



THE VOICE

Vol 27 Issue 36 2019-09-13

Minds We Meet

Interviewing Students Like You!

An Ordinary Joy

Why Average is Good

Is Equality Possible

Power in Relationships

Plus:

*Putting the SU in sucks
How the Pre-Rich Save
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,
Barbara Lehtiniemi, Jason
Sullivan, Wanda Waterman,
Xin Xu, and others

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presented here are those
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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

Putting the SU in Sucks.

Karl Low



It's nice to know that this editorial isn't about AUSU.

This year is the first year that Ontario using it's Student Choice Initiative. This initiative requires that student union fees be made entirely optional, with a few exceptions for specific programs such as those that fund things related to safety (such as "safe-walk" programs many campus based universities have). You would think that this would mean university student unions would be working extra hard to not only show that they're providing value for the students, but to avoid doing anything that would seem to reduce student awareness of their activities. If for no other reason than to prevent giving the government more ammunition as to why they implemented the Student Choice Initiative in the first place.

Enter the Students' Union of Guelph-Humber, known as IGNITE, which has decided that students have no right to be at their board meetings, nor even to view meeting minutes, with those rights being restricted to board members. This is a meeting of 10 students, who, together are directing what is typically an eleven million-dollar

budget of primarily student fees.

Beyond the concerns that students of Guelph-Humber, my concern is that this type of action is exactly what supports the government in suggesting that Student Unions do not provide value for the money given. I've written about my concerns with the Student Choice Initiative in Ontario before, specifically how it encourages "free-riders" on the, often invisible, work that good students' unions do in attempting to control tuition and adjusting university policy to be more cognizant of student needs. But there's a difference between doing work that students don't often see and preventing students from seeing your work.

The Voice has, in the past, had some difficult times with certain AUSU Councils, but no AUSU Council ever thought to completely ban students from attending the meetings. How IGNITE feels it can do that, especially during a time when the government already apparently has a bone to pick with students' unions, strikes me as foolish for themselves, and irresponsible to the other students' unions in Ontario, and I tend to think it would be wise if they made their concerns known to IGNITE, so as not to give the Ontario Government more fuel against them.

Meanwhile, in this issue, check out our feature interview with a flight attendant from Calgary, see how AU fits with her as she travels around the globe. Also, Wanda Waterman raises an interesting question about equality in the relationship. Can it happen given the power differentials of society? Does it need to? And with summer finally over, the AU events column has expanded once again, so plan out what you want to do over the next week, while checking out our latest scholarships, news, advice and, more.

Enjoy the read!

MINDS WE MEET



Kristina Anderson, a full-time flight attendant, is currently enrolled in the Human Resources and Labour Relations program at Athabasca University from her home in Calgary. She was kind enough to wing a few answers to our interview of her for The Voice Magazine.

Can you give us a little bit of background information about yourself? Who are you? Where do you live, where do you come from?

My name is Kristina Andersen and for the past twenty-seven years I have lived in Calgary. I was born in Toronto but have lived most of my life in Alberta. I attended eleven schools in seven towns, the last being St. Mary's in Taber, Alberta. I am a single mom and a full-time flight attendant.

What program are you in? Do you like your program?

I am currently enrolled in the Human Resources and Labour Relations program and I am enjoying the courses I am working through.

Describe the path that led you to AU. What was it that made you realize you wanted to go back to school, and what pushed you into the program you've signed up for?

I enjoy learning. I try to always have something new on the go, something I haven't read about or thought of doing.

Years ago, after spending hours chatting about World War II battles, planes and politics, a pilot I was working with asked how I could do my flight attendant job without becoming bored. I told him that I always had something going on outside of the aircraft. I always had something new I was learning, even though it was unstructured and (possibly) only interesting to me. I decided to do something more formal and, after having worked in the airline business for so many years, to try something that would allow me to combine my experience with people, planes, and problem solving. Human resources and Labour relations seemed like a good fit.

