



THE VOICE

Vol 26 Issue 26 2018-06-29

Minds we Meet

AUSU Councillor, Joshua Ryan

The Convocation Experience

Was it all Worth It?

Canada Day, Then vs Now

Adapting to the Trip

Plus:

*Survival in the Garret
Power Stretch...
and much more!*



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

Minds We Meet: <i>Joshua Ryan</i>	4
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Articles

Editorial: <i>Give us a Break!</i>	3
The Convocation Experience.....	6
Survival in the Garret: <i>10 Cleaning Tips</i>	8
Canada Day: <i>Then vs Now</i>	14
Poetry: <i>Hot</i>	15

Columns

The Not-So-Starving Student: <i>Sichuan Restaurant Experience</i>	5
Women of Interest: <i>Susan Kare</i>	10
Course Exam: <i>EDPY 200</i>	12
The Fit Student: <i>Power Stretch</i>	16
The Creative Spark!: <i>Boost your Creativity</i>	17
Dear Barb: <i>Aborted Relationship</i>	19

News and Events

Student Sizzle	9
Scholarship of the Week Double Feature	11
AU-Thentic Events	18
AUSU Update	21

Graphic

Poet Maeve: <i>Accepting Pain</i>	20
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LETTERS TO THE EDITOR



We love to hear from you!
Send your questions and comments to 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

Give us a Break!

Karl Low



Summertime and Canada Day is upon us! With that in mind, next week, *The Voice Magazine* will take a brief hiatus. I need to be rested and prepared for what's going to happen the week after that—when our biannual reader survey comes out and AUSU pushes the Voice Magazine in their newsletter. Such pushes are traditionally accompanied by a significant increase in the number of students who are interested in writing for the magazine, and that's great. We need new writers to make sure that we're staying as current as you are.

Plus, this is also a good time because, as noted last issue, summer is a bit of a lull. Fewer students reading, fewer students writing, fewer administrations or politicians doing things involving education. Come September that all changes, but right now? The call of the sun is strong.

But that doesn't mean this week is any less. We start it off with our feature interview, this time with AUSU Councillor Joshua Ryan. We interviewed Josh before, way back in October of 2016, so this time, we tried to keep it light and quick, and concentrate a little more on his recent experience and goals for joining AUSU

Council.

Plus, Barb Lethiniemi returns with her look at how convocation ceremonies went, both the good and the bad. Personally, I find articles that point out the downsides of things that everybody else does nothing but cheer about extremely valuable. Some suggest that's because I'm a pessimist, but I firmly feel that nothing is perfect, and it's only by acknowledging weakness that we ever get any stronger. Being proven wrong is one of the most valuable experiences you can ever have, because when you know you were wrong, that means you've learned something. It means you won't be wrong that way again. But that's a difficult attitude to maintain in the current political climate.

It seems today that acknowledging error or ignorance in one area is immediately generalized to everything else. And so we dig our heels in. We fight against any admission of mistake because we worry that invalidates everything about us. And this is goaded by insular internet communities, purposeful trolls who like to aggravate people “for the lulz” (I will never understand the desire to cause someone pain just because you can. It's not like you can even think of it as some sort of triumph given how easy it is, so it baffles me), internet parasites who make their living purely through the number of hits and views they receive with no consideration for truth or consequences, and these days, even the possibility of state actors. With all these forces aligned for the sole purpose of driving extreme reaction, it's little wonder this division is happening.

But it needs to stop. And we need to be the ones to do it. So the next time you're having a conversation with someone, either over the internet or in real life, and they say something obviously wrong, give them a break and don't just correct them. Point out something they got right as well. We need to disconnect the idea that a single error is the judge of the whole. Maybe if we do that, we can all stop digging our heels in so much and acknowledge more of our mistakes.

And once we do that, maybe we can even move on to fixing them.

The next full issue will be out on Friday, July 13th, 2018, so until then, enjoy the read!

Handwritten signature of Karl Low.

MINDS WE MEET



Joshua Ryan is a Councillor in the Athabasca University Students' Union. He is in the Bachelor of Commerce degree. We first interviewed him back when he was a student in October of 2016. This time, we focus in on what brings him to AUSU Council.

What brought you to AU?

I came across AU in 2010 when I was looking to upgrade my education. My college had an articulation agreement with AU which gave me a block transfer of credits and off I went.

What is the last book you read?

"Extreme Ownership: How U.S. Navy Seals Lead and Win" by Jocko Willink and Leif Babin. Great examples of leadership lessons learned in high pressure environments and how to apply them to your own life.

What show do you think everyone should binge watch?

That's a tough one, there's so many great shows out there right now. I'd say Scandal on Netflix, it's like House of Cards—just enough intrigue to leave you wanting another episode.

Why did you choose to run for AUSU council?

I had run in a past by-election but as I watched the great things the previous council was doing I wanted to help continue that work. Our student population is so diverse and distributed that

I felt it would be a great experience and that I could contribute my own skills and knowledge to that.

What are your academic goals for 2018?

I've recently moved to the Bachelor of Commerce degree, so my goal is to complete another four courses towards my Accounting major.

If you could have a meal with someone from history, who would it be?

Winston Churchill.

What is one thing you would like to complete personally in 2018?

2018 has already been a lot of personal growth so I want to continue down that path and keep bettering myself. Short term goal? Continue my weight loss journey and recovery from an old injury that's flaring up.

