



# THE VOICE

Vol 26 Issue 27 2018-07-13

## Meeting the Minds

Jim Sellers: ARBRI Productin Manager

## Powerful Visualization Techniques

All in the Mind's Eye

## The Myth of Busy

Is it Really a Good Thing?

*Plus:*

*The Fly on the Wall  
In Conversation...  
and much more!*



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**The Voice Magazine**

www.voicemagazine.org  
301 Energy Square  
10109 – 106 ST NW  
Edmonton AB  
T5J 3L7

**Email**

voice@voicemagazine.org

**Publisher**

AU Students' Union

**Editor-In-Chief**

Jodi Campbell

**Managing Editor**

Karl Low

**Regular Contributors**

Barb Godin, Scott Jacobsen,  
Carla Knipe, Barbara  
Lehtiniemi, Tara Panrucker,  
Deanna Roney, Wanda  
Waterman, Xin Xu

Views and articles  
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# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://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 Surprisingly Good

Karl Low



A surprisingly good issue this week. We start it off with our feature interview being a Meeting the Minds article interviewing Jim Sellers, the Project Manager for the Athabasca River Basin Institute.

Yes, I know. The job title isn't really one that makes you think, "This is going to be great interview for AU students!" but as it turns out, it really is, with information about some things our university is doing that you may not have known before, and a valuable link if you're interested in getting more involved with the research end of things at AU (something that if you're thinking of moving on to further education beyond your bachelor's degree, you may want to look into). Also of note is that Mr. Sellers was also an AU student, and has had a career in television and film industry.

Then we have an interview with one of the minds behind the musical group Jane in Space. It's an interview that I quite enjoyed reading, so be sure to check out this week's "In Conversation"

Beyond that, I'm not sure why, but this week we've also developed a minor theme about being busy, or more specifically, why being not busy is perfectly valid and can help you with your studies. Whether it's Tara Panrucker's article on visualization techniques that can help you slow down and get more done, The Fly on the Wall's explanation of both the science and philosophy of why doing that can be beneficial, and Deanna Roney's take on why it's so hard for us to do in the first place.

Then, we round it out with a review of artist Bree Taylor's latest single, a Course Exam of Comp 348, advice to improve both creativity, health, and your emotional well-being, and of course our smattering of scholarships, and AU related events and social media. All in all, I think this week's magazine is a pretty solid offering, and I'm happy to be presenting it.

Meanwhile, if you haven't already taken our 2018 Voice Reader's survey, found at, appropriately enough <https://www.surveymonkey.com/r/VoiceMagazine2018>, please take a couple minutes to do so. Not only will you help me to make the Voice a better magazine, more suited to what you want to be reading, but you'll enter yourself for a chance to win a Samsung tablet computer, plus some other goodies that we happen to have lying around.

Sometimes I get a student asking me why I always go with a Samsung tablet, why not an iPad or an Amazon thing. It comes down to a few reasons. One is availability and price. More importantly though, I know the Samsung tablets work with AUSU's e-texts, and they also let you use micro memory cards so that if you're like me and hoard every electronic document you find, you'll have the room to do so.

At any rate, fill it out, tell us what you think of *The Voice Magazine*, and in the meantime, enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized flourish at the end.



# MEETING THE MINDS

## INTERVIEWS with AU's EDUCATORS



*Jim Sellers is the Project Manager for the Athabasca River Basin Research Institute. He was born in Edmonton and works at Athabasca University. Here we get to know about another wonderful member of our online community.*

**To start, what makes you you? Where are you from and what's your background?**

I am a native Edmontonian, which is to say I was born here, moved away and came back a total of 5 times. I'm here to stay now. I am the 7<sup>th</sup> generation in my family to be born in Canada after my predecessors arrived here in the mid-1800s from the north of England. Exact origins unknown.

I identify as being devoid of any cultural background after being raised on a diet of American television, Disney movies and canned food. As a result, I have spent a lot of time living other cultures vicariously through food and music. I have had the good fortune to work with people many different cultures and with First Nations members as well.

**As the project manager of the Athabasca River Basin Research Institute (ARBRI), what tasks and responsibilities come with the position?**

First, a short history. ARBRI was started in 2008 as an idea. We are a centre of research and promote an open exchange of information. With our main campus in Athabasca, AU is also a stakeholder in what happens in and along the Athabasca River Basin. This is key as the Athabasca travels over 1500 km from Jasper National Park to Lake Athabasca, and feeds a diversity of industries, natural habitats and communities of First Nations People, Metis and rural/urban municipalities.

Our earliest research projects at ARBRI were collaborations between AU faculties, external organizations, non-profit research groups, government and municipalities. We looked at future growth, environmental and economic sustainability and climate change.

At this stage, I was the control centre for ARBRI, insuring the separate components of the projects were working together, that deadlines were met, budgets kept, and reports filed. I also setup and facilitated three research conferences called ARBRI DAYS.

I am also responsible for the redesign and maintenance of our website <http://arbri.athabascau.ca/>

Since 2013, and most recently at the beginning of this year, ARBRI has been awarded research chair funding, including two Campus Alberta Innovates Program (CAIP) chairs and a Natural

Sciences and Engineering Research Council (NSERC) Chair for specialized environmental research into water, fish health, and soil/atmospheric modelling. Each chair has a staff of post-doctorate fellows working on specialized projects. They are publishing research papers and making presentations at conferences. I am involved in all of this, from editing and submissions to reporting on ARBRI activities inside and outside the University.

My primary function now is to be the representative and point person for ARBRI, especially with the discussions on AU's Strategic Plan. We have a great deal of research happening at ARBRI and we need to share this with the rest of the University and the outside research community. You will be hearing more about our research activities in the future.

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

Just one? Okay, Barack Obama, although I already know what he would say so, instead I'll pick Anthony Bourdain, and I'd let him choose the meal. It would be memorable no matter what.

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

My father found himself out of a lifelong career after his craft was replaced by software and young people with computers. He set out to learn and become educated when most people his age were giving up and working at Walmart. I figure if he can do it, so can I. I earned my BPA at 50.

**What is the emphasis of the ARBRI? How does this translate into its research?**

The Athabasca River is a representation of Alberta. It's big, powerful, it provides for a wide diversity of people and provides jobs in practically every industry in the province, from the earliest industries (trapping, mining and coal) to the newest and largest (oilsands, natural gas, forestry, pulp and paper). It was a gateway to the west for traders and is still a major transportation route for our First Nations.

There are changing influences on the river basin that affect every part of its natural and industrial base, including climate change and a growing population. There is already a tremendous amount of research and data on the Athabasca but there is a great deal more we don't know. This is one of the prime functions of ARBRI. We have teams analysing stream flows, fish populations, the reclamation of oilsands tailings ponds and municipal waste, as well as environmental modelling to analyse changes in the environment caused by a changing climate.

A second, but equally important tenet of ARBRI is to provide a vehicle for the open exchange of information. We established the Repository of the Athabasca River Basin (<http://www.barbau.ca/>) to facilitate the listing, locating and sharing of data and reports of research focused on the Athabasca River Basin. To date we have over 36,000 listings with many documents available online. We are constantly looking to expand this list with new research.

**What is the most valuable thing in life to you?**

Quality time with family, a beautiful sunrise or sunset caught on camera, playing or listening to music, discovering different places in the world.

