



THE VOICE

Vol 26 Issue 28 2018-07-27

Minds We Meet

AUGSA President, Lindsay McNena

Fear in Toronto

A Reaction to Recent Events

In Conversation

with Melina Krumova

Cover image removed
at request of AUSU

Plus:

*Success by Doing Less
20 Life Hacks for Students
and much more!*

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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 Safe Spaces

Karl Low



If you haven't already filled out the Voice Reader Survey for 2018 and put your entry in to win a shiny new tablet computer, suitable for taking your AU course on the go, then this is probably your last chance. The survey is closing on Sunday, July 29. If you haven't filled it out over the weekend, it'll be too late.

This week in the Voice Magazine, our feature article is an interview with the president of the AU Graduate Students' Association, Lindsay McNena, a graduate of AU who's moved on to Masters of Counselling, also at AU.

However, I'm looking on this week's issue as one with a double feature, the second being our own Brittany Daigle's look at what it was like being only a short distance away from the recent shooting that took place in Toronto, Ontario. The first few paragraphs of her article "Fear in Toronto" are chilling, reminding you of the human side of these events in ways that you don't see reported in the news.

It's easy, with events like this happening, and the constant reporting of any tragedy, to start thinking it might just be easier to withdraw from the world. You can see that in Brittany's article. But, I have to say, that's not a good route to go down. Giving in to that fear can have far reaching consequences, not just for your own life, but for the lives of others around you.

And unfortunately, isolation isn't the answer. It doesn't work, not long term. This applies whether we're speaking on a national scale or that of an individual. Trying to shut ourselves away from bad things, thinking that, so long as we protect ourselves well enough, bad things can't happen is simply wrong. And in fact, often simply trying to protect yourself can lead to bad things happening. We simply need to look at the recent events in the United States for evidence. President Trump says he is trying to protect American workers with various tariffs, yet it is American workers who are suffering the brunt of the increased costs those tariffs bring on.

On an individual level, even keeping yourself isolated in your own home is no guarantee of safety, as I found out a couple of years ago when a stolen automobile crashed into our home late one night. No serious damage to our home was done, thanks to some decorative rocks in the front garden that deflected the vehicle into the concrete staircase outside rather than through the corner wall into our living room, but the point was certainly driven home. There is no safe space.

And as hard as it is to accept it, it is only once we do that we can move forward toward making our lives not just safer, but better.

If that's all too heavy, however, don't fret, there's lighter fare in this week's issue as well, whether an exploration of Korean food, 20 quick life-hacks for university students, a Vintage Voice that will point you to some steamier writings we've published in the past, or if you just want advice, news, events, or whatever, it's all here. Enjoy the read!

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

MINDS WE MEET



Lindsay McNena, BA, MC Student is the President of the Athabasca University Graduate Students' Association. Here we get to know one of our fabulous graduate councillors and, in fact, its wonderful president.

What brought you to AU?

In 2013 I graduated from AU with distinction, receiving my BA in Psychology and English. I wanted to go on to graduate school so I could register as a psychologist, and after such a positive experience as an undergrad, I applied to the GCAP program for my Master of Counselling degree. Through some friends I met I became involved with AUGSA; first as a faculty rep, then as VP External, and now as President. Throughout my time with AUGSA I have always been involved with our Engagement committee, looking for ways to connect students and create a sense of community; we use social media, our newsletter, in person meet and greets, and virtual lunches among other ideas to give students multiple ways to be active members of AUGSA and AU.

What is the last book you read?

Skag Boys, by Irvine Welsh. Although written in 2012, the book is a prequel to Welsh's 1993 work, *Trainspotting*. Both books are written in Scots/Scottish English, which was

interesting to read.

What show do you think everyone should binge watch?

Psych, which is about Shawn Spencer, a psychic police consultant who isn't actually psychic. The show makes a ton of references (they have episodes that pay homage to *Chinatown*, *Twin Peaks*, *Lock, Stock, and Two Smoking Barrels*, *Harry Potter*, *American Idol*, the cult movie *Clue*...), they have an amazing array of guest stars (Tim Curry, Cary Elwes, Ally Sheedy, John Cena...), and there's great writing and acting. You feel like you're part of all the inside jokes and running gags that pop up, and the show's often-used phrases soon pop up in your own conversations. My text alert is actually Shawn saying one of these phrases. There's also a pineapple somewhere in every single episode.

Why did you choose to run for AUGSA council?

When I first ran for AUGSA council it was to fill an empty position as faculty rep for Health Disciplines; I knew a few people from my program who had been involved with AUGSA and had really positive feedback about their experiences. During that year I really enjoyed all the different aspects of being on council, but wanted to do more. I met the then-current VP External at a meet and greet before elections, and he encouraged me to run for an executive position. So I ran for, and was elected as, VP External. That year I learned so much and had the opportunity

to engage in many, many different activities: advocating to MPs in Ottawa, attending consultations about post secondary mental health grants, and sitting on a variety of committees with both AU and AUGSA, to name a few. Running for President in the recent election seemed like a natural step, and a chance for me to learn and experience even more while continuing to work for graduate student interests. I'm looking forward to what this year brings!

What are your academic goals for 2018?

Start (and finish) my practicum placement, where I'll be working with a school counsellor at a middle school. I'm very excited for the opportunity to work in a school, and to be involved in all the different activities for developing and maintaining positive mental health and relationships with the youth.

Any plans for partnerships with AUSU?

AUGSA usually runs into AUSU reps throughout the year, such as on AU committees, government consultations, or conferences. These opportunities provide a chance to touch base and see if there are any upcoming advocacy issues or other concerns that we can work on together. We also have quarterly meetings with the executive members of both organizations, to stay informed of the general priorities each group is pursuing; we're always open to ways for us to work with AUSU.

What will be the bigger changes, if any, that AUGSA members can expect in 2018/2019?

At this point in the year we've only had one executive team meeting and one council meeting, so it's a little early to say yet. We do have a research conference coming up from October 12-14, which gives graduate students a chance to present their research. There's also a provincial and federal election coming up some time soon, so we'll be looking for ways to encourage students to be involved and vote.

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

This is probably the hardest question for me. Could I have soup with the 1967 Stanley Cup winning Leafs team, salad with Gord Downie, dinner with Winston Churchill, and dessert with Agatha Christie?

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

One thing I would like to complete personally this year is my Five-Minute Journal, which I started on the first day of my term as president. I thought the journal would provide a unique keepsake to remember my term as AUGSA president, while helping to focus on mindfulness and positivity during a busy year. In counselling psychology, I've seen how journaling can be a useful tool for maintaining good mental health, so I'm hoping the project will help with the mental and emotional drain that can happen when I'm super busy. The journal takes 5 minutes in the morning and evening to complete, but helps me to set goals, recognize things I can work on, and see the different successes I have each day, even if the day has been particularly long or difficult.

Since being elected, what are your hopes for the 2018-2020 term?

For the 2018-2019 term (we only have 1 year terms), I hope that our council can be successful in representing our constituents and building relationships with AU, while providing a strong graduate student voice and presence with the school, the provincial government, and the federal government. I hope that new members of the executive team have term full of positive experiences and personal growth, while working towards the goals we set throughout the year and responding to any novel issues that pop up. As president, I hope I can continue strongly

advocating for the unique needs graduate students have and expanding on the skills and abilities I developed last year, while providing quality contributions, and leadership when necessary, to the committees, boards, and councils I am a part of.