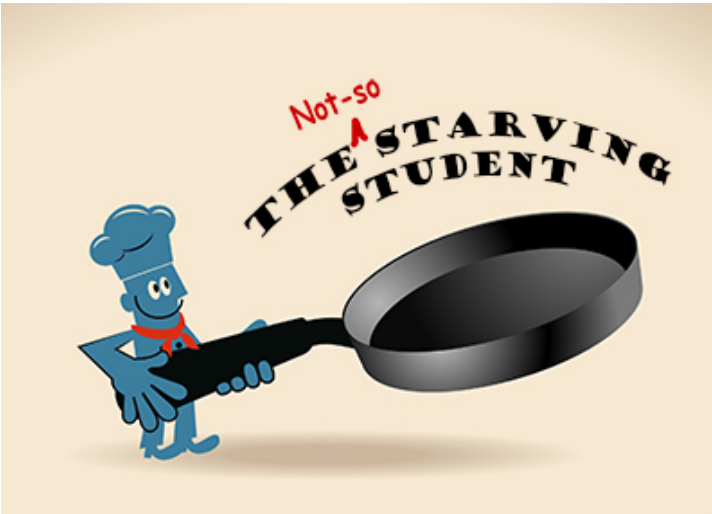
Since being elected as a councillor (congratulations!), what are your hopes for the 2018-2020 term? Continuing the great work started by the previous council and increasing outreach to our student body where we can to better serve our diverse student population.

Scott Douglas Jacobsen works with various organizations and runs In-Sight: Independent Interview-Based Journal and In-Sight Publishing.



The Not-So Starving Student Sichuan Restaurant Experience

Xin Xu



Are you someone who adds hot sauce to everything from fried chicken to sweet potato fries? Do you brave the heat of the chili pepper and pick the menu item seasoned with jalapeno peppers? If you're like me, you are loyal to spicy food around the world. While some avoid it like the plague, you seek out the mouth-watering spice and want some recommendations for where to find them. I recently visited an authentic Sichuan restaurant that features dried spice ingredients from Sichuan (known as Szechuan to most in North America), China, the origins of one of the most well-known cuisines in Asia. We hear of the

infamous Sichuan chicken cooked in a sweet, tangy sauce in North America, but this is not even close to what this cuisine has to offer (in fact, Sichuan chicken is a Westernized style of the original Sichuan chicken). The cuisine is not only about the spice, but it's a complex mélange of hot, savory, mouth-numbing peppercorn, garlic and ginger. We call this mix, "ma la" directly translated to mouth-numbing and spicy, the two iconic traits of this cuisine.

The real Sichuan chicken features dried chili peppers, deep fried chicken and spices with no gooey sweet sauce.



Shui Zhu Niu Rou is directly translated as water-boiled beef, a misleading translation. Not only is the dish not bland, it might just cause your eyes to water from the heat. A better translation would be Sichuan boiled beef.

After about five minutes into trying this dish, my friend and I stopped talking. There was a mix of pain, excitement and overwhelming spiciness that seemed to cut off our circulation. We could only focus on sweating. It felt like a blessing when the rice finally came to help wash down the chilli oil.

Another dish we tried was the glass vermicelli noodles. These broad vermicelli noodles have plenty of chewiness or “al dente”, the French expression for firm to the bite. These cold noodles were fully coated with chilli oil, ground peppercorns and garlic. In hindsight, this would have been an excellent appetizer before hitting it home with the boiled beef dish.



We finished off the evening with this Sichuan beef in chili oil. This dish is another cold dish originally served with beef lungs, tripe and other organs. However, the version we have here includes only tripe and beef slices. This savory dish is so flavorful that just the thought of it evokes mouth-watering madness.

If you're looking for some adventure or spice up your mundane weekend dinner, trying a local Sichuan restaurant could change your taste buds forever (in a good way!). Just remember that this endeavor is not for the faint-hearted. To be safe, ask the waitress to bring an extra glass of water or extra rice and, if needed, a bottle of Zantac for potential heartburn. At the end of the day, the experience is completely worth it.

Xin Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur



The Convocation Experience Hitting the High Notes at #AthaUI8

Barbara Lehtiniemi



Attending AU's Convocation was, for me, a much-anticipated experience. As I worked my way through my AU degree program, the thought of attending convocation was on my mind. Although Athabasca is almost 4000 km away from home, I viewed it as a important destination for my AU journey.

On June 8, my husband and I took a flight from Ottawa to Edmonton, then rented a car for the drive north to Athabasca. We didn't have much chance to rest, because the following day was convocation!

Some of the high notes from my convocation experience:

Organization. Convocation purred along like a well-oiled machine. Staff and volunteers were in abundance to help graduands and their guests navigate the site and the ceremony. Everyone associated with AU was unfailingly cheerful and patient and every guest felt like a guest of honour. I knew where I was supposed to be and what I was supposed to be doing at all times, which kept convocation-day jitters at bay.

AU books and gear. Before the ceremony there was ample opportunity to browse through and purchase books from AU Press and AU-themed clothing and swag. Online shopping is convenient, but nothing beats buying something you can see and touch.

Meet and greet. Name tags helped put faces to the names of AU staff, tutors, and fellow students. After communicating by phone and e-mail, it was great to finally meet AUSU executive director Jodi Campbell and AU Library director Elaine Fabbro, as well as many "real, live" students and faculty members. The only downside with the name tags is that, once students donned their gowns, those tags were hidden and we resumed our anonymity.

Attention to detail. I had wondered how my last name, challenging to the uninitiated, would be handled. Not to worry. Before the ceremony got underway, the deans of each faculty sought out each grad whose name they felt the least bit uncertain about to learn precise pronunciation. When the deans introduced each grad by name during the ceremony, it was with confidence and near-flawless pronunciation.

Free photos. AU arranged photos of each group of grads. I was meeting some of my fellow Bachelor of General Studies grads for the first time, and I loved that I would be able to download free group photos of the BGS grads in attendance.