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

Achieving my degree at AU required the commitment of all my free time to course work and studying. It was expensive and required putting off many things I would have liked, such as fixing my roof and travelling.

Was it worth it? Absolutely. When I started in my chosen career 35 years ago, there was no degree in the field, no school that provided the qualifications for the job. You had a talent, you started at the bottom and worked your way up. By the 2000s, ironically, I needed a degree to qualify for the job I already had and was in danger of losing. AU allowed me to get that.

### **What is the most important lesson in life?**

Don't waste time regretting things you can't change. Acknowledge it and move on. Also, learn a musical instrument.

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

During my time in the TV business I worked with Joe Pesci, Shari Lewis, Rick Hansen and Richard Donner. I also ate sushi with Jerry Seinfeld. He won't remember me.

### **If students want to become involved in research at AU, how can they become involved in the research programmes and groups, and teams, at AU?**

First thing to do is click on the Research link on the AU website (<http://www.athabasca.ca/aboutau/research-institution/>) to see what opportunities exist. There is contact information for any questions students may have.

The specialty research being done by ARBRI has attracted post-doctoral fellows from countries around the world—Nepal, China, France, Ghana and the UK—to come to ARBRI and bring their expertise. This is unique for AU but also a tremendous opportunity for me to work with a variety of skilled individuals. That's what makes my job so enjoyable.

### **How does AU as an online institution have a solid foundation for the 21st century of online education?**

Post-secondary education, like almost every other aspect of life, is moving online. Physical campuses still compete for the kids graduating from high school but most people, especially adults who are working and have families, don't have the luxury of putting their lives on hold and going to classes. The greatest potential for growth in this country's growing knowledge economy is in the adult learners who may have a diploma, may have a bachelor's degree and want to further their education. AU provides this opportunity, at least for now until everyone else starts catching up to us.

The Government of Canada has finally changed the rules for Life Long Learning to enable adult learners to access student financing. That is a major step forward.

AU is a traditional university in every sense except for the buildings. You have to be working full time supporting a family at home and completing your degree to appreciate how good that feels.

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

I spent 20 years freelancing in the television and film industry. That took me literally across Canada, from Victoria, Vancouver, and Calgary to Toronto, Montreal and Halifax. Since starting work at AU, I have been to England, Scotland, NYC and Italy.

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

I am reading several books for different reasons. Stephen King's *About Writing*, *Gale Force* by Owen Laukkanen and *A Casual Vacancy* by J K Rowling.

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



## The Fly on the Wall Stepping Outside the Course Box

Jason Sullivan



Let's go play outside! Dawning summer brings the allure of outdoor study breaks that add an additional element to our matrix of procrastination. But it doesn't have to all be guilty romps through sunny avenues. We can recharge our scholarly batteries at the intellectual level in several ways by stepping, proverbially, outside the bounds of our usual ways of thinking. To think better we have to think differently, and in ways that our chosen academic discipline might not even consider.

What could be more universal than logic? It seems to apply everywhere, at least in theory.

Kurt Godel (1906-1978) was a logician who

concluded that even the arid moonscape of mathematical certainty resists the finality of proof and understanding. Logic is a theory system meant to map an a-theoretical world, after all. While "logic permits the use of any argument that carries conviction", mere certitude is often not enough to convince others of what we are saying (Heijenoort 349). Even an airtight explanation leaves wiggle room because it has an *outside*. And it's the outside that counts most if we are to understand why our perfectly rational calculations meet with resistance. Sometimes different people have different truths filtered through the reality of their different experiences; our own experiences are inevitably personal—such that empathy involves imagining how it would feel to feel what one does not actually feel at the time. In other words, to step outside oneself.

The reality that every system of knowing (epistemology) has limits became known as Godel's *Incompleteness Theorem*. It states that: "in any formal system there exists an undecidable formula—that is, a formula that is not provable and whose negation is not provable" (Heijenoort, 352). Godel's "fundamental results showed that in any consistent axiomatic mathematical system there are propositions that cannot be proved or disproved within the system and that the consistency of the axioms themselves cannot be proved" (Heijenoort, 352). As with numbers, so with humans: if we state that we are too exhausted to study no one can disprove the fact and thus our nap becomes a practical part of our academic regime for that day. If we are to put our studies in perspective and return to them with renewed vigour from our breaks, it also helps to remember that what we are studying has limits and therefore is within our grasp to understand and even master.

Godel goes on to explain that every system encounters a paradox when it purports to be able to illuminate the world. The system will encounter a wall; if it could explain everything it would *be* everything rather than just far enough *outside* its objects of study that it needs to be to sort and organize them.

When something doesn't naturally fit into a system the system has means to try and make it fit, with varying results. Some outliers just can't be accommodated. To allow for this discrepancy between explainable and unexplainable situations, "*we have to introduce a distinction between 'true' and 'provable'.*" (Heijenoort, 352). Systems have limits to what they can explain. Beyond these bounds some truths may resist explication until we think outside our previous methods. Think of the phrase *pictures or it didn't happen*.



## The True and the Provable

The other day a crow flew over my head carrying a squiggling snake. Clearly still alive and on its way to doom at the hands of this juvenile murder (of crows), the scene carried a certain poetic pathos as well as a natural scientific curiosity. So did it really happen? In my mind it certainly did. Had I snapped a photo it would have been true to anyone who trusts their eyes (and distrusts that I'd have learned to use photoshop). Likewise, if I'd written of my experience and posted a letter to a relative that too would carry an element of my truthful experience. Even writing a poem or song about the crow and its slithery dinner might (were I talented enough) incite similar or identical synaptic and emotional responses on the part of an audience. But what if I'd only dreamed I saw the crow and snake? We know that our minds create dreams outside of themselves, as it were, and yet we have no way to record them objectively. A dream is experientially *true* and yet its contents are not empirically *provable*.

In his time, Godel claimed that "The human mind surpasses all machines" (Meyer, online). The magic of existence, human existence, includes the ineffable realm that resists empirical understanding. To truly comprehend being human we have to think outside of our technology and what we can prove with our creations; we have to investigate that for which we have no measure. As Blaise Pascal famously said '*the heart has reasons that reason knows not*'. As students seeking motivation it helps to take a break and think of our lives and coursework differently. After all, there will always be blind spots in our ways of thinking and perceiving. Artificial Intelligence researchers have even suggested that our species is at a dead end in the quest to create machines that correspond to our human ways. Andrew Moore, dean of computer science at Carnegie-Mellon University, recently claimed that AI at present still contains "no magic" (Moore, online). Like a dream explained through a brain scan but without knowing what caused its contents, efforts to replicate humanity in technology have not re-created humans quite as we are.

How can we get outside of our humanity to see what we don't know about ourselves? Maybe it's like imagining how to photograph a dream. A photo can only speak in photographic language and, it would appear, computers have limitations built into the nature of their ontology too. "We have pretty much stopped trying to mirror human thinking out of the box. We are focusing on engineering [what has already been invented]" (Moore, online). So, instead of thinking like a machine when it comes to experiencing our course material, it helps to think like a human, even when being all-too-human feels suspiciously like indolent procrastination. Productivity includes an outside to itself—one without which its process would be impossible. After all, if we were hard at work all the time how would we know that we were? We'd have nothing to compare our glorious toil to!

Study breaks recharge our brains and daydreams fertilize our minds. Even if their productivity appears invisible in our final essays or exam results their empirical invisibility on the page does not mean that they lack value. They simply aren't reflected within the ways we think of measuring our progress; their impact may resist measurement on the page yet exists in the ether of how we wrote what we wrote.

