some insight:

Dear Hazel,
 True friends are like diamonds
 Most precious but rare
 False friends are like autumn leaves
 Found everywhere.

Good luck trying to get an autograph book today. They don't seem to exist outside of Disney. Maybe with the return to all things nostalgic, they'll enjoy a comeback like vinyl records. In the meantime, I can ache for simpler times, from where I sit.

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



Study Tips from a Semi-Anonymous Friend

Bullied? Claim your A+

There is nothing more that The Study Dude wants than for you to turn victimization by bullies into A+ papers.

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 looks further at *Reason & Rigor: How Conceptual Frameworks Guide Research* by Sharon M. Ravitch and Matthew Riggan. They show you how to both speak up

in an academic conversation and share your thoughts.

Fight with Theory; Enter the Conversation

Do you identify as female? Do you have a disability? Do you come from a marginalized group or race?

Then, here's a shoe-in to an A+: get a book on either critical theory, race theory, queer theory, disability studies, or feminist theory. Read it cover to cover.

Why? Because if you include a theoretical framework in your essays, your prof's pupils will pop. Nothing speaks grad quality more than an essay plump with theory.

Here's the structure: after you reveal your thesis statement, and before you start your essay body, mention that you're using, say, critical theory as your theoretical framework. Summarize a bit about the theory you've chosen. Then write that A+ essay.

Does that sound tough? Not at all. Just sprinkle in quotes from your chosen theory book—as long as the quotes advance your thesis statement. You could make your thesis statement about racism in the classic book *Heart of Darkness*: race theory. Or you could talk about how transgender people could be better addressed in Maslow's hierarchy of needs: feminist theory. Limitless ideas.

If you see people omitted, in the closet, or made fun of, then defend them with theory.

And the best part? You can reuse that theory in other undergrad essays—and perform like a prize grad student. Of course, the assignment will dictate whether your essay's ripe for theory, but when in doubt, ask your prof. Chances are, your prof will view you as a budding colleague.

Ravitch and Riggan explore various ways you can enter the conversation:

- Look at what the big researchers say about your topic. See what parts of your topic fire up arguments. Get in the middle of that argument. It makes you look avant-garde.
- See how you can explore one of the researcher's views, but use different research angles. For instance, if a researcher uses feminist theory to discuss women in Trudeau's 2016 politics, you could use disability theory to show what "2016" politics excludes.
- Find a common thread among top researcher's views on your topic. This thread is your "synthesis." If you see a heated debate on climate change, then make your thread "Climate change policies work best through gradual, not sudden, implementation." Yes, slip in your view.

Reflect on You: Concept Maps, Memos, and Journals

Every academic author says, "Reflect."

My brother thinks objectivity leads to truth. But, let's face it, research lacks objectivity. That's because you come into play: the researcher. You're biased.

So, why reflect? Because your interests, your personality, and your life all help you selectively research what you deem important. Imagine never seeing a Sunfire car in your life. Then, after buying one, you see Sunfires everywhere. Ah, selective attention in action.

So, spend time making memos and journal entries. Record your thoughts and biases. And make your thinking public, if you dare. After all, transparent research is the mark of academic integrity.

Sadly, many researchers hide their thinking in fear of appearing as fakes or frauds. But not you!

Ravitch and Riggan share their views on tools for reflection, including concept maps, memos, and journal entries:

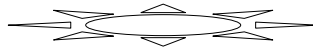
- Reveal your secret agenda for studying your topic.
- Reveal what part of your personality or your life motivated you to study this topic. Be honest.
- Concept maps are like mind maps, but concept maps emphasize the relationships between ideas.
- Use memos to discover relationships and to dream up research questions.
- Journals help you document your struggles, thoughts and feelings on your research journey.

- Make your research journal public if you've got the courage. [See if your prof will give you bonus marks for posting your journal entries on your research blog.]

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.