Focus on grads. I was impressed that graduands were seated on the stage throughout the ceremony. This really emphasized who the ceremony was for. Although we were seated behind the speakers, a large screen broadcast the ceremony from the audience's view so that we didn't miss a thing.

Honouring the grads. At the end of the ceremony, AU executive, academics, and staff filed to the back of the hall where they formed an honour guard, cheering and clapping while the graduates walked through on their way out the hall. Being honoured in this way made a special day even more special—and worth the journey to Athabasca.

While most of my convocation experience was a dizzying high, there were a few off-key notes:

Starving students. The convocation schedule indicated that food and beverages would be available for purchase. That was true but the food, supplied by a local grocery store, was mainly tiny snacks with large prices. With no other opportunity to get lunch (the ceremony ran from noon to 3pm) I spent \$4 on an oreo-sized cheese scone and a bottle of water. At those prices, I'd have been far better served at the Tim Horton's across town with a stomach-filling breakfast sandwich and coffee for \$5.

Campus closed. When my husband and I attempted to tour the campus buildings after the ceremony, we found them locked up tight. (It was Saturday.) Since this was my only opportunity to be in Athabasca, I'd hoped to tour the buildings to see where all the action is. We had to settle for a tour of the grounds and the building exteriors.

Stampede for the exit. After the ceremony, the building emptied out surprisingly quickly. I'd hoped to continue to meet and mingle but it seems that many people were rushing back to Edmonton or beyond and wanted to get on the road. My husband and I spent more time in Athabasca and we're glad we took the time to explore the area before continuing on our way.

Overall, AU's convocation was an incredibly positive experience. It was a well-organized, student-focused event that I'll remember forever. The videos don't really do it justice—the magic is in being there.

If you're graduating in the coming year(s), I encourage you to try to attend convocation in person. AU's convocation is an experience never to be forgotten.

Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018). She lives on a windswept rural road in Eastern Ontario.



Survival in the Garret

10 Cleaning Tips for Struggling Students

Wanda Waterman



Having a crippling study load and limited resources doesn't have to mean a life of squalor. You can keep your crib neat and clean with in limited time and with little money with this set of tried and true tips from the bohemian quarter.

1. Visit the bucket and plunger laundrette. There will be days when you won't have coin for the laundromat, so invest in a plunger (label it clearly so it won't be used in the toilet) and a tallish bucket. Fill a third of the bucket with dirty clothes and a bit of detergent, then top up with water. The wash cycle will take 100 plunges, the rinse cycle 50. Two

rinse cycles are recommended. Wring it all out and suspend it from hangers on the shower curtain rod to drip dry.

- 2. You don't need hot water to wash your dishes.** Any food handling expert will tell you that hot water has no real advantage in eliminating bacteria and that the only time you need hot water is to wash away grease. You'll be pleasantly surprised at how much this will save you on your electric bill. If it's cold outside and you just can't stand the feeling, add a little hot water. In the summer washing dishes in cool water is almost a treat. Of course, this won't work in a dishwasher, so if you have a dishwasher consider using it less.
- 3. Want to use less water while ensuring your dishes are clean?** Here's a method for you: Rinse the food off your dishes using a brush and stack them to the side. Now fill a small container with diluted dishwashing liquid and dip your sponge in it, washing each piece and leaving it in the sink. (The advantage of leaving the soap on the dishes is that it has more time to kill germs.) Once all the dishes are washed and in the sink, start rinsing them off and stacking them to dry. No towel drying! (Why waste your time adding germs to your dishes?)
- 4. Reducing bacteria is better than trying to wipe it out.** Trying to rid your house of every germ will require copious quantities of cleaning products that just aren't good for you. Vinegar will reduce bacteria to within safe levels, and if there's a reason for being extra careful (you've been caring for the sick, for example) you can turn to chlorine bleach, still by far the cheapest and most effective means of destroying bacteria, no matter what the commercials say about the new products.
- 5. Dusting and floor cleaning are dull, repetitive tasks that we tend to put off in spite of the value of a dust-free habitat.** We suggest you just put on some music and git 'er done. Use a feather duster, start in one place and go all around your pad dusting every surface quickly until you're back where you started. Sweep, then wet mop the ceramic and vinyl and damp mop the wood. Small carpets can be swept. Shag carpets should be tossed.
- 6. Rubbing alcohol is a great (and nontoxic) way of removing germs and even tiny insects from fabrics like wool and leather that can't be treated with stronger chemicals.** Your cushions, area rugs, upholstery, mattresses, and even musty clothing can benefit from a spritz of alcohol from a spray bottle. You can add essential oils if you want a nice scent.

7. **Swiffers are extremely useful.** They're expensive if you buy the name brand and obey the command to continue buying the little bits of disposable tissue paper that come with them but not expensive if you buy a knockoff or pick one up at a thrift shop. For fabrics you can use pieces of old sweatshirts and towels or just buy absorbent cloths and wash them when they're dirty. These can be used to quickly damp mop a floor (you can wield a spray bottle in your other hand), and they're also great for washing walls and ceilings.
8. **Keep it all organised!** Keeping everything handy and ready to use will help you to stop procrastinating and ensure that cleaning doesn't take up more time than it should. Buy a few cheap spray bottles or recycle your used ones so that you can use them for rubbing alcohol, diluted vinegar, or diluted bleach. Keep everything you need in places where you can grab them quickly.
9. **Clean fast and frequently.** You should never have to set aside large blocks of time for cleaning. For example, if you clean your bathroom quickly after your shower it only takes a few minutes a day to keep it pristine.
10. **Keep it aerated.** As often as possible open windows and both ends of your home to exchange the air. This will keep it smelling fresh and free of indoor pollutants.