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



Fear in Toronto

Brittany Daigle



On Sunday, July 22nd, at 10:00 PM, an armed twenty-nine-year-old man selfishly decided to open fire on a busy street in Toronto, Ontario's east-end Greektown neighbourhood, killing an eighteen-year-old woman, a ten-year-old girl, and injuring thirteen others between the ages of ten and fifty-nine years old. On Sunday, July 22nd, at 10:00 PM, I was the closest I have ever been to a shooting.

For those who are familiar with Toronto, my boyfriend and I live near Carlaw Avenue and Gerrard Street East, which is only a five-minute drive from

where the shootings took place. Greektown, otherwise known as Danforth Avenue, is somewhere that my boyfriend and I visit multiple times each week, whether it is to go to concerts, festivals, restaurants, or to play Magic the Gathering at Face-to-Face. Not only is it one of our preferred date night locations, but a lot of our friends live near or on Danforth Avenue.

On Sunday night, around 11:00 PM, I checked my phone and noticed that I had missed ten phone calls, over twenty text messages, and five voicemails. I listened to the voicemails first to hear my mother, my father, and my grandmother crying on the phone begging to know if I was okay. I immediately texted them back, panicking because I didn't understand what had happened. I went to Google to try to get some answers and saw the news. I started hysterically crying because I had not heard from any of my friends that live in that area and frantically began trying to figure out which end of Danforth Avenue got hit. I began to call all my friends; thankfully, everyone was okay. Some were terrified because they heard the gunshots, even saw the shooter approach the restaurant with the gun in his hand, but they were okay. Such a mess of an evening.

Three years ago, my boyfriend and I decided to pack up all of our belongings and move from tiny Kentville, Nova Scotia to the largest city in Canada: Toronto, Ontario. We decided to make such a big move to experience a larger city and to have more employment opportunities in our field (Computer Science). Though both of our parents begged us not to go, we figured that it would be a great investment into our futures and went ahead with the move regardless, leaving behind most of our friends and family in the process.

We knew that when moving that we were going to have to be more aware of our surroundings—that there was always a potential that something seriously bad could happen. However, the first two years living in Toronto it did not seem that bad. Until this year.

On April 23rd there was a vehicle-ramming attack where a man killed ten people and injured sixteen. Also, according to CTV News Toronto, “Sunday’s deadly rampage in Toronto marks the latest in a growing list of fatal shootings in the city.” In 2018 alone, Toronto police have recorded 228 shootings which have resulted in 308 victims, 29 of them being fatal, and have labeled these incidents as the “summer of the gun.” What have they done about this? On July 25th Toronto’s city council voted in favor the “Immediate Steps to Address Gun Violence,” which includes “asking the federal government to ban handgun sales in Toronto.” But it is not enough.

This year with the incidents happening locally and even globally, there is fear to even step outside of your house. When I go to a movie and I see someone stand up to go to the washroom or to buy more food, I get ready to duck for cover in case that person is carrying a gun. When I go to a concert or a sports game I never use the main entrance doors in fear that there will be a bombing. I turn down going downtown to watch fireworks with friends on holidays because of the fear of another van attack. I know that these past incidents should not confine you to your house, but it does. It makes you question if leaving the safety of your home is worth potentially getting killed. The world we live in is not what it used to be, and, sadly, we have to accept that.

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



In Conversation with Melina Krumova of *Drooble*

Wanda Waterman



Revolutionising DIY Music

I would have discovered *Drooble* sooner or later, via social media or word-of-mouth from musician friends. I had to; *Drooble* was exactly the kind of thing we all needed—a free means of collaborating musically with anyone, anywhere, at any time.

After writing a song and doing a bare-bones recording of it I can post it on the *Drooble* site and invite other musicians to respond and maybe send me a track or two to enhance my recording. If I’m

having a problem with my software or instrument I can post my question and get feedback right away. I can even hook up with musicians here in Montreal for in-person jam sessions.

So, what’s a “Drooble?”

Drooble is a social networking platform connecting musicians all over the world.

“*Drooble* is about connecting musicians so that they can help each other. It’s not a self-promotion electronic graveyard,” saith the website. *Drooble* openly discourages people from using it just to promote their work. They really want people to use the platform to help each other, frequently and continually. Competition is frowned on in favour of mutual encouragement and support.

While the web keeps cranking out start-ups that essentially compete with *Soundcloud*, *Drooble* gives us the dials to turn up the love volume. On the *Drooble* site you can find musicians, singers, producers, sound engineers, lyricists, and just about any resource for developing your musical projects. *Drooble* also offers free apps for metronome, tuning, and basic sound engineering.

Creating music and recording it on your laptop, gratifying though it may be, is lonely work. If you’re lucky enough to be in a band you already have some sense of connection with other artists, but you still may have to wait indefinitely to get your music in front of listeners. So there’s nothing like putting a song on *Drooble* and right away getting likes and positive comments, happily watching your little homemade recording slowly rise on *Drooble*’s charts. It’s like a test drive that can let you know if a certain song is worth developing or not.

Beginning with Melina

So what brainstorm lead to such a groovy platform? Before *Drooble* blossomed into social media it was budding in the mind of one Melina Krumova, in Sofia, Bulgaria. Krumova is a guitarist in the metal band Grimaze and also a spiritually-minded nature lover who meditates, practices yoga, and climbs mountains.

As Krumova recently explained to me, “It all began with the inner transformation that music initiated for me. I started playing the guitar and realized how gradually I was becoming much more self-aware, more honest in my expression, more connected to others, and much more present in life. So naturally I wanted to share this possibility for growth through music with more people.

“I founded a music school in my home town which quickly expanded to many other areas like recording studios, rehearsal spaces, concert venues, promotion, events, etc. What’s most important is that this place became the creative home of a friendly community of several thousand people, united by the love for music.

“I said, ‘if I can do it locally, then I should be able to do it globally.’”

Creating positive change

The website proclaims, “At *Drooble*, we believe that music has the power to change the world for good.”

“I know for sure,” says Melina, “that playing music helped me change my inner world for good. It took me deep within, where I learned a lot about myself. I consider ‘changing for good’ to be a process of acquiring awareness and clarity. And music does it; it digs, taking emotions out so we can understand them better.

“On a more superficial level playing music develops so many positive qualities within a person: will, discipline,

AU-thentic Events Upcoming AU Related Events

AU Open House

Wed, August 1, 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, August 1,
5:00 to 6:00 pm MDT

Looking ahead...

AUSU Annual Members Meeting

Thurs, August 9, 7:30 to 8:30 pm MDT
Online

Hosted by AUSU

www.ausu.org/event/ausu-annual-members-meeting/

No pre-registration required; follows the monthly AUSU council meeting.

confidence, independence, a stronger memory, cognitive processes ... The list is endless. Even for those people who are just listeners music does a lot: It brings consolation, healing, inspiration, freer emotional expression, creativity, and many other good things.

“I reckoned that if this worked for me, it would for sure work for at least several million others.”