Any advice for people who are on the fence about going back to school?

For people who are on the fence about going back to school I would say: what is holding you back? Do you like where you are? Do you enjoy your job? Is there something better out there for you? Think about what you can achieve and be positive! Like Jan Levingston-Gould from *The Office* says, "There are always a million reasons not to do something." Get organized, make a schedule and do it.

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

When I am not studying or working, I like to read, go play at the park with my son, wander around Fish Creek Park and Canmore.

What are your plans for this education once you finish? What would be your dream job?

My dream job would be as Apple's director of human resources (in London). Realistically, I would like to stay in aviation, but in a Human Resources role.

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

Probably my dad. He loved learning new things and never thought you were too old to do so.

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

I enjoy it, for the most part. It works so well with my schedule and with the type of job I have. Sometimes it can be hard when a question pops up and I cannot get an immediate answer, or when a tutor takes more than a month to mark something and get it back to you.

At what point did you waver the most about continuing your schooling? What caused it and what got you through it?

I wavered thinking about the time I would be taking from my son, but I developed a pretty good schedule through trial and error and now we are both pretty good with the balance.

What's your favorite AU course that you have taken so far, and why? Would you recommend the course to others?

I like History, but I have really enjoyed IDRL 215 (Introduction to Labor Relations). I find it very interesting.

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

I have given up the freedom a 'flying sked' gives me. Usually, I have twelve to fourteen days of free time a month, but most of these are now taken up with studying.

How do you find communications with your course tutors?

Most of the time it is pretty good, except for the one guy who never emails me back or returns my assignments. I have no idea what is going on there.

What's your pet peeve if you have one?

Adults who interrupt me during my study time, and bad table manners.

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

It would have to be Jesus. I would want to find out what is what and whether anyone has gotten it right.

Describe the proudest moment in your life.

The security guard at my son's school told me that my little guy was spending his recesses picking up litter on the playground. My son said he did not want the little kids or animals to get hurt or sick from the trash. He was seven years old. What a guy!

Could you please tell us something that few people know about you?

I think I am a big nerd. Not a lot of flight attendants tote around Marcus Aurelius' Meditations. I love that stuff. Not many people know I'm a pretty good (5'4") basketball player or that I'm scared of heights (I hate Ferris wheels!).

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

Appreciate the everyday things and make the best of any situation you may find yourself in.

Have you traveled? Which was your favorite?

I've traveled to a lot of places! The most meaningful one to me was a trip to PEI I took with my Mom and son. After my dad passed away, I paid for my mom to come with me and my son to

the East Coast. It was not a very exciting time, but it was beautiful and peaceful and just what we all needed.

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

I am reading *Hitler, Mussolini and Me* by Charles Davis.

Sounds different, what's it about?

It's about an Irish ex-pat who takes Hitler and Mussolini on an art tour in 1938. When his daughter finds a picture of him with the two fascists in 1968, he goes through his tale of that day. An ordinary guy caught up in an extraordinary moment.

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



Course Exam

TAXX 401 (Taxation II) is a three-credit upper-level business course that is designed to be taken as a second course dealing with the basic concepts and procedures associated with the Canadian federal income tax system, as well as the federal goods and services and harmonized sales taxes. This course has TAXX 301 (Taxation I) or an equivalent introductory taxation course as a prerequisite and it is not available for challenge.

Brittany Daigle

Taxation II is made up of ten lessons, and the students grade is from two assignments worth five percent each, one tax software application assignment (Assignment five) weighing ten percent, a midterm examination worth thirty-five percent, and the final examination for the remaining forty-five percent. The ten lessons within this course cover topics such as partnerships, GST and HST, taxable income, rollovers under section 85, trusts, estate planning, and international issues in taxation. Assignment five requires students to download tax return software from the textbook companion website to complete and submit one tax return.