Wanda also writes the blog *The Mindful Bard: The Care and Feeding of the Creative Self*.



Student Sizzle — AU's Hot Social Media Topics

Following What's Hot around AU's Social Media Sites.

AthaU Facebook Group

Alicia's puzzled why her GPA hasn't been updated months after finishing a course; seems like a call to AU is in order. Soumyo is seeking a Calgary-based study partner for BIOL 235. Kimberly needs help choosing between SOCI 287 and 290.

Other posts include setting up hotspots for ProctorU exams, negative health effects for e-texts, and courses BIOL 230, GEOG 265, HLST 200, and MATH 376.

Twitter

@AthabascaU tweets: "Planning to apply for a Student Loan to attend #AthabascaU this Fall? Deadline to complete the Student Financial Aid Course Registration Plan is July 1 for a September 1 start date. t.co/uqo9vEagId."

@AthabascaUSU (AUSU) tweets: "Did you know that we are on Instagram? Follow us today because we would hate for you to miss out on some exciting opportunities coming your way! <https://www.instagram.com/austudentsunion/> ..."

Youtube

Relive #AthaU18 with Athabasca University's 2018 Convocation - Day 1 (June 8th) and 2018 Convocation - Day 2 (June 9th).



Women of Interest

Susan Kare

Barb Godin



Photo by Ann Rhoney

Susan Kare is an artist and graphic designer who created many recognizable icons for the Apple Macintosh computer. Some of Kare's creations include the Chicago and Geneva typeface, as well as the original Monaco typeface, and the "Happy Mac", which is the smiling face that opens up when a user turns on their machines. The Museum of Modern Art in New York City described Susan Kare as "a pioneering and influential computer iconographer," whose icon designs "communicate their function immediately and memorably, with wit and style."

Susan Kare was born on February 5, 1954 in Ithaca, NY, and is the sister of Jordin Kare, an aerospace engineer. She graduated with a B.A. in Art from Mount Holyoke College in 1975 and received her Ph.D from New York University in 1978. She then moved to San Francisco where she began working for the Fine Arts Museums. In 1980 Kare began working for Apple Computers and was one of the

original members of the design group for the Macintosh. Eventually, Susan Kare became a Creative Director in Apple Creative Services, working for Tom Suiter, Director of the Organization.

Many of Kare's pioneering creations are still in use, including the icons of the lasso, the grabber, and the paint bucket, plus many more icons you may recognize. Her more unforgettable icons include the clock (which shows that the computer is busy), the trash can (for discarding files), and the Mona Lisa face (to let people know the computer is working). Kare is also responsible for creating the bomb icon, which originally indicated a serious system failure.

In 1986 Kare left Apple to work for NeXT Computer and NeXT Software Company as the creative director. Co-founded by Steve Jobs, NeXT Computer and NeXT Software Company developed and manufactured computer work stations, mostly for the business market.

Kare worked for Facebook from 2006 to 2010, creating icons for the "Gifts" aspect of Facebook (since shut down). All profits from this work were donated to the Susan G. Komen for the Cure foundation. The Museum of Modern Art store in New York City carries Stationary and notebooks featuring Kare's designs. She was hired by Pinterest in 2015 as their product design lead and also heads her own graphic design studio at Kare.com

In 2012 Susan Kare was called as an expert witness by Apple, during their patent -infringement trial against Samsung.

Susan Kare has been immensely successful in her career and received the Chrysler Design Award in 2001, and the American Institute of Graphic Arts medal in 2018.

Additional information about Susan Kare can be found at:

<https://en.wikipedia.org/wiki/NeXT>

<https://blog.prototypr.io/7-things-we-love-about-icon-designer-susan-kare-48c767cc8c1>

Scholarships of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Cover Guy 5th Annual Scholarship

Sponsored by: The Cover Guy

Deadline: July 1, 2018

Potential payout: \$500

Eligibility restriction: Applicants must be currently enrolled, or enrolled for the upcoming school year, in a program at a university, college, or trade school in Canada or the U.S.

What's required: An e-mail with contact and school information, along with an article of 500-1000 words on a topic related to hot tubs or backyard experiences.

Tips: Read the submission requirements carefully and include all the required info in your e-mail.

Where to get info: www.thecoverguy.com/ca/the-cover-guy-annual-scholarship/



Double Feature!

Scholarship name: Tommy Douglas Scholarship

Sponsored by: National Union of Public and General Employees

Deadline: July 6, 2018

Potential payout: \$1500

Eligibility restriction: Applicants must be the children, grandchildren, or foster (grand)children of members or retirees of the National Union of Public and General Employees (or one of its component unions), and be planning to enter full-time first-year studies at a Canadian public post-secondary institution in 2018.

What's required: A completed application form, along with a 750-1000 word essay on how Tommy Douglas' life contributed to making Canada a more just and equitable society.

Tips: Check out the other scholarship programs offered by NUPGE.

Where to get info: nupge.ca/content/national-unions-scholarship-program-2018



Brittany Daigle

Course Exam

AU courses, up close

Course Exam

EDPY 200 (Educational Psychology)

Brittany Daigle

EDPY 200 (Educational Psychology) is an introductory three-credit course primarily for pre-service teachers. However, it is also designed to be useful to newer teachers and to students in professional programs in counselling and psychology. There are no prerequisites for this course and EDPY 200 does have a challenge for credit option.

Educational Psychology is comprised of fourteen units, including three quizzes (weighing ten percent each), three reflective learning papers each worth twelve percent, and a final exam that weighs thirty-four percent. To pass this course, students must complete each of the quizzes and reflective learning papers, and must achieve a minimum averaged grade of “D” (fifty percent) on the reflective learning papers. A minimum grade of at least fifty percent on the final exam and an overall grade of fifty percent or higher is also required to pass the course.