How it works

Developing an online platform proved to be a series of trials and errors. In the end the *Drooble* team settled on what they called their “Karma Economy,” in which musicians earn Karma “points” every time they like or comment on each other’s songs or help another musician in some way. The accumulated Karma can then be spent on *Drooble*’s promotional tools, like airtime on *Drooble Radio*, presskits, and blog interviews.

Drooble is radically different from most music promotion websites, where even excellent posted music might get no response at all, even when money is paid to the site for the privilege of posting music there. *Drooble* removes the sense of isolation and the feeling of being unheard, and being heard, as I’ve experienced, is one of the best ways to stay motivated.

Krumova has long been against social media and promotional sites that treat users as little more than commodities, and she has succeeded in harnessing the internet’s capacity to create mutually helpful communities. She doesn’t underestimate the value of sites like *Soundcloud*, *Bandcamp*, *Youtube*, and *Jamendo*, but realises that simply putting your music out there isn’t enough: It needs both a hearing and a response.

“We’ve identified that more than anything musicians want their music to be heard, so it all goes down to promotion. On *Drooble* musicians can get much more feedback and purchase much more effective promo tools using the Karma currency earned through their support from others instead of money.”

What about the cost of rent?

All this isn’t to say that *Drooble* blindly dismisses the legitimate need for cold, hard cash.

“Our next step,” says Krumova, “is to enable musicians to earn some real money through their music-related skills, so expect a new cool feature in the next month.”

Good news, that. For my part *Drooble* has connected me with a producer in Minnesota, a couple of jazz musicians in France, American singers, Canadian songwriters, and spoken word creators from all over, and a number of collaborations are on the go. All four of the songs I’ve so far posted have been voted to the top of *Drooble*’s charts in jazz, blues, and soul. Having so many irons in the fire is exciting, but the most wonderful part is knowing that there are people out there listening to and enjoying my music.

One more big plus: Most of the music posted on *Drooble* is amazingly good — inspired, well-crafted, moving, and meaningful. As a music writer I get a lot of press releases promoting the latest rising star and asking for reviews and interviews; the broad majority get a pass from me regardless of how many accolades they’ve won in the music industry.

Turning on *Drooble Radio* on the other hand instantly delivers listening experiences that thrill me to the boot heels. It’s just one more proof that music is evolving away from the starmaker machinery and in the direction of real creativity and inspiration.

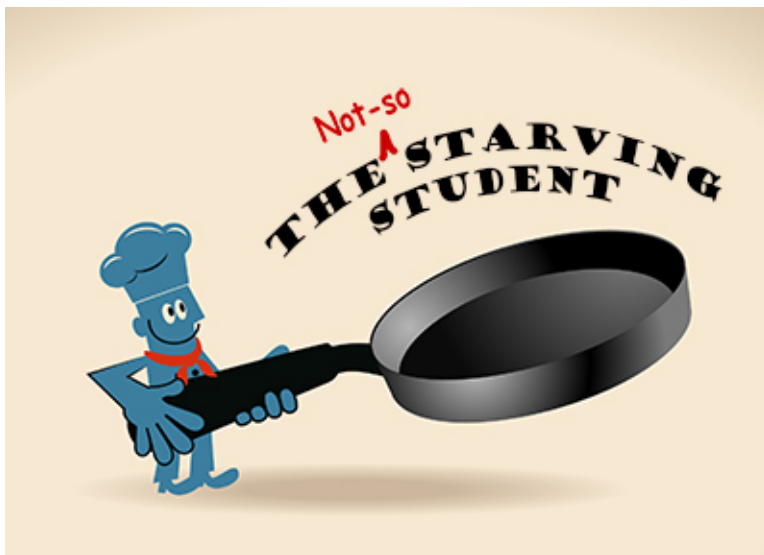
It feels good just to think about that for a minute.

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



The Not-So Starving Student The Korean Restaurant Experience

Xin Xu



If you're reading this, you must be an adventurer. You must be craving for something to awaken the taste buds and carry you on a journey. And sampling Korean food is an adventurous journey that comes in many little steps, with small portion sizes that each hold a unique flavor. Unlike the feeling of gulping down a Big Mac, each bite is to be savored and, more importantly, shared with friends and family. For those who have experienced the excitement of Korean cuisine, you're familiar with the etiquette, the aromas, and the enriching experience of a dynamic culture and the history in each dish. For those who hope to learn more as a beginner

foodie, sit tight for a preview of what you'll experience.

Ambience: Korean restaurants' ambience can range anywhere from a Western "hipster" style decor to something more traditional. Some truly authentic Korean restaurants don't have much decor or ambience at all, in which case you might not bring your boss there, but certainly you would cherish the unapologetically delicious selection of Korean dishes.

Etiquette: Unlike going to your average restaurants with friends and family, where everyone might order an appetizer and then proceed to order an individual item for themselves, Koreans, not unlike other Asian cultures, enjoy sharing their food from appetizer to dessert. Using an individual bowl, scoop out a spoonful (or two) for yourself. It is often considered impolite to enjoy a whole meal without offering to share. Korean restaurants also feature stainless steel cutlery and bowls. Historically, the royal family used silver chopsticks as a means of detecting poison in their food—the silver would change color when in contact with certain chemicals. Since then, average citizens took after the royal family using metal chopsticks as a status symbol. Forks are often not offered at Korean restaurants, although they may be requested.

Side dishes: Prior to serving the appetizer and entree, a few small dishes of sides, typically consisting of Kimchi (spicy pickled cabbage), pickled Daikon or glass noodle salad will be made available. Often, these can be refilled free of charge if the guests empty the dish.

Common dishes: What should you order at a Korean restaurant? Here are some common dishes in pictures.

1. Ddeokbokki - these popular appetizers are made of chewy rice stick, fish tofu and cabbage coated in a delicious spicy sauce.

The Ddeokbokki is the bowl on the left, and you can see some of the sides above.





2. Bibimbap - A colorful rice bowl with veggies and fried egg on top make a nutritionally balanced meal for many Koreans. The veggies and protein are typically stir fried to give it a fresh crispy finish.

I'm having it on the top right.

3. Bulgogi - Unlike other stir fried beef you've had, bulgogi beef is tender, chewy and coated in a layer of sweet, savory sauce. This dish is a favorite entree and goes well with a side of rice.

You can see it at the top left.

4. Kalbi - Korean short-ribs are the best asian barbecue item you'll ever have. They are chewy, and full of flavor and certainly not your average barbecue ribs.
5. Stone bowl soup - If you're wish to try a truly authentic, traditional dish, stone bowl soup is it. Unlike soup, stone bowl soup is more like a stew with assortment of ingredients. It comes in a traditional stone bowl that tenderizes the food and keeps the food warm. You can see from this picture how the name came about.



6. Korean fried chicken - I've blogged about these before and can't stop blogging about them. The sauce takes this fried chicken dish to the next level



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



The Fit Student

Tussle Stress with Fitness

Marie Well



When you wriggle into your office chair, does your brain swell like tortellini? Noodles bursting out your ears? Well, that's workplace anxiety. And I've laid bare the cure.