In fact, recent neurological studies show that the spaces between stimuli are when the action really happens:

Ingvars Birznieks and Richard Vickery developed a unique way to control the neural information that's presented to the brain. Essentially, they delivered short mechanical taps to the fingertips of study subjects...Birznieks and Vickery ensured that each tap generated a corresponding nerve impulse to a neuron in the brain. By triggering the sense of touch — which the brain registers from vibrations along

the ridge of our fingertips — the scientists were able to monitor how nerve impulses encoded the information. (Controneo)

At the neuroscience level, it turns out that the gaps really are what matter most. Neuroscientists traditionally believed that at the moment of a stimuli the brain would be most responsive. Neuron bursts were supposed to occur in direct correlation to the inputs being generated in the external environment. "Instead, it was the silent period between bursts that best explained the subjects' experiences" (Moore, online). The study realized what we know from our study breaks: a mental jaunt away from our usual beliefs and expectations can reap benefits and increase our success at AU. So besides enjoying being outside in summer let's also remember to refresh our minds by imagining the unimaginable.

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*Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.*

## In Conversation with Jane In Space

**Wanda Waterman**



Brooklyn-based Jane in Space is an industrial/electronic band fronted by multi-instrumentalist Jesse Jensen and singer/lyricist Tom Vickers. Their self-titled debut album was named one of the top nine rock albums of 2016 by the blog *Vibes After Music*. Their second album, the EP *Gorerunner*, planned for release on July 13, may be described as “pre-post-rock,” carrying on the pre-Radiohead experimentations of the late eighties. Lyrically and musically the new album is darker and more reflective than the first, addressing the existential dilemma of humanity in a world increasingly manipulated by

technology. (Watch the video for the song “Breaking Glass” [here](#).) Recently Jesse Jensen took the time to answer our questions about his life and music.

**What kind of childhood did you have?**

I grew up in the middle of the desert, in a small town that had been created as part of the Manhattan Project. As a result, lots of things that seemed normal growing up seem strange in hindsight—for example the casual omnipresence of a mushroom cloud as a local sports team logo—but it also meant there was a very unique mix of super-smart blue-collar workers and scientists. Consequently, science and technical thinking have always been in my life but in more hands-on, less abstract (less textbook) ways. Like, we were always looking for creative ways to blow random things up.

**What role did music play in your early years?**

It was mainly a big connection between me and my parents. My mom was really into Van Halen and 80s hair metal, and I loved the energy that it gave her. Meanwhile, discovering that my dad had a tape of Metallica's *Master of Puppets* in his truck blew my mind. But in terms of making music, it wasn't really something I was interested in until I discovered I could make weird sounds on my computer.

**Were you trained in music or did you teach yourself?**

I took a couple of guitar lessons and then some music theory in college, but for the most part I've just taught myself. Hearing something that interests me and then trying to figure out what it is. I think I approach music in a very engineer-esque manner.

**Who — or what — was the best influence on you as an artist? As a human being?**

The same for both questions: my parents. They encouraged me to think for myself and to not be afraid to take things apart.

**Why did you choose industrial rock as your genre?**

There's a Brian Eno quote that I reference too much:

“Whatever you now find weird, ugly, uncomfortable and nasty about a new medium will surely become its signature. CD distortion, the jitteriness of digital video, the crap sound of 8-bit - all of these will be cherished and emulated as soon as they can be avoided. It's the sound of failure: so much modern art is the sound of things going out of control, of a medium pushing to its limits and breaking apart. The distorted guitar sound is the sound of something too loud for the medium supposed to carry it. The blues singer with the cracked voice is the sound of an emotional cry too powerful for the throat that releases it. The excitement of grainy film, of bleached-out black and white, is the excitement of witnessing events too momentous for the medium assigned to record them.”

Industrial rock is a way to engage that. I love writing in the framework of rock *songs* but every other rock band I've been in bored me with the “cherished and emulated” stylistic trappings. But for “industrial” music, in the original sense (not the goth/rivet synth stuff so much), it doesn't sound out of place to let things go out of control and break apart; it's sort of expected.

**How did the bandmembers meet?**

Tom (vocals) and I met from playing in a singer-songwriter's band that we both joined based on a random Craigslist ad. The guy had great songs, but he had a vision that we just didn't fit in, and we got the boot. I totally get it – if you're doing acoustic ballads, some dude trying to play the electric bass guitar with a bow (as I was doing) is probably not the best fit.

### How did you come up with your name?

I liked the name Jane and developed the annoying habit of numbering all of my random sketches with the prefix “Jane.” Tom suggested “Jane In Space,” which hit a pretty sweet spot of B-movie vibes that weren’t over the top.

### What do you like best about *Gorerunner*?

The last chorus on “Full Stop,” when the guitars go full Nine Inch Nails buzzsaw... which is thanks in no small part to the thing I like the *very* best about this album — the fact that I got the chance to work on this album with Keith Hillebrandt, the sonic alchemist whose handiwork is all over Nine Inch Nails’ “The Fragile,” the most inspirational album of all time for me. Hillebrandt has a phenomenal approach to sound that still sounds unique no matter how many times I try to rip it off.

### Did anything funny or weird happen while you were making it?

When I was writing the music that became the title track (“Gorerunner”), I played it for my wife, who said, “It sounds like someone running through the forest, calling out.” I loved that description — it felt very evocative and just like what I was going for. So I shared the music with Tom. At this point the song had no structure or anything; it was just sort of a journey. In typical Tom fashion, he quickly hammered out an amazing vocal melody that also gave it a structure. But to my surprise, his lyrics were almost verbatim my wife’s description of “running through the forest, calling your name ...”! When it works, it works.

### What’s the story behind the song “Feel it Alive?”

I was experimenting with making polyrhythms with synths that didn’t have overt rhythmic elements, and in the process I came up with the main drone in the song. I couldn’t decide if it sounded underwater or on fire, but I was into it.

At the time I only really had a long stretch of it, so I put a drumbeat on and played it for Tom, and he and I imposed a melody and harmonic structure on it from there. On the rest of that album I tried to keep the songs concise, but for that one I just wanted the mood to stretch on and on and not worry too much if nobody listened to the end of the song. It’s a little indulgent in that sense, but I think it sustains interest in part because your brain can sense the weird little rhythms even if you don’t explicitly notice them.

### Why did you get Permian Strata to do the video for “Mental Abrasions” and “Feel it Alive,” among other songs?

Permian Strata is basically Jane In Space’s perfect collaborator in that we seem to exist in the same universe of influences in our respective

## AU-thentic Events Upcoming AU Related Events

### MBA in Hockey Management Info Session

Tues, July 17, 10:00 to 11:00 am MDT  
Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-7/](https://business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-7/)

Register online at above link

*Looking ahead...*

### MBA Info Session - Halifax

Wed, July 25, 12:00 to 1:30 pm ADT

Four Points by Sheraton, 1496 Hollis St,  
Halifax NS

In person

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/mba-information-session-halifax-july2018/](https://business.athabascau.ca/event-details/mba-information-session-halifax-july2018/)

Register online at above link



mediums. That guy is always looking to push his technique and I find that inspirational. He's consistently refused to do the same thing twice and I think that's fantastic.