Dr. Andrew Chiarella has been the course coordinator for EDPY 200 since it was created in 2010. On top of EDPY 200, he also tutors and coordinates PSYC 289 (Psychology as a Natural Science), EDPY 310/PSYC 310 (Learning and Instruction), EDPY 480 (Learning with Technology). If you would like to learn more about PSYC 289, read my [Course Exam Article!](#)

He joined Athabasca University in 2009 after completing his doctorate in Educational Psychology at McGill University. Speaking about EDPY 200, he notes that “This course will soon be revised as a new edition of the text is due out this year.”

When asked to describe EDPY 200 to someone who has not yet taken it, he states “Educational Psychology 200 is a traditional first course in educational psychology for pre-service teachers (B.Ed. students). Sometimes students in other similar programs like Early Childhood Education (ECE) will also take such a course. As an introductory course it shares much in common with introductory psychology courses, though the topics covered are more focused on the work in psychology that would be of interest to teachers, primarily in K-12 education. This includes core areas in educational psychology like various perspectives on learning and instruction, of course. Developmental psychology is also prominently covered: social, cognitive, and moral development. As well, other aspects of human psychology that could be applicable or valuable in a school setting are covered. For instance, concepts and theories from social psychology like stereotypes and prejudice are discussed: how teachers might teach in a more culturally relevant way is also described. The course also covers individual differences and learners’ needs. This includes a discussion of student disabilities and how schools in Canada can adopt an inclusive approach to education.”

When asked about the structure of the course, he states “The course involves completing three quizzes and three assignments which are called Reflective Learning Papers. The quizzes are multiple choice and have thirty-five questions each (single attempt). There is also a typical three-hour final exam which is multiple-choice and has ninety questions.”

He continues, “For the assignments, students select a topic – one from each of the three different chapters – and summarize the topic and then explain why it was interesting to them and how

they could implement it in their classrooms. As such they do this for nine (three topics in each of the three papers) of the fourteen chapters. The papers are quite focused and concise and so are limited to five pages in length (about one and a half pages per topic)."

When asked what kind of work ethic students will need to have to be successful in this course, Dr. Chiarella responds that "Students will need to set aside several hours to read each chapter, to respond to the study guide questions, and to complete the workbook tasks. There are essentially about preparing good notes and comprehending the material as well. Students will also need to make note of topics that interest them that they would include in their papers. Writing each paper will probably take a few hours for most students."

For students who are currently enrolled in this course or who are looking to enroll in the future, he suggests the best way to handle it is to "Complete the quizzes and the assignments following the recommended study schedule provided. Do not leave either to the end. Students who are having difficulty understanding some of the concepts and theories in the course will often be unaware of it until they receive feedback. This is especially the case for the papers where the tutor can respond to any misconceptions or misunderstandings revealed in the summary."

Asked about what kind of students should take EDPY 200 to, Dr. Chiarella responds "As noted above, I would recommend this course to Bachelor of Education and Early Childhood Education students (who are students visiting AU, as we do not offer these programs). It could also be of interest to any Athabasca University program student who is considering teaching, whether K-12, higher education, or elsewhere. While this course is more focused on younger students (K-12), much of the content about learning and instruction would be applicable to other educational settings."

He hopes that students will take away and develop "a better understanding of some of the ways that working in psychology can positively impact instruction decisions. And I would hope that students gain an appreciation for the role of research in education, broadly speaking: how it allows us to examine student differences, as well as their commonalities and determine how instruction can be better designed to promote learning."

The most challenging aspect of the course, according to Dr. Chiarella is "for some students, the emphasis on research findings is somewhat new. The emphasis on this is probably somewhat different from other courses offered in education. As well, some students are overconfident with respect to their judgement of their own learning (or understanding). I suspect that this occurs in psychology courses when the ideas described – research findings and theories about them – just seem to "make sense" and even be obvious: although they are not but seem that way once you read about them. In such cases, students can just feel that it makes sense and so it is easy and will be remembered well. Students sometimes need to stop and remind themselves they are reading a textbook and that the ideas described were not that obvious to many at some time in the past. They should ask themselves about the implications of the ideas being described and consider how studies could have turned out differently and consider how a subtly different situation may have changed the results. Since different theories exist about learning they should consider how they differ in key ways. For which different learning situations would these theories most readily apply, for instance?"

Whether EDPY 200 (Educational Psychology) is a course requirement for your degree or program, or if the topics above is of interest to you, this course will have you learning introductory psychology concepts, from a teacher's perspective!

Brittany Daigle is 22 years old and completing her BSc in Computing Science & Information Systems with AU from Toronto, Ontario.



Canada Day Then vs Now

Deanna Roney



My favourite Canada Day memory is when we were hiking the West Coast Trail. We were walking along a sandy beach, belting out the anthem with no one else in sight, just sand, sun, and surf. There is something cathartic about enjoying a day like that in the wilderness, a wilderness that in some ways defines Canada.

Canada has a lot of wilderness, and I have been lucky to see a fraction of it on foot. Hiking through the Rocky Mountains, over the old gold rush trail, and along the ocean. Or on a sled in the middle of winter on the peak of a mountain. The environment is always unique, the scenery breathtaking.

But, sometimes, things happen that alter our realities, and we are left with a choice: stubbornly ignore it or change with it. For a long time, I fought the idea of changing, hiking and backpacking had become a part of who I was, who I am, and the idea of leaving that behind, at least for a while, was something I couldn't accept. This, unfortunately, led me to go on a trip that I was not prepared for, my recently operated on ankle was nearly untested—not to the degree it needed to be, the degree I knew it should have been. It went untested because part of me knew that it probably was not going to be okay, but I thought that if I got out there then I would have to

power through. This was not the case. I got out there, but could not go on. It spoiled the trip for everyone.