Ten years ago, I braved my first on-the-job anxiety attack. And then workplace anxiety smacked me daily. But I learned to curb it through self-talk and journaling. That is, until I'd walk the dog. I felt so feeble that short walks shocked me. Then I got bitten by nausea and weariness. Despite all this, I went gung-ho on job search. Who was I kidding?

Luckily, my doctor urged me to work out. After seven months of gym-bustle, the sick spells died out. Now, after a year, I tread miles, stress-free. No pickle if I miss a bus; I saunter the distance. So, how did I get fit and firm? For the first month, I weathered daily walks. After that

month, I did athletics. Now a year later, I go to the gym daily, wrapped up in high intensity interval training, cycling, and weights. On rest days, I work out with yoga.

Proudly, I grew fit for career victory.

But fears wrapped up in workplace anxiety loomed. So, I booked a psychologist. She shared words of wisdom: eat every three hours, meditate, exercise, journal, use mantras, do muscle relaxation, listen to calming music. Nothing new. But she dealt a tip-off that stirred me: exercise *before* work.

So, before work, I'll awaken during wee hours to slide under barbells.

And some offices offer Tai Chi or stretch-sessions. So, master stretches; rope your workmates to follow along. After all, fitness helps staff unwind.

But fitness does more than squelch workplace stress. Jen Ator, Fitness Director of Women's Health, writes about workplace gains from fitness in her book *Women's Health Fitness Fix: Quick HIIT Workouts, Easy Recipes, and Stress-Free Strategies for Managing a Healthy Life*.

- To perform your peak at work, carve out gym time: "Don't sacrifice gym time for late nights at work. Researchers found that women who exercise at least twice a week feel more in control of their jobs and find them less demanding than those who don't work out" (p. 299).
- Gym time whips up workplace focus: "According to a study published in *Clinical Neurophysiology*, 20 minutes of moderate exercise immediately increases attention and cognitive ability This amplified focus can last up to an hour, so schedule a quick workout during a time of day when you tend to be most distracted or before a time when you'll really need to be on point" (p. 299).
- Gym time stomps on anxiety: "A study in *Medicine & Science in Sports & Exercise* found that not only did people score lower on anxiety tests right after working out, but they also kept their cool 30 minutes later But consistency is key" (p. 9).
- A mere ten minutes exercise curbs workplace anxiety: "Ten minutes of exercise is all it takes to reduce anxiety before a nerve-wracking social gathering or work meeting" (p. 9).

- And exercise makes you munch less after madhouse workdays: “Exercising for 15 minutes after a stressful workday may help you eat 125 calories less than if you were to veg out” (p. 9).
- Eat healthy daily; that way, you won’t pig out on Oreos during zoo-like workdays: “People who regularly ate unhealthy foods went for more junk when under the gun, but A+ eaters kept up their healthy eating patterns, even during frenzied times” (p. 10).
- Forget the four-wheel drive. Take the bus: “Commuters racked up an additional 14.6 minutes of physical activity each day that they took public transit, according to a study in the American Journal of Public Health” (p. 119). For even greater fitness, stand instead of sit on public transit.
- Brave up! Start a workplace weight-loss program: “On average, people lost 2.8 pounds in 6 months when their workplace hosted a weight-loss program—which they weren’t part of” (p. 306).

My personal tip, when you stretch-out your workmates, wear a weighted vest. Once or twice a week, I wear a 14-pound vest. Nothing keeps colleagues in line like a woman wearing armor.



Success by Doing Less

Deanna Roney



The drive to succeed can be overwhelming. It can push us to take on more and more until we feel we are being pulled in too many directions. Each “thing” can potentially be helping us get to where we want to be. But when is enough, enough? When is it time to step back and start prioritizing? Time to turn things down and refocus? Well, preferably before you feel overwhelmed and burnt out, but definitely after.

It can be hard to turn down opportunities. It can feel like a failure to not be able to do it all. One of my

favourite sayings lately is “you can do anything, but you can’t do everything.” When you start to feel buried and like you aren’t devoting your full attention to where you want to—or are unable to give your whole effort anywhere, then it is time to reorganize. I don’t want to be at half power, or $\frac{3}{4}$ power; when I am devoted to something I want to be wholly devoted.

So what do you do when you’ve reached that point? What do you pass on and what do you take on? I find that you have to step back—right back—to the start. What was your motivation when you took on this position, what were you applying for and what was your dream placement? Has this dream changed at all as you have grown and learned? It is important to step back and remind yourself, specifically, where you want to end up. Then make a list of everything you have going on, all the projects and extra work, everything paid and unpaid. Then write beside each one what

you are gaining from it, what it is teaching you, and how it is helping you get towards that final end goal.

There are going to be some things on that list that are non-negotiable, and they may not be contributing directly to the end goal, but it is important to recognize them and highlight them. Decide how much time is being dedicated to those (realistically). Then as you work down the list of negotiable projects break them into two groups: related to the goal and unrelated. Once you have this list figure out a way you can remove yourself from those projects without burning bridges, be honest, and talk to those involved, if you are on a contract you may need to stay to the end but be open about not renewing and always thank them for the opportunity to try.

Once you have been able to remove the unrelated and negotiable projects it is time to take a look at the related projects and your non-negotiables. I like to prioritize the related projects, which are most beneficial, what is the pay of each, which do I enjoy the most? Once you have them sorted into a list decide how much time is needed to dedicate to each to feel like you are getting the most out of them and putting in the effort you want. You may find that everything on this list fits, and you may run out of time. These ones, too, need to be cut. But remove them in a way that you are (again) not burning bridges. Be thankful for the opportunity but explain where you are coming from.

I think there is a tendency, at least for me, to take on more and more in the idea that it will help me succeed. These tasks may be only loosely related to the goal. But there comes a time when your mental health needs to come first. You need to use your time efficiently. It is okay to turn projects down and it is okay to leave projects that you tried to take on.

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



Brittany Daigle

Course Exam

COMP 308 (Java for Programmers)

Course Exam

AU courses, up close

Brittany Daigle

COMP 308 (Java for Programmers) is a three-credit, upper-level computer science course that focuses on providing a solid grounding in object-oriented programming (OOP) in Java for students who have a background in procedural programming. COMP 308 also focuses on advanced features of object-oriented programming. This course can be used as an elective for students in the BSc (CIS), BA(IS), and the BSc (CIS-PD) programs. Prior to enrolling, students should have completed COMP 268 (Introduction to Computer Programming in Java) or they should request permission from the course professor. This course also has a challenge for credit option if that is something you are interested in.

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

Java for Programmers is made up of ten units, one quiz weighing three percent, four assignments worth five, ten, twelve, and twenty percent respectively, and an online final exam weighing fifty percent. The ten units within this course cover topics such as program control, object orientation, reusability, concurrency, Java user interfaces, networking, and graphical user interface development. To obtain credit for this course students will have to achieve a course composite grade of at least fifty percent, a grade of at least fifty percent on the final examination, and an overall average of fifty percent on the assignments.