To receive credit for TAXX 401, students must achieve an overall grade of at least a "D" or fifty percent and must achieve a grade of at least fifty percent on assignment five and on the midterm and final examinations. Completion of assignments one, two, and practice assignment three are not required to receive credit for the course. The examinations for this course are written in the traditional pen and paper format. To learn more about assignments and examinations, please refer to Athabasca University's [online Calendar](#).

Students should note that they are required to download ProFile tax return software from the textbook companion website to complete Assignment 5. ProFile will only run on a Windows operating system. Mac computer users may be able to run ProFile by using third-party software.

We spoke to a student, Eve Daneva, in the Bachelor of Commerce program who has taken the course. She provides a bit of an introduction, stating “Hello! My name is Eve and I transferred to Athabasca University after completing a three-year college diploma. I am now working on obtaining the last few credits toward my bachelors before moving on to CPA certification. I am currently working at a small local accounting firm here in Barrie, Ontario, with my main work revolving around corporate NTRs, corporate tax returns, some bookkeeping, and personal tax return preparation. I work full-time in between AU semesters and part-time during semesters.”

When asked to explain the course to students, Eve states “This course deals with corporate taxation concepts, providing a very detailed walkthrough of accounting to tax income adjustments, calculating corporate tax, corporate tax planning to minimize shareholder tax, GST/HST returns, and other more complex corporate taxation factors.”

Eve confirms for us that the “Course is made up of three graded assignments (two at 5% each and one at 10%), a paper midterm (35%), and paper final (45%). There are also two other assignments you may complete and grade yourself via the answer sheet, however, they are not for official grades but do help with exam prep. The first two assignments are similar to the study problems at the end of each chapter and relatively easy, the last assignment requires you to use tax software and complete a corporate tax return. If you have never worked with tax software (and I mean T2 software, TIs are much easier to do), this requires more reading of the textbook and might take you some time so definitely do not wait until the end of your contract! Both the midterm and final examinations have multiple-choice and chapter problems. The best practice is to go through the exam prep for each lesson (you can find PDFs on the Pearson textbook website) as well as the self study problems. Do not assume the exams only have questions similar to the assignments! Make sure you practise and understand all types of chapter problems because anything can be drawn from the test bank for the exams. I found that reading the textbook was 100% necessary for this course.”

When asked if she would recommend this course to other students, she states “I enjoyed a more in-depth view on corporate tax concepts and really did appreciate how much I learned from this. What I did not like about this course was the lack of exam preparation info. All you are given is the general guidance to practice all of the problems from each lesson, but this adds up to a ton of problems! It would have been helpful to know what general concepts to focus on, but instead you are just told to study everything which can be very time consuming and overwhelming.”

As for any tips or tricks to completing this course, she states “Make sure you know how to do every single type of question from each lesson. Any one of them can pop up on the exams so do not rely on the assignment questions exclusively.”

When asked how communication with her tutor was, she explains that the “Tutor was helpful and turnaround time on assignments and exams is within guidelines.”

Whether TAXX 401 is a degree or program requirement of yours, or the topics discussed above are of interest to you, this course will have you learning a lot of interesting material surrounding the topic of taxation.

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



The Struggling Student Rants Shop and Save Into the Future

Angela Pappas

How the Pre-Rich Do It (Part I)



Summer came & went; September arrived in the blink of an eye and the traditional school season began. Some of us at AU took a break from our studies, and some didn't. Some AU students went on long road trips and adventurous travels. Others chose to stay at home and enjoy their downtime lounging around or decluttering their living spaces and lives. One thing most of us at AU did, however, was watch the graduation ceremonies in June, daydream about our turn, and plan our schedules out for the upcoming school year, so we can walk across that stage one day, too. Post-secondary students need good planning skills. We've all heard the modern-day proverb

"Failing to plan is planning to fail." Benjamin Franklin, Winston Churchill, and Alan Lakein, the writer of many self-help books on time management, are all known for this quote. What may not be apparent, however, is that a solid plan is not just a way to achieve success in your career and studies, but also in your budget, wallet, and finances.