References

Ravitch, Sharon M., & Riggan, Matthew. (2012). *Reason & Rigor: How Conceptual Frameworks Guide Research*. Los Angeles, CA: Sage.



Canadian Education News

Scott Jacobsen



Chinese billionaire seeks input for education prize

The Globe and Mail reported on a Chinese billionaire and entrepreneur, Charles Chen Yidan (45), who is seeking ideas for his education prize from Canadian universities. He assisted with the creation of Tencent Inc., which is an Internet instant messaging platform, and founded "the most lucrative annual prize for educational development in the world and donated \$320-million (U.S.) for an endowment." Which will be provided as two \$5-million dollar awards each year for projects related to educational research and development.

"For me, education is extremely important...It propels humankind, but also it will be a tool to resolve the problems society is facing," Yidan said, "...if you talk to educators, they are talking about some common issues."

Aims to increase opportunities for University of Saskatchewan students abroad

CBC News reports that University of Saskatchewan (U of S) "officials" want to increase the opportunities for its students greater to be able to study abroad. However, only 3.5% of students took part in the programs to study abroad.

One Canadian Bureau for International Education report found, even with the 2.3% of Canadian university students participating in study abroad programs in the 2014-15 academic year, 86% of students had an explicit interest in studying overseas.

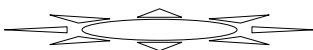
Derek Tannis, of the U of S International Student and Study Abroad Centre, said, "Our way of talking to students, or the way we campaign, is that everyone can go abroad."

University of Saskatchewan announces tuition rate hike

According to Thomas Piller of CBC News, the University of Saskatchewan (U of S) will be hiking tuition for students in the next academic year by "an overall weighted average of 2.3%."

"U of S Board of Governors approved increases ranging from zero to five per cent for undergraduate and graduate programs in 2017-18," Piller said.

Lee Ahenakew, Board Chair for U of S, said, "We understand overall affordability is a significant consideration for our students and their families," Ahenakew said, "and we strive to keep tuition increases manageable, while still ensuring the quality of our programs remains high."



Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Laurie asks who to contact so she can switch invigilators after booking an exam. Shawna shares a link to a Facebook group for AU BMgmt students. Alicia seeks info on gown colours for AU grad photos.

Other posts include challenging courses for credit, Google Scholar, crocodiles, Adobe Connect, and courses IDRL 308, MATH 365, PHIL 333, and PSYC 345.

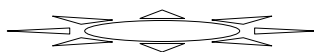
reddit

prothirteen seeks to pass on sub mod duties to someone with experience managing online communities.

Twitter

@AthabascaU tweets: "'Today we face an opportune time in our story....as we have done before we will rise to an architect of learning.' ~ #AthaU's 8th President."

@AthabascaUSU (AUSU) tweets: "Need a new computer for your studies but too broke to buy? Apply for AUSU's Computer Bursary to get a FREE laptop! <http://bit.ly/1GIWJhi>."



From the PSE News Desk

What's making the news in Post-Secondary Education.



Brain Gain. Incoming US president Donald Trump has previously threatened to build a wall to keep illegal immigrants out, but he may want to build one to keep Americans in. According to a recent Globe and Mail article, "Trump win sparks flurry of American interest in Canadian Universities", there was a spike of interest after the November election from Americans looking to study north of the border. While Canadian universities may enjoy the brain gain, Canadian students may not be so happy with increased competition for university spots. Hope they know all are welcome at AU!