### **How do you regenerate after giving yourself heavily to the music?**

Honestly, music feels like a feedback loop for me—the more I put in, the more I have. I think the biggest problem for me is actually the opposite — regenerating after time away from music, i.e., re-engaging.

### **What conditions do you need in your life to maintain your creativity?**

This ties into the previous answer, actually — I think creativity is a muscle, and the more you engage it, the more you maintain it. I think a big part of that is knowing when to direct that energy into your own creativity and when to engage the world for inspiration. That's the really exhausting part, to be honest — to not consume art passively, but to actively soak it in. So, the biggest condition is really time: not just to make my own art, but to seek out and get inspired. It's easy to fall into ruts.

### **Are there any books, albums, or films that have influenced your work?**

"Gorerunner" was heavily influenced by Hannah Arendt's *Eichmann in Jerusalem* and former Ambassador Samantha Power's *A Problem from Hell*. In particular, the ways that systems — social, cultural, legal — can be subverted from the inside out... They're still working, but they serve corrupt purposes. Sort of the idea that evil can be legalized, essentially. I made that a little too literal on the album, e.g. "What happens if I use a drum machine to control a piano? What happens if I make the 'real' parts with synthesizers and the 'synth' parts with guitars and drums? Hey wait, this album sounds like one thing but something's not right..."

### **Do you follow a spiritual discipline that helps you stay balanced?**

I'm not looking to stay balanced. When it happens, I try to ride it, but I think it's sort of like trying to beat the ocean unconscious. My approach to spirituality is that believing something — fully, wholeheartedly — costs nothing, and I try to engage it as frequently and in as much contradiction as possible.

### **If you had an artistic mission statement, what would it be?**

"It won't give up, it wants me dead / goddamn this noise inside my head."

### **What's next?**

I work at a snail's pace, so we'll see — we have a dozen or two songs on my hard drive in varying states of completion, and I would like to put another one or two out this year, at least.

### **Do you have anything to add?**

Thank-you so much for your interest. I hope you enjoyed the record, and if you happen to be in New York City, please come check us out on July 14 at Mercury Lounge for our record release show.

*Wanda also writes the blog [The Mindful Bard: The Care and Feeding of the Creative Self](#).*



## Music Review

### Bree Taylor

Drew Kolohon



**Single:** “The Feeling”

**Artist:** Bree Taylor

Earlier this year, Toronto born Bree Taylor released her single “The Feeling” that will be on her upcoming EP this summer. Bree’s voice has an amazing cadence that pierces through the electric beats underlining this song. Sometimes with pop songs, you’ll find the singers voice can be drowned out by the instruments. However, this is not the case for Bree. Her alto range is incredibly strong and is a nice change of pace from the typical soprano belting pop stars that we see today.

Bree’s story telling through her music is incredibly strong and it forces you to listen and create a mental picture. Her ability to create an interesting story and still be a captivating vocalist shows the talent that she has. Near the end of the

song, Bree has a moment where the instruments stop and the music is left with just her voice—this technique pays off as it creates anticipation, similar to a “drop” in house music.

No amateur when it comes to the music scene, in 2016 Bree released the single “Broken Dreams” with an accompanying music video. Very different from her new single, “Broken Dreams” is a ballad about a past relationship where her partner was not supportive or present. The personal link that Bree has with this song is what makes it so powerful. The music video cuts back and forth between a loving couple and Bree standing alone singing. There is some excellent imagery in this video, one in particular near the end of the song when her vocals are at the most fervent and it shows her face in a broken mirror.

In the age of social media Bree stays connected to her fans like very few other artists. She is very active on her [YouTube Channel](#). Her posting has slowed down in the recent months, but she has a deep catalogue of videos for her fans to enjoy. These include a wide range, from book reviews to make-up tutorials. She has been incredibly smart in her branding by creating herself as a marketable personality as well as being a talented musician. This is likely what the future of music will be: an artist that is in touch with her fans and is always producing some form of content.

Bree has just come off a sponsored tour that took her from British Columbia all the way to Quebec. Her fans won’t have to wait long for more from her, either, as she is releasing her EP later on this summer. Her music can be found on Spotify and information about her tour dates can be found on her [website](#). Bree has a long career ahead of her and I strongly suggest adding her to your summer playlist.

*Drew Kolohon is an avid music fan who is finishing up his Bachelor’s degree in English.*



## The Myth of Busy

Deanna Roney



The idea of being busy is pushed as being good, being productive, being, well, busy. But, being busy isn't always being busy *doing* something. Sometimes being busy means busy *exploring* or busy *being*.

I think it is almost dangerous the way that society romanticizes being (work) busy. While, granted, there are a few instances of people going back to simpler lives, disappearing into the bush to live off the land and be present, to essentially avoid busy—these instances are still the other side of normal.

When you see someone while down town and they or you ask, “how have things been going?” the answer is almost always “good, busy.” And, while this is (generally) true, it is the concept that being busy is the only way things should be. That being busy is living.

I have noticed a significant change in the last few months for myself. The busier I get with work, the more I grant myself time to live outside of work. When I was working to get a foot in the door I worked relentlessly. I was “busy” and in that time I needed to be busy; I needed to be working to make that advance and get over a threshold. That isn't to say that now I take it less seriously, but I make sure to allow myself grace. I give

myself permission to take the weekend off, or a day off, or an afternoon off when I can. I acknowledge where I have got to, and I can see the opportunity for advancement, but if I am going to keep giving it my best effort I need to recharge.

I think the idea of being busy being the ideal is misplaced—we do need some “busy” but there needs to be a balance. This ideology has created an unhealthy mindset. I see more and more people talking about finding a work/life balance and I think this is becoming more focused on because for so long this idea of being busy being the best has created such an imbalance that we have forgotten how to separate ourselves from our work and we now need to make a conscious effort to find our way back to ourselves.

So, now that it feels like summer is (at last) making a comeback, take the time when you can to get outside and enjoy it. Maybe it is an hour at lunch to go outside, eat, and soak up some sunshine. Maybe you work hard in the morning to get things caught up for the day and take the afternoon to walk to the creek, drive to the lake. Take an hour and take the dogs for a swim. Don't neglect your responsibilities, but don't neglect yourself either. Be busy, but be busy being, not just working.

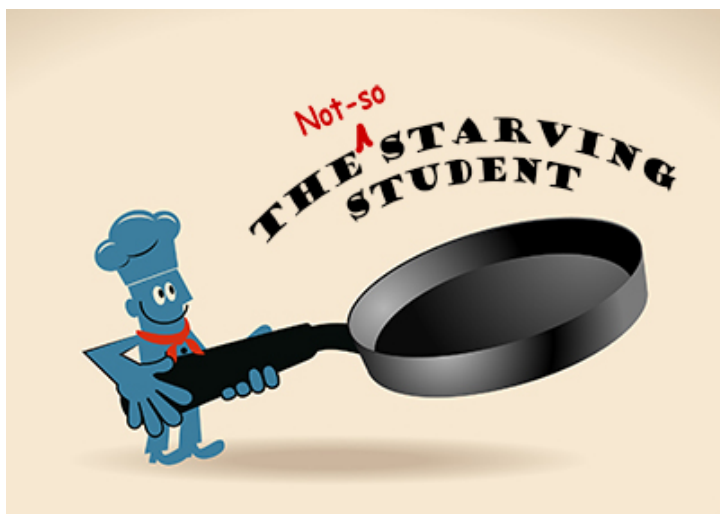
Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>



## The Not-So Starving Student

### Seven Essential Items for Hosting the Perfect Barbecue

Xin Xu



When it comes to barbecue season, Canadians only have about four months of the year to truly enjoy feasting in the lush green carpet of our backyard. For students, hosting barbecues can be a fantastic way to entertain family and friends. Backyard barbecues don't have to be a big fuss when you plan ahead and have a pre-set menu in mind. Being a beginner, I didn't have many items planned but, thankfully, they turned out to be favourites among my guests. To plan a successful barbecue for your friends and family, there are certain must-haves. Regardless of whether you want to your barbecue to go the extra mile or just host a

simple but classic family barbecue, you'll need these essentials.