When people try to figure out how to save money each month, they end up finding little ways to save here and there like cancelling the Netflix and Spotify subscriptions. That's a great start because every little bit helps. However, if you have big goals—or big debt—you should be taking a closer look at big savings. There are two upsides to this. First, if you focus on the large-ticket items right from the start, you save thousands of dollars each year from the very outset, rather than waiting until you get to that item further down the list of priorities. Second, when you make big progress like that, it changes your momentum and intensity. Hence, the popularity of the snowball method. From a mathematical perspective, you should focus on paying down the debt with the highest interest rate first. This is the *avalanche method*. However, this method isn't always the most effective because it doesn't create the motivation we need. It might not make sense at all times, but people have a better chance at success by using the *snowball method* (Kettle, Trudel, Blanchard & Häubl, 2016).

The snowball effect occurs when something grows in size at an increasingly faster rate. Imagine a snowball rolling down a hill; the more the snow builds up, the larger it gets and the faster it moves downhill. When you see big leaps of progress, you go at it with greater intensity. To get the snowball rolling, however, you have to know your household budget inside and out. You can't get to Timbuktu without a map, so you won't know where you need to make changes to see

drastic financial gains. Spreadsheets are my favourite way to do this. I have our monthly and annual budgets set up that way so I can filter and immediately see, at a higher level, what the inflated expenses are. This also shows me where I can make small tweaks to reap large rewards. You can make those small changes with a big impact and apply some straightforward tactics. All in the name of seeing a huge financial snowball rolling downhill! A couple quick and straightforward suggestions to make this happen follow. Read the next *The Struggling Student Rants*, for Part II, where I will list more concrete ways to get your snowball rolling with intensity!

Tuition in Full

I will start by giving you an example close to our hearts. Everyone's circumstances differ, but I admit I'm not a fan of student loans. Some folks see student loans as "good debt," or as an investment in yourself. I understand that for some, financing your education is a necessary evil. I will admit the thought of this has almost lured me in a couple times, too. I could reach my end-goal so much quicker without the need to work full-time to pay the bills. However, the beauty of AU is that you don't have to pay tens of thousands for your full program upfront. You only pay for the courses you are registered in. Therefore, as a non-Alberta resident, I know that every three to four months (depending on my timeline), I will need approximately \$850.00 per course. I can then plan accordingly and divide that number by how many pay periods I have before my next course starts. Suddenly this figure doesn't seem so daunting. I plan for this expense and fit it into our budget – it's an expected cost, just like groceries. If our budget falls short for this, I do what I need to, to make it up – deliver pizzas, drive for Uber, or pick up extra shifts at work. At the end of the day, I refuse to incur any student loan debt.

Avoid Impulsive Spending

With everything available at the click of a mouse, or the tap of an app, shopping in the digital age means we now have more places to spend our hard-earned cash than we ever had before. Manulife Bank conducted a very recent survey with approximately 2,000 Canadians, between the ages of 20 and 69. They picked on all three generations for this survey but noted that the 33% of millennials that had piled up consumer debt were the ones also regularly making impulse buys. But what made me shake my head (because I recognized my old self in there somewhere) was that 16% of those same millennials do this in the name of social gatherings and trying to impress or keep up ("Trying to stay instaworthy but hitting instadebt? You're not alone.", 2019). I wouldn't be surprised if those of us in the GenX and Baby Boomer categories weren't too far behind those same numbers. We don't break the bank by buying one big-ticket item—folks usually think long and hard before buying furniture sets or brand-new vehicles (or, at least, I hope they do). Where we do see the death by a thousand cuts to our finances is spending on the small items, those we believe we deserve after a hard day's work or because we've had a rough week. These things are not necessities, and they only provide us momentary pleasure, not happiness in the true sense. But, we nevertheless swipe while thinking "it's only a latte" or click *add to cart* and convince ourselves we will pay the balance in full once our paycheck hits our account.