Dear
Barb

Barbara Godin

Resolution Reservations

Dear Barb:

Well, I got through Christmas okay, and now everybody is asking me what my New Year's Resolution is. It's the topic of conversation at work and at gatherings with my friends. Some are serious about it and really intend to keep their resolutions; others are kind of like me, nonchalant. In past years I have made resolutions with the full intent of keeping them, but to no avail. I tried to lose weight—I started out okay—lost five pounds right away but then put it back on the next month. Tried to stop smoking, it worked for a week, and then I said to myself, I'll only have one cigarette a day. By February I was back to smoking as much as I did when I decided to quit. So last year I thought I would try a lifestyle change. I decided to try to walk for thirty minutes every day and stop being such a couch potato. That lasted a bit longer; I still walk at least three times a week, although not usually for thirty minutes. This year I am going to try another lifestyle change since I've had a bit of luck with that. I'm going to attempt to live a more peaceful and centered lifestyle. I am vowing to mediate, every morning, for ten minutes and I'm fully intending to be successful. I'm just wondering if any of your readers have been 100% successful at their New Year's resolution, or is it just a total waste of time! Thanks, Terri.

Hi Terri:

First a little bit of history about the origins of New Year's resolutions. New Year's resolutions have their roots in religious practices. For

example, at the beginning of each year, the Babylonians made promises that they would return borrowed items and settle all their debts. In Medieval times the Knights made vows during the Christmas season to reaffirm their devotion to chivalry. Also during Judaism's New Year and Yom Kippur, people are expected to reflect on their transgressions and seek forgiveness. According to an article in Tennis Canada, only half of Canadians make New Year's resolutions, but not even 10 percent are successful in maintaining them. Not very good statistics! Most people make New Year's resolutions that are not very realistic. Try to not think of it as a New Year's resolution, but rather just a lifestyle improvement. You don't have to wait until the beginning of a new year, make changes when you are ready. Sometimes just the psychological impact of having to do something on a certain day puts undo pressure on a person. Don't be too hard on yourself, when you are ready, that will be the right time for you to make the changes. Good Luck and stay focused. Thanks for writing Terri.

Happy New Year to all my readers and may 2017 bring peace and happiness to all!

Follow Barb on twitter @BarbGod

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.





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IMPORTANT DATES

- **Jan 13:** [February degree requirements deadline](#)
- **Jan 15:** Deadline to write exams for Dec course end date
- **Jan 31:** [Deadline to apply for course extension for March](#)
- **Feb 10:** [Deadline to register in a course starting Mar 1](#)
- **Feb 15:** [February degree requirements deadline](#)
- **Feb 16:** [AUSU Council Meeting](#)
- **Feb 28:** [Deadline to apply for course extension for April](#)

lynda.com Membership

Did you know AUSU provides all members with a [FREE subscription to lynda.com](#), the world's premier video training website?

During 2016, AUSU members watched **28,839** training videos! The most popular courses our membership viewed were:

- Access Essential Training (2013 or 2016)
- Accounting Fundamentals
- C++ Essential Training
- CSS Fundamentals
- Excel Essential Training (2013 or 2016)
- Foundations of Programming
- Git Essential Training
- HTML Essential Training
- Introduction to Photography
- Java Essential Training
- JavaScript Essential Training
- PHP with MySQL Essential Training
- Time Management Fundamentals
- Up and Running with Python
- Word Essential Training (2013 or 2016)
- WordPress: Building Themes from Scratch
- 3ds Max Essential Training

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Fill out a Course Evaluation!

Did you complete any courses in 2016? If so, we encourage you to fill out an [AUSU course evaluation](#).

These evaluations are different than the ones sent out by AU. Although your answers are completely anonymous, the results are posted online for other students and staff to see. This is a great resource for students when determining what courses to take, and can also be reviewed by staff and tutors at AU to help them make improvements to their courses. The more evaluations we receive, the more useful the service is!

Fill out an evaluation online [here](#), or view the results of other evaluations online [here](#).

**Click here to fill out a
COURSE EVALUATION**

AU Quick Links

AUSU wants to make sure all our members can easily find the resources and services available to them. We know sometimes it can be difficult to navigate the AU website, so we launched an [AU Quick Links](#) page, with links to AU services, department, policies, and other commonly accessed pages.

Check out the AU Quick Links page [here](#).



**Athabasca University
Quick Links**

Courtesy of AUSU

CLASSIFIEDS

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

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