1. **Grill:** Whether you are using an indoor cast iron grill (like me) or an outdoor charcoal barbecue, you need to pick your equipment wisely. Invest in something you will use more than once. This may be different for everyone. For example, while my extended family likes camping trips that demand portable grills like a small-sized propane barbecue, my immediate family likes hosting larger family barbecues in our backyard which might necessitate a full-sized patio barbecue. Do plenty of research on whether a propane or charcoal grill is a better fit for you. For example, the flavour of charcoal grills is a distinct flavour—typical of southern barbecues.



2. **Marinade:** Anyone who enjoys meal prep can appreciate the effect of marinades on just about any raw ingredients. While some enjoy purchasing pre-made marinade, I like to get creative by mixing my own marinade and occasionally adding pre-made marinades. Some examples



of the latter include teriyaki sauce, maple barbecue sauce, bulgogi marinade, and the list goes on. Don't be afraid to experiment and observe which marinade gets you the most compliments.



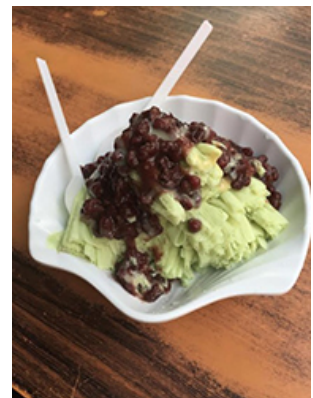
**3. Silicone brush:** Some might argue that raw protein naturally soaks up the marinade in a bowl and there's no need to coat additional layers of sauce. However, if you're a seasoned barbecue master (pun-intended), you would be aware that sometimes second and even third layerings of sauce is required, since much of the marinade evaporates in the grill. Hence, the silicone brush comes in handy when you need a second or third layer of sauce during the grilling process.

4. **Condiments:** Classic condiments that no outdoor barbecue event should be without include ketchup and mustard. If you're going the extra mile for your guests, try some guacamole, spicy mayo, sriracha, or ranch.
5. **Tongs:** No matter which grill you're using, a good quality set of tongs will last you a long time. Even if you're cooking Saturday night dinner, a pair of tongs will come in handy in so many cooking scenarios. Invest in a pair of tongs with a silicone coating so that if you're using it indoors it doesn't scratch your beloved pans.



**6. Protein:** The protein makes up the central pillar of your barbecue. My general rule is to use at least three different types of proteins, so guests can pick and choose or mix and match. However, for the simple barbecue, some beef patties and sausages are a must. But remember if you're serving these, adding the hot dog or burger buns that also come hand in hand with the protein. To spice up your barbecue game, some try adding more creative items. Some that I've seen at barbecues include fish, shrimp, calamari and lamb.

7. **Dessert:** No barbecue is complete without some dessert to give some closure to your event. For me, the classic watermelon is a must, but I have also witnessed a variety of ice creams, chilled brownie bars, and Jello to cool the guests down.



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



## The Creative Spark!

### Original Thought

Marie Well



Original thought means everything at universities. At least, at the graduate level. At the undergraduate level, many students busy themselves citing stuff already written. But once they get into graduate studies, they're expected to make original research—whether done through surveys, interviews, theories and/or methodologies.

Recently, I spoke with a world renown psychologist about creativity. I mentioned to him that scientist Roberta Ness wrote about original thinking in her book *Innovation Generation*. In her book, Roberta claims that scientific breakthroughs sometimes come from comedy and analogies.

I then referred the psychologist to two authors: Joe Toplyn, who wrote the Bible on comedy-writing, and

Pete Barry, who wrote the Bible on advertising.

The psychologist quizzed me, “How do analogy and comedy affect everyday life?” Well, for me, both offer a marketing edge and a writer's boost. Plus, analogies speed-up learning while comedy boosts joy.

And creativity helps students craft original papers, models, and theories. Creativity sprinkles life into presentations and cover pages. Creativity can also secure a career.

I've struggled with finding a job. The last time I checked, the unemployment rate in Calgary was the highest in all of Canada. But last week, I submitted a portfolio of advertising concepts to a national franchisor—and they loved it.

So, bone up on creative advertising. Here's some tips for making original ideas from Pete Barry's *The Advertising Concept Book*:

- “Produce a TV or radio commercial so great that people will want to record it, or a poster so great that people will want to tear it from the wall and take it home” (p. 11).
- Aim to make your advertisement wittier than Coca Cola's or Red Bull's.
- The best advertising starts with a truth. Find a sliver of truth or a bucket of truths. Exaggerate that truth.
- Focus on one clear benefit of your product. More than one benefit muddles your message. Make that benefit clearer than a Mr. Clean window.
- Reduce wordy ads to less than seven words.
- Ads should be simple. Don't muddle them with complexity.
- Exaggerate all the benefits and make light of any potential negatives. For instance, Volvo is a tiny car, so Volvo's company features this negative in a positive light.
- Make your company seem bigger than your largest competitors. So, if you own a hamburger food truck, make it seem bigger than McDonald's.
- Play with opposites.
- Use double entendre: words with two meanings.

- Appeal to a greater demographic. For instance, to sell flowers to men, put Venus fly traps into vases shaped like sharks' mouths.

Creativity has no limits. Even absurd ideas change the world with the right backing. That is, until such ideas cause hardship and poverty. That's when resistance fires. And sometimes resistance itself stirs hardship and poverty. That's the dilemma of universities.

As a final thought: Creativity or practicality? Depends on if you're entering or exiting the university.

## Powerful Visualization Techniques

**Tara Panrucker**



Successful business professionals and athletes do it before they perform. Musicians do it before heading onstage. Students do it before taking exams. Just as you map out a road trip prior to leaving, you may envisage in your mind how you wish an event to unfold, forming a mental picture of your desired outcome. Results prove visualization is a remarkably effective tool for success—perhaps better than worrying your body into an ulcer.

Extensive research reveals the brain cannot differentiate between imagining and doing. Therefore, anyone can practice creating new neural pathways in his or her brain through meditation and visualization, prompting change in the world. Why waste brain power imagining the worst? Your choice to anticipate something you want in the future instead of dreading something you don't want manifests far better outcomes. And in this world, the only thing we can control is what goes on in our own minds.

### Affirmations

While reciting positive affirmations to ourselves may seem silly, there is no arguing with the positive effects words have on our belief systems. Stating something in the present tense, like “I am an Olympic medal winner,” or “I am going to ace this test,” creates positive emotions and an improved attitude about what is possible.

### Collaging

Collecting old magazines and newspapers, along with a glue stick, tape, and scissors, and proceeding to plaster a blank scrap book with your hopes and dreams, is another effective visualization technique. Think of this as multi-tasking—collaging and de-cluttering!