Social media shopping technology doesn't help much with controlling impulse spending either. If you enjoy browsing fashion posts on Instagram to unwind after a long day, they now have a shopping bag feature. All you have to do is tap on the shopping bag icon if you see something you like; this takes you straight to the website where you can add it to your shopping cart. You

then scan your fingerprint and your phone does the rest of the work for you. Meanwhile, Arianna Grande is blaring through your teenager's room "I see it, I like it, I want it, I got it" and all the while you're trying to remember when the last time was that you bought something nice for you rather than look after your family's needs. You work harder than Arianna at providing for you and yours, you deserve that outfit or skin-care set more than she does, and "Click – Approved. Your shipment will arrive within three business days." The thing is, that purchase may make you happy for that moment – maybe for a couple of days. But I guarantee that feeling of satisfaction will be long forgotten a month from now, when the credit card statement arrives and you're wondering if you can return \$40 conditioner that's only been used once.

If you're uncertain about whether you have a problem with impulse spending, the best way to find out is to go through your monthly statements. It's not fun, unless you're into that sort of thing, but if you take a detailed, honest look into your past year's spending habits you just might get a good slap across the face. I personally know many families who spend at least a couple thousand a year on things they don't plan to buy. I listen to friends and co-workers talk about how much they pay for things that are, in fact, luxuries rather than necessities. They then complain about how they can't seem to catch up with bills. They know my frugal ways, yet choose to ask for my uncensored opinion. They don't like what they hear, they continue doing the same thing, and each month the cycle continues.

Admittedly, this time last year, I was of the same mindset, but I chose to change my ways and I now sleep easier at night. I can vouch that it's not as painful as it sounds, it just requires change—something not many people like. There are simple ways to reduce these impulse tendencies and save your money for what matters.

If you tend to spend on a whim frequently with your credit cards, freeze them - literally. Put them in a cup of water in the freezer. By the time you thaw them, you may have a change of heart about buying that trinket. Another strategy I use is a waiting-period rule. When I want to buy anything that costs over a certain amount (e.g., \$50) I make myself wait at least 24 hours to think about it. It may be longer than 24 hours, which is even better; I have more time to let it sink in and decide if I really do need that trinket. If I find something I'm convinced I can't live without, I do some comparison shopping online. If I can find it elsewhere, at a fraction of the cost, or used and dirt-cheap I consider it a victory.

Think about these simple tactics you can implement into your everyday life and try them for a month or two. The first few times may be a challenge, and you might feel a little upset at having to change your ways—that sounds perfectly normal to me. Nevertheless, AU students crush obstacles and eat adversity for breakfast! Soon, your finances will take a breather and you'll be smiling at the big debt or savings snowball rolling down your hill.

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Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance and personal development related.



Porkpie Hat An Ordinary Joy

Darjeeling Jones



I often think what a sweet luxury it is to just be ordinary; to be possessed of only modest talents, and no all-consuming ambition for recognition or legacy. Being able to amble through life having not too much, but not too little. A small circle of friends, perhaps, a handful of people I love, enough resources to be able to shop at a farmers' market down the street, see a play or a concert once in a while, shoot some pool, smoke some sativa, buy a record, have a barbecue, catch a movie. Coming from a background of poverty, mental illness, and foster homes, these are things I

never take for granted.

I have a strong suspicion that, when the time comes for me to leave this world behind and I'm lucky enough to have the significant events of my life flash before my eyes, they will be the idiosyncratic moments of daily joy: shaking sparklers and setting off roman candles with my friends at the landfill at Hallowe'en; stealing cherries from a farmer's orchard; watching storm clouds ignite themselves over a northern lake; and sharing egg rolls with plum sauce with my partner, huddled under an afghan blanket, watching a double bill of Casablanca and Rosemary's Baby.