Dakota Soares has been a student at Athabasca University for two years. He states, “I started COMP 308 in June and I intend on finishing it in the last week of August. I have enjoyed the course so far. It is not the easiest course in the world, however I personally am enjoying it. I like the fact that there is a lot more variety then in COMP 268 (four assignments in COMP 308 rather than two massive ones in 268). In my opinion, the text could be less verbose. There is a ridiculous amount of readings, and more than seventy-five “practice” programs that one could compile and try out. Otherwise the format (I find) is good.”

When asked to describe a bit about the structure of the course, he states “The course has one quiz, three assignments, and one exam. One should do the readings before the quiz (I did not and it was harder then I thought). The assignment’s weights go up gradually and all the assignments appear pretty straightforward. Each assignment can be completed in a couple weeks.

He continues, “Though I have not written the final exam yet, it is a mix (some short answer questions, some debugging, some programming, some reflection). Even though I have not written it, I would applaud this style – rather than having a student program ten programs (as in the COMP 268 course), there is more variety (which in my opinion is much better). The course outline even says students should not be expected to make their exam programs perfect, only that they be familiar with all assignment codes. The exam questions are also all taken from the course’s objective questions. Overall, I would recommend this course.”

So what is he learning in it? “This course focuses on teaching beginner Java programmers more advanced Java concepts. COMP 268 is a prerequisite – in other words experience with an object-oriented programming language is a must! The course delves into Generics (a style of programming that lets you reuse large chunks), input and output, networking, inner classes, abstract classes, graphical user interfaces, concurrency, and gives a solid foundation in advanced Java programming and concepts.”

Dakota also provided some tips based on his experience so far: “I found it helpful to have a couple fellow students who I could bounce questions off. Since this course veers into more conceptual territory, the Java Documentation was also helpful. I did research a few things on the internet, but so far have not relied on outside resources (other than fellow students) too much. One thing I will mention is that for the last assignment, it is easier to automate your Graphical User Interface (GUI) design using WindowBuilder, rather than typing everything out.”

Whether COMP 308 (Java for Programmers) is a degree requirement of yours or if the information provided above is of interest to you and you want to take it as an elective, this course will have you learning more advanced Java concepts.

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

Women of Interest

Mary Ann Shadd Cary

Barb Godin



"It is better to wear out than rust out."

(Mary Ann Shadd Cary)

Mary Ann Shadd Cary was North America's first black woman to publish a newspaper. She was viewed as an outspoken, forthright woman who overstepped the boundaries of a typical black woman in the 1800's. Mary Ann was also a notable figure in the Canadian anti-slavery movement, advocating for universal education, black emancipation, and the right for women to participate in these movements.

Mary Ann was born on October 9, 1823, as a free person, in Wilmington Delaware, which was a slavery state at the time. In 1833 the Shadd family moved to Pennsylvania to provide Mary Ann with a better education. She was educated in a Quaker school where she was taught that slavery was wrong, and that universal fellowship was valued. In 1839 she moved back to Wilmington Delaware to open a school for black children. Twelve years later Canada called and the

black community invited Shadd to open a school in Windsor Ontario. Shadd taught black children at a Canadian school, even though she was in opposition to segregation in schools. Shadd was critical of organizations who were begging for money from the whites to offer Canadian land to fugitive slaves; though they would not offer the same to poor free blacks.

When Mary Ann was not given a voice in an influential newspaper "Voice of the Fugitive" she started her own newspaper. In 1852 Mary Ann Shadd founded the Provincial Freeman and became the first black newspaper editor in North America. Unfortunately, she knew her paper would not be accepted with a woman editor, therefore she put the name of Samuel Ringold Ward, a prominent abolitionist, as the editor. Ward "insisted that Negroes arriving in Canada must speak with one voice in demanding their rights, which he concluded, were as little respected here as in the United States."

The "Provincial Freedom" newspaper was published from 1853 to 1860. It was intended to provide a voice for blacks in Canada and as an offset to the only other black newspaper "Voice of the Fugitive." Provincial Freedom was distributed throughout Canada and the Northern U.S. states. Shadd's editorial style was uncompromising, and she tended to be critical of anyone who did not agree with her views. Although Mary Ann continued working as editor, she persisted having a male listed as editor, eventually naming her brother as editor. On January 3, 1856 Mary Ann Shadd married Thomas Fauntleroy Cary, a Toronto businessman and barber.

Following numerous short closures due to financial difficulties, the "Provincial Freedom" closed permanently in 1860. Mary Ann and Thomas Cary had one son and one daughter before Thomas' untimely death in 1860. After the death of her husband, Shadd Cary resumed her teaching career and continued to be a prominent figure in the antislavery movement, eventually leaving Canada to return to the States.

In 1883, at the age of 60, Mary Ann became the first black woman to earn a law degree from Harvard University Law School. Mary Ann continued to be a forthright promoter of African-American equality and women's rights throughout her life. She practiced law until her death in Washington D.C. on June 5, 1893.

As recognition of Mary Ann Shadd Cary's contribution to Canadian History, in 2009 a bronze bust of Mary Ann was unveiled at the BME Freedom Park in Chatham, Ontario, Canada. The bust was created by world renowned artist Artis Lane.

For more information:

<http://www.chathamdailynews.ca/2009/05/02/mary-ann-shadd-cary-bust-unveiled>

<https://www.biography.com/people/mary-ann-shadd-cary-214141>



20 Helpful University Life Hacks

Tara Panrucker



Life is busy enough without adding disorganized chaos to the daily struggle. Tap into these useful tips to stay on top of university life and make your week a bit breezier in the process.

1. A stack of notebooks and papers that all look the same makes searching for specific subjects take much longer. Colour code books and use colour coded highlighters and pens to make finding things faster.
2. Make a sleep and wake schedule and stick to it as much as possible. Routine will quickly make getting to classes or studies a habit, even if it's just in the next room.
3. Set your computer schedule as your home page so you know what's ahead each day.
4. Make time for 10- to 20-minute daily meditations. Give your weary brain a much-needed break in between courses and you will be refreshed and ready for your next lesson.
5. Forget time-consuming list writing and start snapping shots of what you require with your phone. Need groceries? Take a picture of what's in your fridge and pantry so you know what to shop for. Need bathroom items? Take a picture of what's on the shelves so you know what needs restocking.
6. Keep a decorative container handy for storing spare change that seems to migrate all over the apartment. Before you know it you'll have enough cash for a large pizza take-out for a Friday night nosh.
7. If you're sharing a kitchen with a roommate and are always fighting over who gets to use the microwave first, fight no more. Place one bowl on top of a mug beside the other and reheat your dinners worry-free at the same time.