Take your artistic skills one step further and paste magazine clippings of things you want to achieve with a photo of yourself in the picture. Insert motivational quotes and words that match your values. A collage of your ideals is an excellent touchstone to refer to when the going gets tough. You are more likely to stick to your goals when you have a constant visual reminder.

### Journaling



Writing down your thoughts and ideas is a powerful self-discovery tool. Writing also empowers you to depict problems and solutions more clearly. You may want to write down daily, weekly, monthly, and annual goals, possible obstacles, and how to overcome them.

Writing down goals further solidifies a commitment to action. The general rule to follow is to make them SMART: Significant, Measurable, Achievable, Relevant, and Time sensitive. When you have clear actions and deadlines, you're likely to feel motivated to achieve them.

## **Prayer**

The power of prayer isn't just for religiously inclined people. Praying is like having an intimate conversation with your best friend, one who truly cares about your well-being. Prayer is a kind of affirmation of what you value and want in your life. It can also be an imagined conversation with a higher power. However you look at it, prayer has brought a lot of good into people's lives, as well as comfort and mental clarity.

## **Visualization Meditation**

Our minds are at their most powerful when we're calm. Setting aside daily quiet time to sit, close our eyes, and focus on what we want more of in our lives has powerful health benefits. You can picture the places you want to travel, how you wish to affect change, and degrees you want to achieve.

There is an abundance of guided visualization meditations online to suit everyone. The more you practice, the more you'll discover what matters most in your life.

Clearly, there is more than one way to visualize and you can decide which method works best for you. Picturing your ideals accomplished is a worthwhile use of your brain, adding motivational fuel to your fire. I have manifested all sorts of material items and events in my life through the practice of visualization—a new vehicle, concert tickets, trips, new friendships, items on sale, a wonderful dog, increased energy, a home by the ocean, and so much more.

A helpful book is the ever-popular Shakti Gawain's 'Creative Visualization' (<http://shaktigawain.com/>). I've had to replace my old one since it was falling apart from use.

Consequently, positive emotions improve the effects of visualization. If you feel jealousy or anger, it can be indicative of an action you failed to take. Conversely, if you feel excitement and motivation, you're likely to take further steps to ensure success. Pickling in negative emotions is a recipe for misery and also causes everyone to avoid you like the plague.

Photographer Ansel Adams sums it well: "In my mind's eye, I visualize how a particular... sight and feeling will appear on a print. If it excites me, there is a good chance it will make a good photograph. It is an intuitive sense, an ability that comes from a lot of practice."

The ideal time to practice visualization is either first thing in the morning or at day's end, when you're most relaxed. When you dream a better future, you've already created a new reality, like so many successful visionaries. Followed with action, a different outcome in the future is guaranteed. Even when something doesn't occur the way you planned, sometimes it brings about pleasant surprises.

Expand beyond your day-to-day experience and picture the type of world you wish to see. Peace, nature thriving, countries living in harmony—we could all use more of that in the world.

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





## The Fit Student Ayurveda

Marie Well



Go from trauma to wisdom to dreams—with Ayurveda Medicine. As a youth, I toughed out trauma. I suffered anorexia, obesity, and anorexia again. I dropped out of high school, shortly after stung with disability. And then a second disability.

But I gained wisdom.

On my birthday, my boyfriend asked me to share my wisdom. So, I offered my wisest birthday themes: self-control, positive energy, independence—and dreams.

First, as for self-control, I've learned I can't change people, not how they act or what they say. But I can change how I react and behave. I let people be who they are, and I neutralize my reactions. So, don't worry about what you can't change.

Second, I don't get close to negative people. Instead, I focus on healthy relationships. All my life's friends—combined—couldn't comfort like my boyfriend's smile. And my female mentor acts like a doting, loving mother. So, surround yourself with sweetness.

Third, I learned not to rely on others. I once made contacts with hot shots in the film industry. I then secured a scriptwriting role. But the contacts came at a cost. So, I walked away. I instead bought books on filmmaking—vowing to produce my own film. So, don't depend on others. If it matters, you'll muster the skills!

Such wisdom can lessen suffering. Ayurveda medicine, a holistic healing system that concentrates on diet, herbs, exercise, and lifestyle choices, offers more tips to ease distress, stress, and disease. Ananta Ripa Ajmera gives insights into Ayurveda medicine in her book *The Ayurveda Way: 108 Practices from the World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion and More*:

- The book's author, Ananta, went through trauma: "I suffered from much pain and stress connected with traumatic childhood experiences .... Full of anxiety, fear, and worries .... I had acne. I struggled for years with eating disorders" (p. viii). But Ayurveda gave Ananta hope: "Ayurveda has given me a second chance at life ... filling my heart with hope, light, and freedom where there was once despair, darkness, and a feeling of imprisonment" (p. xii).
- Ayurveda not only gives hope, it gives life: "Ayurveda, the ancient medical science of life from India ... not only fights disease but also teaches people how to become—and remain—healthy" (p. ix).
- So, what grounds Ayurveda? "We are all connected through the five great elements ( ... space, air, fire, water, and earth)" (p. 6).
- These five elements form Ayurveda's *doshas*: "Many people know Ayurveda primarily by its three bioforces, or *doshas* (*vata*, *pitta*, and *kapha* ...).
- Vata dosha is linked to stress: "Air and space form vata dosha ... When imbalanced, it manifests as anxiety, pain, emaciation, and more" (p. 8).

- Pitta dosha is linked to inflammation: “Fire and water combine to create pitta dosha .... Imbalanced pitta creates burning sensations ... including heartburn, hot flashes, and inflammation” (p. 8).
- Kapha dosha is linked to diabetes: “Earth and water ... make up kapha dosha .... Imbalanced kapha leads to 20 diseases, including obesity and diabetes” (p. 8).
- The four seasons impact health, too: “Ayurveda’s seasonal diet and lifestyle recommendations give you tools and insights into how you can eat, drink, exercise, work, travel, and even procreate in optimal ways throughout the year” (p. 11).
- For instance, “spring is the only season in which Ayurveda discourages having the sweet taste because of the large amount of kapha in the atmosphere .... Examples of sweet taste: many fresh fruits, ghee, milk, rice, wheat, cucumber, squash, pumpkin ... dates, almonds, cashews, coconuts ... fish, lamb, pork, beef, goat, meats, potatoes” (p. 207).
- But Ayurveda offers more than diet tips: “Ayurveda ... includes internal medicine, psychiatry, surgery, and toxicology” (p. 2).

Remember, sometimes a janitor can wind up CEO of a billion-dollar empire. A delivery truck driver, the COO.

Such success leads to my final wisdom this birthday: Don’t stop when struck with anxiety, depression, or disease. Ayurveda can take you from trauma to wisdom to dreams.

## Student Sizzle — AU's Hot Social Media Topics

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

### **AthaU Facebook Group**

New student Thomas seeks info on access to AU textbooks and the library; students pitch in to explain how it all works. Denise was startled to notice a course she recently began is now listed as “permanently closed” but is relieved to hear it won’t affect students currently enrolled.

Other posts include AU’s honours list, grading variations between institutions, and courses ANTH 277, ENVS 200, HLST 200, and PHIL 355.