This, however, was not the moment that pushed me to decide to change. It did push me to go back and seek more help. But, after three surgeries on my ankle I am left with the reality that it will probably never be 100%, probably not even 80%, in fact, right now I am hoping to get it at least to 75% (it currently has plateaued at 65%).

I was left feeling a bit lost and maybe a bit resigned. I couldn't do a lot of what I loved to do but was I ready to give up on it? I'll never really give up on getting back to where I was, but I did discover that I can't just wait for that to happen. I had to find a new way to enjoy the beauty that the Canadian wilderness has to offer. I had to let go—for now.

I had a conversation with my husband the other day about letting go of things that we always wanted. And what he said helped me to see that letting go isn't giving up. Just because we've always wanted something, doesn't mean we have to want it forever, or keep it forever. People change, adapt, and it is time that I learned to adapt as well, to find a new way and enjoy the things I can now, the way I can, and one day maybe I will be able to circle back. One day, maybe my ankle will get to 75% and I will know that pushing it won't cause damage and I will be able to walk up the mountains again. But until then, I'm not waiting.

Sometimes strength isn't pushing through or stubbornly sticking to something, sometimes strength is putting mental health first, acknowledging limitations, and adapting.

Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at

<https://deannaroney.wordpress.com/>



Hot

Tara Panrucker

veins pulse and press, pulse and press
straining through translucent skin
forcing fevered blood
through thick throbbing limbs

aching and bloated
listless
weighted by inertia into the yellowed futon
by a suppressive summer heat

sticky
moist and painful
air ceases to exist

through a haze of torpor, a dream
(hallucination?)
of an immense translucent
crisp cube of ice
the size of the clammy thick mattress
to lay lethargic limbs
sizzle and frizzle into

crackling blue ice sparks
shooting and streaming
high into the stagnant night air

charging and electrifying
evaporating this encumbered essence
erupting this form in jagged icicle flames
up and away

cooled, soothed, freed
ethereal as ocean spray
on a crystal wave
of relief
release
chilled not stirred

blinking a blurred frame

incessant heat waves
ripple and drip on the sill
smoky and dry
the scorched room
remains

the floor dry ash.

Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.



The Fit Student

Power Stretch

Marie Well



that day.

During exams, don't get stiff and hunched with a back aching for the bed. Instead, stretch. Stretching gives you lengthened muscles, better posture, more coordination, more flexibility. And stretching (like all exercise) fires up your prefrontal cortex—the brain's thinking center.

I had a great range of stretch as a child—but not as an adult. My run down elementary school managed to secure an elite gymnastics coach. The coach started a gymnastics club, which I excitedly joined. But, to my despair, I got placed in the low performing group—the group with an often-absent leader.

But I grit my teeth and learned how to do one-handed cartwheels and round-offs. I could do flips off vaults. I could almost do the splits, too. That is, until my teammate snuck behind me and pushed me into full split form. Not a safe way to stretch! But I mastered the splits

And then I went to a provincial tournament, winning firsts after firsts. My name got placed on the school's top 20 gymnasts list. When the coach, in front of an assembly of kids, asked me how I won, I gave the truth: I competed against the worst group of gymnasts. They couldn't somersault off vaults or do headstands off beams. Kindergarteners could have fared better.

The coach left the school that year. Mom offered to send me and my little sister to gymnastics school. But my little sister's skills edged beyond mine. That younger sibling phenomenon is discussed in K. Anders Ericsson's book on peak performance. So, shyly, I opted out of lessons.

I continued to do one-handed cartwheels until high school. But today, I barely touch my toes. So, I'm now psyching myself to add hour-long yoga stints twice a week. One day I'll gain the stretch of a ballerina. And, okay, maybe I'll end up a fifty-year old ballerina. Just saying.

But, better yet, you might end up a fifty-year old ballerina, too. Jessica Matthews teaches us to stretch in her book *Stretching to Stay Young: Simple Workouts to Keep You Flexible, Energized, & Pain-Free*:

- You might even become an eighty-year old ballerina: "Regardless of your age, lifestyle, physical condition, or current level of flexibility, you can tailor stretches to meet your personal needs and goals" (location 147, 7%).
- Here are signs you need to stretch: "Poor posture, improper form when performing everyday tasks, repetitive movements, and spending long periods of time seated commonly lead to tight and tense muscles" (location 165, 8%).
- Stretching makes you happier and healthier: "When your range of motion is restricted by tight, stiff muscles, this not only negatively affects how you move when exercising and when going about your everyday activities, but it also affects how you feel physically and mentally" (location 191, 10%).
- Stretching makes you powerful: "A four-week, vigorous stretching warm-up program increased the agility, power, muscular strength, and endurance of athletes" (location 182, 9%).

- So, how often should you stretch? “The American College of Sports Medicine (ACSM) recommends performing flexibility-based exercises at least two or three days per week, with daily stretching being the most effective” (location 261, 13%).
- Stretching as often as two days a week will give benefits in less than a month: “You may ... experience short-term benefits immediately following your exercises and also after as few as 7 to 10 sessions in an intensive program, or as quickly as three to four weeks of stretching at least twice per week” (location 207, 10%).
- And how should you safely stretch? “You should hold ... stretches to the point of mild tension or slight discomfort to enhance your joint’s range of motion, but never to the point where you feel pain” (location 261, 13%).
- Lastly, hold stretches for 15 to 60 seconds: “Hold that stretch for 15 to 30 seconds per repetition Holding ... stretches for a little longer, 30 to 60 seconds per repetition, may offer you greater benefits” (location 228, 11%).
- But don’t count down 15 second stretches; instead, keep count with breaths: “Hold each ... stretch for at least 15 seconds by counting five slow and controlled breaths during each stretch repetition” (location 312, 16%).