8. Want a decadent treat but lack the money to indulge? Quit feeling deprived as there are plenty of desserts that can be magically made in a mug in your microwave for rewarding yourself for acing that exam!
9. A brilliant hack for saving space when closet space is at a premium is to hook pop can tabs onto your hangers and double up on clothes hanging. Voila—now you can buy more tops your next Value Village visit!
10. Buy cool patterns of decorative tape as an affordable framing alternative for all your snaps and motivational quotes. Washi tape is made of bamboo or hemp and comes in endless colours and prints to make your study space more inspiring.
11. If you don't have the luxury of a big screen TV, that's no reason you can't mount your iPad and enjoy a favourite Netflix show. 3M hooks provide cheap but sturdy mounts to watch your movies hands free. And—relax!
12. Put off by expensive, toxic cleaners? Make your own eco-friendly vinegar cleaner at home. First, buy a large size, no-name white vinegar and boil some water; let cool. Add half vinegar, half water into a cleaned old spray bottle (recycling at its best). Next, add 10-20 drops of your favourite essential oils. Orange and lemon are excellent scents for cleaning. Spray and wipe counters and mirrors worry-free.
13. Oh no—did your roomy forget to put the beer in the fridge? No one likes warm beer! Simply cover a bottle in wet paper towel, store in the freezer for 15 minutes, and enjoy an ice cold beverage while pondering your next assignment.
14. This hack works great for people who procrastinate over reading. Instead of putting it off, place a candy or some other treat at the end of each section or after a certain number of pages to trick you into reading. No cheating.
15. When you have a large amount of reading to complete online, ease your eyes by magnifying the font.
16. Also give your aching back a break from packing heavy books or lap tops in shoulder bags by sticking to backpacks. They distribute the weight evenly and won't strain one side over the other when you wear them properly.
17. Many people struggle with enough kitchen space to prepare healthy meals for sharp brains. Simply place a large cutting board on top of an open drawer and there you go—instant extra work space for chopping and placing kitchen gadgets while cooking.
18. Instead of storing and folding clothing vertically, store them horizontally in drawers so you can easily see what you're searching for from above.
19. Use binder clips for keeping cords and chargers organized by clipping them to a desk and popping the ends through the clip handles. No more tangles.
20. Tired of your pasta boiling over on the stove top? Two tricks to prevent these irritating boil-overs are to blow over top of the rising bubbles and place a wooden spoon across the pot. Give it a try!

Hopefully you've found some useful ideas to make university life easier. Or, maybe even creative inspiration to come up with your own cool hacks.

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



Council Connection

July 12, 2018 Meeting

Karl Low



At 6:39pm on July 12, the July meeting of AUSU Council got rolling with all councillors present. The early business was fairly routine, with the one exception being that, once again, AUSU is delaying the removal of position policy 9.22 pending AU getting the student bookstore up and running. While this isn't beyond the routine in itself at this point, it was noted that AU now plans for the bookstore to launch in October, but it will only be selling books for courses starting in February. The reasoning behind this move is that some students will register six months in advance (if only my life was that organized). AU is aware, and if not, AUSU made them aware, that doing it this way is bound to cause some confusion for students between October and February who will see the bookstore is open but be unable to use it for their courses. AU is apparently working on a plan to ease the transition.

Cynical minds among us (meaning me) wonder if this may be a semi-deliberate ploy to sabotage the bookstore idea, as it would no doubt be easier for AU if they didn't have to administer such a thing at all.

However, moving on to new business, AUSU Council then approved the draft executive workplan. This is essentially AUSU's new form of their goal list for the upcoming year, with certain areas and goals identified and assigned to an executive's area of responsibility. I've been told that when the plan is finalized it is currently intended that it will be made publicly available for any student who wants to see it.

The next item, titled simply, "AU Learning Framework" took up the bulk of the meeting. In response to Ken Coates' Third Party Review, AU has set up four work committees to tackle each section of AU's "Imagine" action plan. AUSU and the AUGSA have representatives on the steering committee that is guiding these four committees. President Brandon Simmons noted that these committees have asked AUSU for help getting information from students as to where they see AU fifty years out. AUSU has put together a rough timeline for how to do this and is currently waiting for some information from AU as to what areas have the largest concentration of program students to aid in targeting students.

He also asked Council at that time for some brainstorming as to issues they think AU will need to be dealing with in the next fifty years. Some ideas that came forward include the ability to adapt to trends and changes in technology are an area that AU has been held up on, better ways to bring collaboration to the learning environment, ways to address different styles of learning, and the possibility of creating open courses for people who aren't necessarily students as a means of promoting AU courses.

Personally, I wonder if this exercise is little more than a cat chasing its tail. The cat certainly thinks its being productive, and a lot of effort is put into the activity, but ultimately it changes nothing. Fifty years ago the internet didn't exist. The idea of a student taking a course from Canada while riding a bus in Germany on their way to take their invigilated final exam from the comfort of their own home was ludicrous, and the pace of change has only accelerated. For all we know, in fifty years having some sort of brain implant that instantly provides a person with the knowledge they need as they need it might be commonplace.

Moving into policy adjustments, only the awards policy was up for examination during this meeting, but there were several adjustments made to it, including limiting the number of awards a single student can receive each year with the goal of being able to provide support to a larger number of members and adding a GPA requirement to the academic achievement award to lower the bulk unsuccessful applications. Council also made some significant adjustments to the travel bursaries for those times when students might need to rent a vehicle. These changes were approved unanimously. I asked about the new limits to the number of awards a student can receive and how Council intends to determine which specific awards a student receives if they apply (and qualify) for several. The response was that, for now, this will be one of the things that the awards committee will discuss when deciding who wins an AUSU award.

With policy complete, the various reports were presented. President Simmons noted that he had a meeting with the Provost Dr. Alain May, where it was noted that AU is working on the policy and the IT so that exam timelines are more flexible for people taking online exams, and are working to make as many of their exams online (as opposed to on paper) as possible. AUSU was also notified that if the tuition freeze is lifted (something extremely likely if the UCP gets elected in Alberta) AU will be reviewing all of their mandatory fees “to see what is appropriate”.

VP External, Melinda Goertz, noted that AUSU’s priorities have been sent to CASA delegates and they are waiting to see what happens with those in future, and also wanted to highlight that the Vice-President of University Relations hiring committee has been created. Personally, I think that this position is yet one more step into the corporatization of academia—why should a public university need what seems to be, essentially, a marketing manager—but I’m not the one who makes these decisions.

Then it was time for the VP Finance, Natalie Donahue, to make her report, where she noted the joint Board of Governors and General Faculties Council session that took place on June 21, which dealt with issues raised by Canada’s Truth and Reconciliation Committee, specifically those issues revolving around communication and engagement with indigenous learners.

She also noted that the university has concluded it’s search for a new VPFA/CFO although she was not sure if she was allowed to release the name of the chosen candidate during the Council meeting. Finally, she pointed out that the budget process for next years AUSU budget, the first with the new fee structure, has begun.

A final note of interest was from the MECC committee report, where it was pointed out that AUSU has obtained 125 ProctorU exam codes to give to students as prizes, allowing them a free exam through the ProctorU system.

It was also confirmed that AUSU will be hosting more Facebook Live events, with the current plans being to hold one while at the CASA conference.

With that the meeting was closed, with the motion to adjourn coming at 8:04.

The next meeting will be held on August 9th at 6:30pm, and will have to be a short one, since the Annual Members Meeting is being held immediately after at 7:30pm. The Annual Members meeting is slightly different from the normal Council meetings as all students attending are invited to speak their minds and, if so inclined, raise motions to be put on the agenda and discussed. Contact ausu@ausu.org for more information if you want to attend either.

Karl is a graduate of AU’s English Program (with Great Distinction he likes to point out) and works as the managing editor of The Voice Magazine. It’s not as glamorous as you might think.





Unearthing classic articles from previous issues of *The Voice Magazine*.