### **reddit**

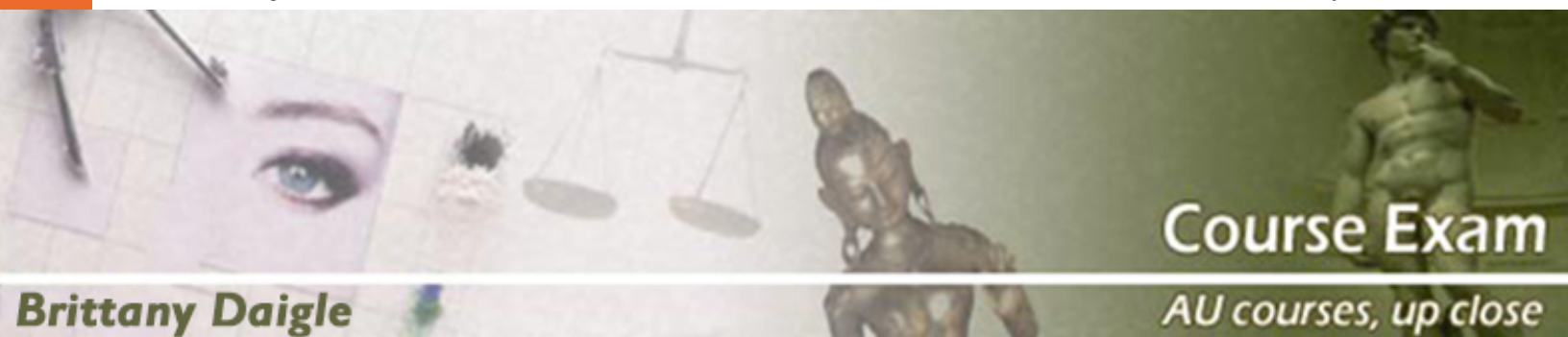
Msaafd ran into a glitch when trying to withdraw from a course; turns out the problem was an exam had been booked for the course and had to be cancelled before the withdrawal could be processed.

### **Twitter**

@AthabascaU tweets: “#AthabascaU has a LOT of great undergraduate and graduate student awards to help offset student costs. <http://bit.ly/2NpTcK3>.”

@austudentsunion tweets: “AUSU’s contest is now open! Where’s the craziest, most extreme place you’ve studied? Visit us on instagram to see how you can win some amazing prizes. <http://www.instagram.com/austudentsunion/> ...”





## Course Exam

Brittany Daigle

### Comp 348 (Network Programming in Java)

COMP 348 (Network Programming in Java) is an upper level Computer Science course that is designed to extend students' knowledge and practice in analysis and design of computer networks by focusing on computer network programming. To enroll into this course, students will either have to have COMP 268 (Introduction to Computer Programming in Java), COMP 272 (Data Structures and Algorithms), and COMP 347 (Computer Networks) or COMP 308 (Java for Programmers) and COMP 347 (Computer Networks).

If you would like to learn more about Introduction to Computer Programming in Java or Data Structures and Algorithms, read my COMP 268 and COMP 272 Course Exam articles!

Network Programming in Java is made up of fourteen units: three assignments weighing fifteen percent each, one assignment (a project) worth twenty-five percent, a participation and reflection mark of fifteen percent, and a final exam weighing fifteen percent. The fourteen units within this course cover topics from the prerequisite courses such as basic network concepts (COMP 347), java streams (COMP 268), and java threads (COMP 272); it also covers new concepts, such as internet addresses, sockets for clients, sockets for servers, secure sockets, and many other interesting concepts!

Students should note that the Java programming language will be used throughout this course. To be able to complete this course, you will have to have sufficient knowledge about computer networks, especially the internet, and some good programming skills in Java!

Students will also be required to download an Integrated Development Environment (IDE) for this course. My recommendation is IntelliJ, as it is free, it highlights errors, auto completes some text, and it has an integrated debugger that is useful for solving programming errors and can be useful for the required written reflections.

Mel Mirasol is an AU student who started a post-diploma in Computing and Information System program in 2012. He states, "I started with the first course in my program plan, which was ADMN 233 (Writing in Organizations), and I thought I did really well, so I decided to take two, then three, and finally a full-time course load on succeeding terms."

He continues, "I started COMP 348, and three others, in December 2017. I'm usually good using long weekends to catch up on things so I convinced myself that the Christmas break will be a great opportunity to do school work. (Cue narrator voice-over: *The Christmas break was not a great opportunity to do school work*). Obviously, I accomplished very little because I was too occupied with holiday-related engagements. However, I finally completed this course in March 2018."

When asked to explain the course, he states "Do you remember the time when people still ordered items through telephone? Households received catalogs and phoned businesses to order their products. Now, imagine you are a business owner and you decided to sell couches. You send out catalogs (including instructions on what to say when they call) and people decided to purchase your merchandise so they phone in. You only have one customer service representative

(CSR) that takes orders, one shipper that ships the couch, and a dispatcher that delivers it. At first, this system worked. But your product line grew to include dining room, bedroom, and living room sets – the whole shebang! Your sole CSR can only process one customer at a time and as new calls come in, they are placed in a queue. Imagine if each phone transaction takes 10-20 minutes to complete, imagine how long the customer will be waiting if they are the 70<sup>th</sup> caller! Obviously, this is not an efficient system. So, you decided to add 30 more CSRs, shippers, and dispatchers. Now, at any given time, you are handling a maximum of 30 customers! This is the basic concept of this course: customers know which phone number to contact your business (ports and URL's), you give them instructions on what to say when they phone in (protocols), and a CSR will take their request (threads)."

When asked what he liked and disliked about the course, he states "I totally enjoyed the course because I'm biased toward Java. You see, I'm a simple man, I see a course that says "Java", I register. But seriously, I enjoyed it – I like working with streams, sockets, and threads. Also, as a .NET developer, it was a great refresher for me. I mostly do web-based applications now and developing Java programs once again was very refreshing."

Mirasol continues, "What I liked the most about this course is its collaborative aspect. The tutor was heavily involved in the student discussion on The Landing. He encourages you to post ideas, articles, and share resources with other students. This is also a downside because not many students are fully-engaged so you see posts that do not have any comments or posts that do not generate discussions (e.g. assignment clarifications)."

When asked to describe the structure of the course, he states "The course is a mix of programming and participative work. Like many senior-level computer science courses, a certain standard must be met when submitting assignments. This means that you have to submit a test plan and your code must be fully-documented. Each assignment builds on the previous one, so you cannot just pick up assignment three first because it looks easier – no. However, the project could be started at any point, as it was a separate entity. Overall, I personally did not find the marker to be strict, but they did provide details about my assessment. On top of the assignments, you must also post discussion items on The Landing. You will have to start a notebook and write down learnings, mistakes, and general observations. At the end of the course, the notebook will be submitted for grading."

When asked to provide some information on the final exam, he states "Information on the final exam was actually outlined in the course manual. The final exam was divided into two sections – the first part is a discussion of the final project, and the second are recommendations that you have for the course. Therefore, it is essential that you finish the project and have collaborated enough that you can write something about it before taking the exam. Like any final exam, you are given three hours to finish it (which I thought was very generous) but you are not allowed to bring anything except for a pen. Yes, it's paper-based!"

When asked if he would recommend the course to other students, he states "Totally! I believe this is one of the courses that all Computer Science students should take. If you work in IT, you will 100% have to deal with any form of networking – especially in development – so this course will equip you with the fundamental skills for that. If you have some networking background (and I guess it also applies to any kind of course), you might not find this course exciting, but I encourage you to keep an open mind and treat this as a refresher."