If you’re young, and can stretch well, you have a shot at dancing the Alberta Ballet. But you might prefer hot yoga. I dabbled in yoga years ago. To my delight, my yoga DVD induced sleeps. But slumber time’s no time for tying ballet slippers.

Just don’t eat at the noodle stand next door to the hot yoga studio. The hot body odor ebbs through the walls and gives sweet and sour chicken a mouth-puckering zest.



The Creative Spark

Boost your Creativity

Marie Well



Will marshmallows and chocolate help you compete in the Olympics? They can if you’re creative.

But how can you get a creative edge? First, always learn. Never quit reading. Constantly take courses. But most of all, believe in your creative potential (even if you can’t draw a smiley). This belief alone boosts creativity, according to Michael Michalko, author of *Cracking Creativity: The Secrets of Creative Genius*.

Here are some tips I learned for getting creative:

First, describe whatever you see, hear, smell, taste, or touch. When you describe your world, you train your mind to think like a writer. Take it further—seek names for common yet unusual things, like “tinder stone.” After all, clever writing demands detail.

Second, strive for quantity, not quality. A five-karat diamond stands no chance against a dozen one-karat diamonds topped with a ten-k. So, produce at least five original ideas every day, says Michalko.

Third, find similarities in unlike things. Infinite unlike things can be likened. For instance, a solar system can be likened to your hairdo. Or your hairdo to a virtual reality dome. By likening unlike things, you tap into original thinking. In other words, make analogies.

Fourth, use humor. In my opinion, Joe Toplyn (a late-night TV comedy writer) wrote the bible of comedy writing. His jokes rely on rules, list-making, and methods. So, to learn actual tools for honing creativity, read Toplyn.

Fifth, dream the impossible—and gun for it. Circumstances might turn *ideal* hundreds of years from now. Or they might have been ideal years *ago*. But even crappy soil produces crops, right? (Listen to philosophers. They say that whatever we imagine already exists—in another universe.) So, if you can dream it up, gun for it.

Michael Michalko relays these creative tips and more in his book *Cracking Creativity: The Secrets of Creative Genius*:

- Don't rely on the past for creative solutions: "Interpreting problems through past experience will, by definition, lead the thinker astray. In order to creatively solve a problem, the thinker must abandon the initial approach that stems from past experience and reconceptualize the problem" (preview location 178, 65%).
- For greater creativity, strive for quantity over quality: "Dean Keith Simonton found that the most respected produced not only more great works, but also more 'bad' ones. Out of their massive quantity of work came quality. Geniuses produce. Period" (preview location 210, 77%).
- Liken the unlike for creative inspiration: "If one particular style of thought stands out for creative geniuses, it is the ability to ... connect the unconnected by forcing relationships that enable them to see things to which others are blind" (preview location 222, 82%).
- In other words, "If unlike things are really alike in some ways, perhaps they are so in others" (preview location 233, 86%).
- Liken opposites, too: "David Bohm believed geniuses were able to think different thoughts because they could tolerate ambivalence between opposite or incompatible subjects" (preview location 233, 86%).
- Lastly, look for accidental outcomes: "When you find something interesting, drop everything else and study it. Too many fail to answer opportunity's knock at the door because they have to finish some preconceived plan" (preview location 255, 94%).

Take comfort in the philosophers. You know, the ones who say whatever you dream up exists in another universe. That means somewhere you're skiing a marshmallow slope and swimming a chocolate lagoon during the Sugar Olympics.

AU-thentic Events Upcoming AU Related Events

AU Open House

Wed, July 4, 10:00 to 11:00 am MDT
Online

Hosted by Athabasca University
www.athabascau.ca/discover/open-house/

Register online at above link
second session: Wednesday, July 4, 5:00 to 6:00 pm MDT

Wikipedia and Academic Research

Thurs, July 5, 12:00 to 1:00 pm MDT
Online

Hosted by AU Library
library.athabascau.ca/orientations.html
No pre-registration required

AUSU Council Meeting

Thurs, July 12, 6:30 to 8:30 pm MDT
Online

Hosted by AUSU
<https://www.ausu.org/event/july-council-meeting-2/>

No pre-registration required; e-mail governance@ausu.org for meeting package



Dear
Barb

Barbara Godin

Aborted Relationship

Dear Barb:

I am in a situation! I have been dating my boyfriend for three years. We are in different provinces and both attending university. Ben and I get along great and have never really had a serious argument or break up. We try to see each other as much as we can and plan to eventually marry. We both agreed that we would have children one day, once we have a house and have found jobs in our fields. But, recently, I discovered I was pregnant. We were using birth control, but I guess that's not always 100% effective. When I told Ben I was pregnant, I was shocked by his response. He said we are not ready for a baby and we need to get an abortion. Abortion is not something I would even consider. I feel this is our mistake and we need to deal with it, not just sweep it away. Ben and I have not been able to agree on this. I am a religious person and he is not. I feel very strongly about this. In fact, I was devastated by Ben's reaction, so much so that I am wondering if he is the person for me. We had never discussed abortion before; I guess I just assumed we were on the same page. This is making me question our entire relationship and whether there are other major life issues that we have never discussed. I am not going to abort our baby, but I just don't know what to do about the relationship. Looking for some advice. Thanks, Dawn.