We toast Scotch Whisky Day July 27 by raising our glass to these finely-aged pieces, each featuring glasses of single malt:

In praise of indolence. Bill Pollett examines the exquisite value of taking time out from the task list to snatch memorable moments of pure bliss. "I am talking about the sort of wretched indolence that can swallow up a whole day or, if you're lucky and bold, several days at a time. It is aristocratic and wasteful and subversive and sublime." *Lost and Found — The Joys of Idleness*, June 16, 2004.

Steaming up the windows in Edmonton. The first installment of Carla Johnson's novel, *Forgotten Promise*, simmers with drama, sexual tension, and betrayal. "On she ran, heedless of the wind whipping her hair wildly around, the blackness of the sky matching the emptiness inside, each illuminating crash of light stabbing deeply into her heart." *Forgotten Promise — Part 1 of an Original Short Novel*, February 19, 2003. (Click on the author's name to reach links to parts 2 through 5.)

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Baffinland's 2018 Scholarships

Sponsored by: Baffinland Iron Mines

Deadline: August 10, 2018

Potential payout: \$5000

Eligibility restriction: Applicants must be Nunavut Inuit and enrolled full-time in a post-secondary education program. See [full eligibility requirements](#).

What's required: A completed application form, your most recent school transcript, a copy of your resume, along with a letter introducing yourself and describing your volunteer activities and career plan.

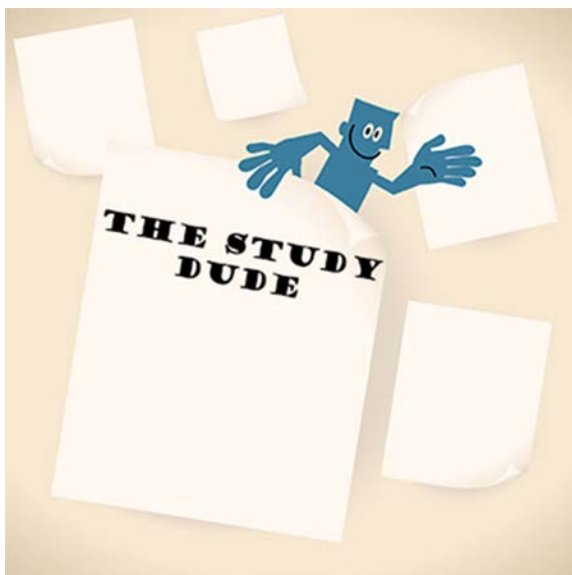
Tips: There are five scholarships related to different fields of study; read the descriptions for each award carefully.

Where to get info: www.baffinland.com/latest-news/introducing-baffinlands-2018-scholarships-apply-now/



The Study Dude Dig Up Your Passions

Marie Well



Do you whittle away half a day on social media? Boob tube for hours before guilt knocks? Or go crazy on tasks that crimp your goals?

Focus instead on what counts: your main hustle. For many students, studies mark the main hustle. Nail down a hustle that inspires passion. But how do you pinpoint your passions? Bring them to light!

Before entering AU, I felt on fire about art and design. I hunted for online design schools, praying student loans would cover them. But I couldn't scout an institution that qualified. So, self-study sounded like the simplest solution.

Over the years, I've dabbled in passions: documentary filmmaking, event coordination, politics. We strike gold when we dabble in new things, don't we? At first, that is. After the initial high, the thrill crashes into tough effort. When dabble turns into grind, either it fashions our main hustle—or we quit.

Don't dabble. Instead, morph passions into hustles. Natalie Wise helps you dig up your passion in her book *The Self-Discipline Handbook: Simple Ways to Cultivate Self-Discipline, Build Confidence, and Obtain Your Goals*:

- What is a main hustle? "A hustle is what you put your energy, your heart, and your passion into, be it work, a side gig you're trying to get off the ground, your family, or your research" (location 640, 32%).
- How do you pinpoint your main hustle? "List the interests that take up your time. Cross off the things that you do halfheartedly, the things you aren't really passionate about. Then cross off the things that just don't seem to be working for you. What's left? It's probably your hustle" (location 648, 33%).
- Find a main hustle that inspires passion: "Self-discipline will never make any progress without passion" (location 783, 39%).
- If you can't finger your passions, bring them to light: "It seems like some of us are born with ingrained passions ... The rest of us, well, we might need to spend a few decades defining our passion" (location 791, 40%).
- How do you unearth your passion? "Write down some dream skills and activities you'd love to try Once you've got your list of current and potential passions, it's time to pursue them each with all you've got for a little bit" (location 803, 40%).\
- Peer at your list of passion: first, focus on your current interests, then on your dreams.
- As for current interests, "take the things you're already interested in and [see] if you can polish them ... to passion level" (location 803, 40%).
- If none of your current interests fire up passion, look to dreams. "We get to go to the 'dream' side of the list ... things we've never tried our hands at Try it. If you can, try it through a class or low-cost investment" (location 815, 41%).
- Once you spot your passion, "take the plunge Apply for the loan. Sign up for the class. Sign on the dotted line of the contract" (location 837, 42%).

- Avoid dabbling: “What is dabbling? Dabbling is doing a little of this, a little of that, half-heartedly ...” (location 616, 31%). “Dabbles are fun for a little while. They may give us a surge of adrenaline that we’re missing in our hustle grind. But make no mistake, dabbles are foes” (location 701, 35%).
- Embrace hobbies during downtime: “A hobby and a dabble are two totally different things. A hobby is solely for pleasure and practiced in our free time A dabble, however, is a side project done during your hustle time” (location 690, 35%). “Hobby on, my friend. But dabble don’t” (location 701).

I chalk up eight hours of productivity each day. For three of those hours, I dabble. Instead of dabbling, I hope to hustle. Or awaken idle time.

So, after picking through old LPs, I chose to “do the hustle.”

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

In this week's most popular post, Elli lists five things she'd rather do than write another essay, including "walk on Lego." Jessica wonders what other students have experienced when asking AU profs/tutors to act as an academic reference. Dalia is curious whether it's possible to defer a course start date without penalty; replies don't sound promising, but she'll check with the registrar's office for the official word.

Other posts include the graduation process, access to students with disabilities, and courses CHEM 218, HADM 339, and PHIL 252.

Twitter

@AthabascaU tweets: "Congratulations to @uLethbridge on joining #AthabascaU on a growing list of post-secondary institutions in Alberta to offer more educational opportunities to students with developmental disabilities through Inclusion Alberta <http://bit.ly/2L7Aidc> @YourAlberta."

@austudentsunion tweets: "After our Council Meeting on August 9th, please join us for an AUSU Members Meeting. Students will be given the opportunity to ask any questions they may have, and we will be looking for feedback on your overall learning experiences and what that may look like in the future."

Youtube

Wasn't that a party? Even if you weren't on the guest list, you can enjoy the AU Faculty of Business's Convocation Gala 2018!



Dear
Barb

Barbara Godin

Phone Smart?

Dear Barb:

Help! I'm addicted to my phone, and I hate it! It's the first thing I look at in the morning and the last thing at night. At least I don't bring my phone into the bedroom with me at night like some of my friends do. But I'm always checking my phone, even when I am out with friends. While watching a movie with my boyfriend we both check our Snapchat, Facebook, Instagram and emails. My boyfriend doesn't see a problem with it, but he doesn't do it as much as I do.