When asked if there were any helpful resources that he would recommend to other students, he states "There are plenty of resources online and you should not just stick with the only textbook supplied. I believe this also applies to other courses. I will also highlight the importance of



collaborating with other students, especially with the instructor. Don't just post questions about the assignment but submit articles that you think are current and relevant. Definitely use JShell for prototyping! I use it for quick-and-dirty programming and definitely helped in this course."

For those unfamiliar with Java Shell (JShell) it is an "interactive tool for learning the Java programming language and prototyping Java code. JShell is a Read-Evaluate-Print Loop (REPL), which evaluates declarations, statements, and expressions as they are entered and immediately shows the results. The tool is run from the command line."

When asked if he had anything else to add, he states "What I also liked about this course is its openness for evolution: it takes input from the students about what they found useful and any ideas about what they think will boost student engagement. I think other courses should utilize this model because the feedback of students will definitely assist in making the course not just educational but also fun!"

Whether COMP 348 is a required course for your degree or program, or if the topics that were mentioned above are of interest to you, this course will teach you the basics of network programming!

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



## Scholarship of the Week

**Digging up scholarship treasure for AU students.**

**Scholarship name:** Yes 2 Me Scholarships

**Sponsored by:** Schizophrenia Society of Alberta and the Alliance of Otsuka and Lundbeck

**Deadline:** July 26, 2018

**Potential payout:** \$2000

**Eligibility restriction:** Applicants must be residents of Alberta, be diagnosed with schizophrenia, and be currently enrolled in an education program within Alberta.

**What's required:** An online application form, including education details, financial info, a minimum 500-word essay on why you feel you should be chosen for the scholarship, and an online reference form completed by the applicant's reference.

**Tips:** Support completing the application form is available; see the Contact section for info.

**Where to get info:** [www.schizophrenia.ab.ca/updates-stories](http://www.schizophrenia.ab.ca/updates-stories)





Dear  
Barb

Barbara Godin

## Coached

Dear Barb:

*My life is a mess! I just graduated AU and I was fortunate to secure a fantastic job making great money. For the last few years my main focus has been getting through school and I kind of let everything else go. Now I've started my new job, but I'm not sure how to organize my life. I have tons of student debt and I'm going to have to buy a new car shortly and probably move to a place closer to my job. I want to start eating better and incorporating exercise into my life, but I just don't know where to begin. I feel so overwhelmed. My parents have helped me a lot, but I know I need to stand on my own two feet and get my debt paid off and start saving for the future. I've talked to some friends who seem to have it all together, and they have offered me some good advice, but I just don't know where to start. Even my apartment is a mess. Things have been piling up and I know I need to throw stuff out, but again, I don't know where to begin. Looking forward to any advice you can offer. Thanks, Zack.*

Hey Zack:

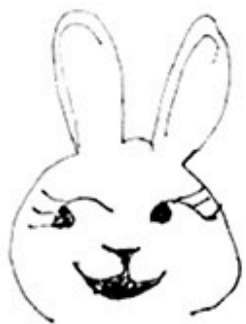
Thanks for your letter. Your feelings of stress and frustration are coming through loud and clear in your letter. You want to move ahead in your life and you have so many things that need to be done that you don't know where to start. You want to get your debt paid off, buy a new car, move into a new apartment, and clean up some of the clutter you are living in. This is a lot to do all at once, plus you are just starting out in

your career. You are going to have to take it one step at a time and so first you need to prioritize. One way to help you prioritize your goals and organize your life is to hire a life coach. A life coach is exactly that, a coach for your life. Life coaches play an important role in the careers of many professionals, such as athletic training, business leaders, executives, financial planners, as well as people like yourself who are just beginning your life and your goals are not clear yet. According to Newsweek Magazine a life coach is "Part consultant, part motivational speaker, part therapist and part rent-a-friend, coaches work with managers, entrepreneurs and just plain folks, helping them define and achieve their goals - career, personal, or most often both." I believe a meeting with a Life Coach will provide you with the direction you need to find your goals in all areas of your life. There are many sites online to help you locate a Life Coach in your area, who will be a good fit for you. [www.lifecoach.com](http://www.lifecoach.com) and [www.noomii.com/life-coach-canada](http://www.noomii.com/life-coach-canada) are sites that will explain in detail how you can benefit from hiring a Life Coach and where you can locate one. Good luck with your future, Zack.

Follow Barb on twitter @BarbGod

Email your questions to [voice@voicemagazine.org](mailto: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.





But then I found  
doors opening  
for me  
in every  
direction!

That tends  
to happen  
when we have  
the courage  
to leave  
a bad place.



But all in all,  
the universe is a  
loving place, isn't it,  
Maeve?



It surely is,  
Sugarbuns. And I  
think some of that  
love went into this  
salad. Let's eat.





**AUSU**  
ATHABASCA UNIVERSITY  
STUDENTS' UNION

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Contact [services@ausu.org](mailto:services@ausu.org) with any questions.

### IMPORTANT DATES

- **July 12:** Public Council Meeting
- **July 16:** AUSU 26<sup>th</sup> Anniversary
- **Aug 9:** Public Council Meeting and Town Hall

## Policy Updates

AUSU's Council and staff have been hard at work updating our policies.

We've modified our Anti-Harassment Council Governance policy to help create a safer space for members.

[Policy 2.12](#)

Our Executive Committee Policy has been updated to better fulfill members' needs.

[Policy 8.09](#)

Many of our Committees' Terms of Reference have been updated as well to ensure our committees are running efficiently to best represent our members.

[Policy 8.01, 8.02 & 8.04](#)

Stay tuned for more important policy updates!

## Did someone say contest?

Check out our Instagram to find out how you can win some amazing prizes?



Follow us [@austudentsunion](https://www.instagram.com/austudentsunion) to join in on the good times!

## Contact Us

Phone (local): 780-497-7000

Phone (toll free): 1-855-497-7003

Email: [admin@auss.org](mailto:admin@auss.org)

Twitter: [@austudentsunion](https://twitter.com/austudentsunion)

Facebook: [@austudentsunion](https://www.facebook.com/austudentsunion)

Instagram: [@austudentsunion](https://www.instagram.com/austudentsunion)

Website: [ausu.org](http://ausu.org)

## How to Join the Council Meetings from Anywhere

AUSU uses an on-line conferencing system. Go to <https://athabasca.pgimeet.com/AUSUCouncil>, select "Enter as a guest", enter your name and email address and click "Join Meeting". In a moment the "Connect Audio" box will pop up. Under the "Call My Phone" tab, enter your phone number and extension if applicable and click "Connect Me". The system will call your telephone for the audio component of the meeting.



You can also connect audio through your computer, but your speaker and microphone set-up may affect sound quality for you and other participants. If, and only if, you do not have computer access for the meeting, you may join the audio only portion of the meeting by calling **1-877-806-9883** and entering the participant code **206869#**.



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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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301 Energy Square - 10109 - 106 St NW - Edmonton AB - T5J 3L7  
Ph: 855.497.7003

<b>Publisher</b>	Athabasca University Students' Union
<b>Editor-In-Chief</b>	Jodi Campbell
<b>Managing Editor</b>	Karl Low

**Regular Columnists** Hazel Anaka, Barb Godin, Scott Jacobsen, Carla Knipe  
Barbara Lehtiniemi, Deanne Roney, Wanda Waterman, Xin Xu

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