Hi Dawn:

Thanks for sharing your story. You have made your decision not to abort your baby and are sticking to it. If you were to do what your boyfriend asked and abort your baby, you would have to live with that decision for the rest of your life and since you have strong feelings that would be a heavy burden to carry. It doesn't sound like your boyfriend will support you throughout the pregnancy, so you need to make plans on how you will care for your baby on your own. If your boyfriend does decide to stay with you then I would suggest you both go to family counselling as soon as possible.

Don't make marriage plans until you work through this issue. Hopefully through counselling you will be able to discover if you are a well-matched couple, or if there are other morals and values where you are both very different. If you discover you are far apart on most major life issues you could end up in a very unhappy marriage. After counseling you may decide you would both be better off apart, however your boyfriend may still want to co-parent your child. This is another issue that can be worked out with a family counselor who specializes in these types of issues. You might want to check out the following website for more information: www.coparenting.ca

Thanks Dawn

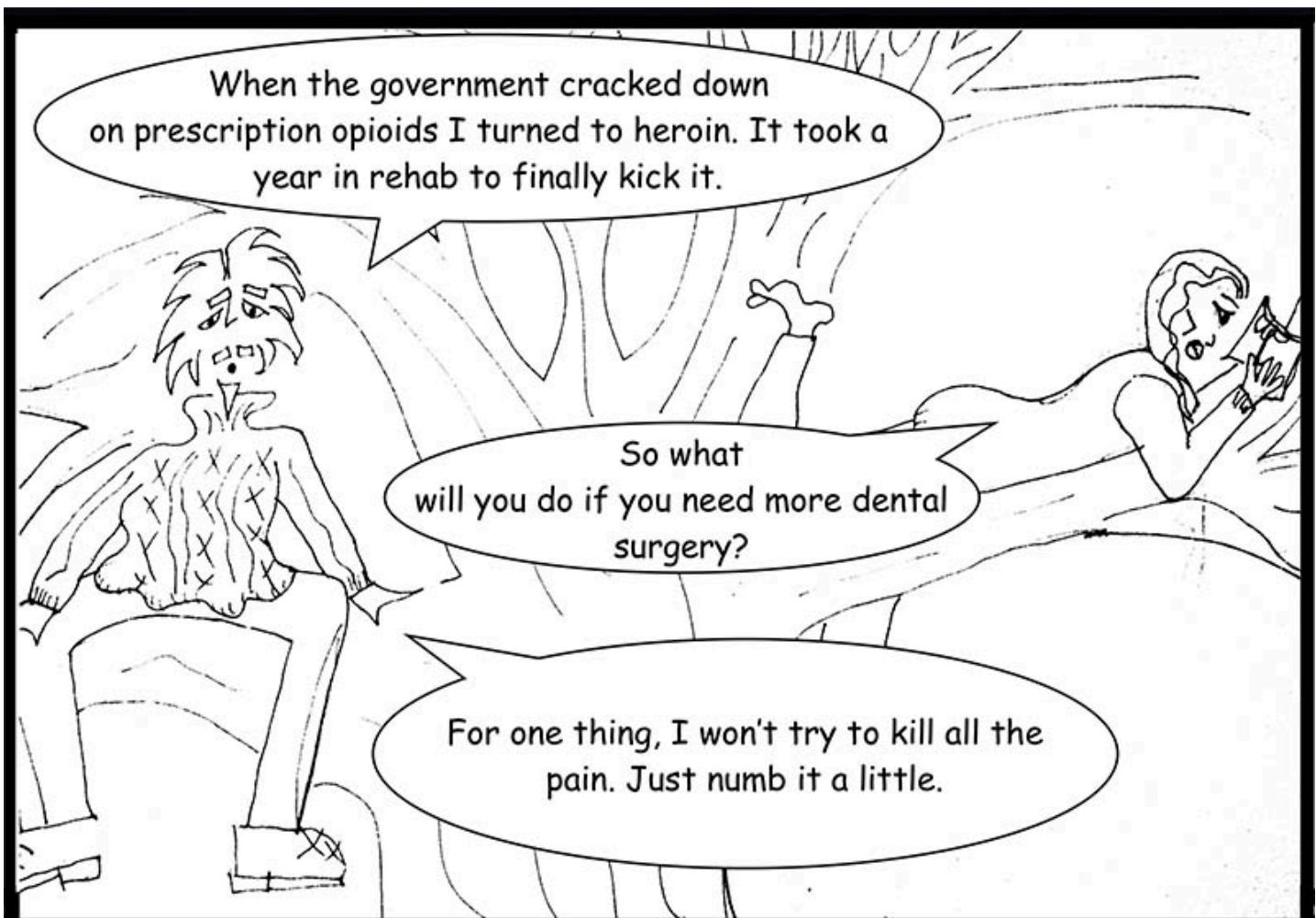
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Poet Maeve
Accepting Pain

Wanda Waterman





AUSU
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IMPORTANT DATES

- **July 1:** Canada Day
- **July 10:** Public Council Meeting
- **July 16:** AUSU 26th Anniversary

Pharmacy Savings

AUSU partnered with Alliance Pharmacy to offer our members some great pharmacy savings, including preferred pharmacy pricing, free delivery on eligible prescriptions with Direct2U Prescriptions, and discounts on purchases from the Alliance Pharmacy online store.



The Promo:

- Direct2U Prescriptions give you access to free, next-business-day delivery to the location of your choice, anywhere in Canada.
- Lower drug costs and dispensing fees on your prescriptions and over the counter needs.
- Refill reminders by phone, text message and email
- Save 10% off purchases at the Alliance Pharmacy online store. Use the promo code "AUSU" during checkout.

Visit our [website](http://www.ausu.org) to find out more!

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AUSU just launched our newest social media platform!

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Contact Us

Do you have any questions for us?

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