At times I try not to look at my phone, but it's almost like a compulsion and I give in and check it out. I have gotten up from the dinner table in the middle of a meal when I hear that familiar ping. I really want to stop doing this and become more engaged and mindful in my daily life. Do you have any tips that can make this easier for me? I don't think I can just go cold turkey. Thanks, Maddison.

Hi Maddison:

Being addicted to technology is a major problem these days. It just seems to creep up on you, and before you know it you are constantly checking and rechecking your social media. There are many things you can do to wean yourself off your smartphone.

The most important thing is to keep your phone out of your bedroom and you seem to be doing that already. You probably have a routine that you follow most days and checking your phone is just automatic. Try to change your routine and check your phone at different times during the day. For example, rather than check three or four times in the morning, decide to wait until noon. Then maybe wait until mid afternoon or dinner time. If you play games, like candy crush, designate an hour in the evening just for playing. A recent study indicated that the average person checks their social media approximately 46 times a day. That is a lot of time spent looking at a screen rather than being engaged in your every daily life.

If you are finding it difficult to ignore that familiar ping, then mute your phone. This will reduce the temptation. As well, you could set your phone to airplane mode or better yet turn it off completely. If you turn it to airplane mode it will take less time to power up than if it was turned completely off. Also you could install apps that will show you how many times a day you are checking your social media. Some people try to convince themselves that they really are not on their phones that often, but with these apps you will not be able to fool yourself. A number of these apps are free and some you can get for a nominal monthly fee. Once you get over your addiction you can uninstall them. Following are a few of the apps that are available for tracking usage: Checky (free for Android and iOS), AppDetox (free for Android), Onward (free for iOS). Hope this information is helpful. Spend more time plugged into the real world, rather than staring at a phone screen.

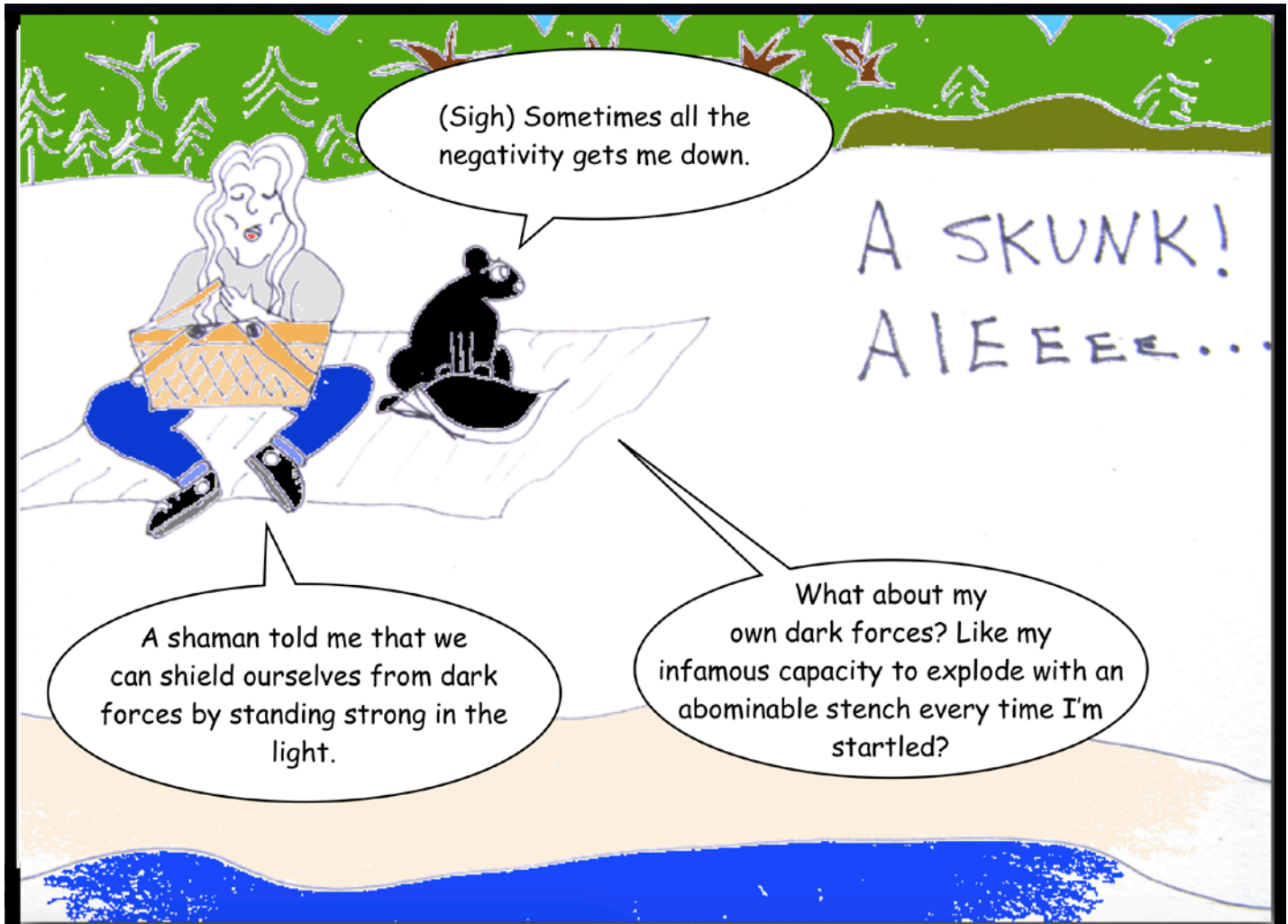
Follow Barb on twitter @BarbGod

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



Poet Maeve
Dark Forces

Wanda Waterman





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

This space is provided to AUSU. The Voice does not create or edit this content.

Contact services@ausu.org with any questions.

IMPORTANT DATES

- **Aug 9:** Public Council Meeting
- **Aug 9:** AUSU Annual Members Meeting

Awards Policy Updates

AUSU Council and Staff have been hard at work reviewing and updating our policies. Policy 7.02 – Scholarships, Awards and Bursaries Program has been recently updated. As a member, here's what that means for you:

- Students are now eligible for a maximum of one cyclical and one year-round award per fiscal year;
- The Academic Award's GPA qualification has been increased to 3.7; and
- Minor changes have been made to increase the eligibility within the travel bursary.

[For further detail about the policy update](#)
[To apply for an award, scholarship or bursary](#)

Congratulations to our winners!

Check out our Instagram Account to see who took home some great prizes and what extreme kinds of studying they did to win!

Stay tuned to see when our next contest will be launched (Don't worry, it will be soon).



Follow us [@austudentsunion](#) to join in on the good times and see what your AUSU is up to!

Contact Us

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Lynda.com is temporarily out of service

We apologize for the inconvenience, Lynda.com is temporarily unavailable. We are currently working with Lynda to resolve the issue and expect to be back up and running shortly.



Lynda.com is the world's premier video training website, with thousands of on-line courses taught by industry experts, and more added every week. Lynda.com is designed for all levels of learners and is available whenever you're ready to learn.

CLASSIFIEDS

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

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