Like most people, I live my life a paycheque or two away from insolvency. I make a decent wage but have little in the way of financial security. Nevertheless, I feel that I have sunk my resources into the wisest of investment portfolios: experiences. Unlike other forms of speculation and securities, these experiences, and the stories that accompany them, can never become lost, plundered, or devalued, except by the natural and inexorable passage of mortality and time.

Also, like everyone else in this wild, beautiful, wicked, dangerous, enchanting world, I haven't the faintest idea of what the future may hold. Will it look like Star Trek? Bladerunner? Mad Max? Will we achieve interstellar glory, burn up like a magnesium flare, or slowly choke ourselves with our own stupidity and waste? Who can tell? We can be pretty sure, though, if the past is any indication, that there will be calamities and there will be wonders. Granted, these are dark times, filled with daunting challenges, fraught with peril. Still, we have been through dark times before. People are nothing if not surprising—in good ways as well as bad. Maybe—despite cancer, Trump, burning forests, and rising waters—we should have just a little bit of hope, and keep working toward a better future.

We can speculate all we want about the possibility of other forms of intelligent life in the universe, but, for all we know, we are the only sparks of consciousness in the cosmos. Perhaps simply being alive is like holding a winning ticket in a lottery with (literally) astronomically high odds. It seems to me that is reason enough to wake up each morning, and relish the opportunity of another day lived, instead of treating it like some burdensome existential chore to be suffered through.

Is Equality Possible in Relationships?

Wanda Waterman



“The present relationship existing between husband and wife, where one claims a command over the actions of the other, is nothing more than a remnant of the old leaven of slavery. It is necessarily destructive of refined love; for how can a man continue to regard as his type of the ideal a being whom he has, be denying an equality of privilege with himself, degraded to something below himself?”

- Herbert Spencer

Patriarchy and Gender Inequality

My friend was quoting a feminist who'd asserted that any heterosexual

relationship amounts to rape because of the power differential between men and women. I suggested that perhaps not all feminists felt this way and that knowing that a few did wasn't a sound reason to write off all of feminism.

It wasn't the first time I'd heard about the rape theory. I'd come across it as part of the spectrum of views encountered in the Women's and Gender Studies courses (truly a consciousness-raising experience, to say the least) from Athabasca. I'd dismissed the rape theory at the time but embraced just about everything else, including the observation that patriarchy, for whatever reason, is so tightly woven into our culture, indeed most cultures, that fighting its effects is like swatting mosquitos in the dark: you just don't know where the next one's coming from until after it bites you.

The Blindness of Privilege

Of course, my friend would have none of this; he couldn't see himself as being in any kind of privileged position whatsoever. This is quite common and hardly blameworthy in my opinion, but still, he might as well have told a black man there was no such thing as racism, or someone in a wheelchair that they could easily enter the same buildings he could. As an ambulatory white male he was simply not aware of the obstacles and negative messages endured daily by people different from himself.

Multiple Inequalities

This discussion set me to mulling for weeks. Questions kept floating up on my inner 8-ball, questions like: *Does male privilege really render a male-female relationship unequal? What if the woman has a strong personality and the man is timid and acquiescent? What about other inequalities? What if one member of a couple is physically handicapped and the other not, or one very large and the other very small, one rich and the other poor, one brilliant and the other simpleminded, or one member white and the other not?*

For an example of that last question I don't have to go far from home. Married to a Muslim Arab, I've often fallen on the horns of the following dilemma: I'm hypersensitive to the spectre of patriarchy looming behind his every demand, and he's hypersensitive to the spectre of white privilege looming behind mine.

And then there are compounded inequalities. There are many couples now who can list off a whole set of inequalities born as soon as they entered relationship, some of which balance out and some of which don't.

Let's not think that gay couples have it any easier, unless of course they come from the same ethnocultural background, possess the same physical abilities, earn the same income, hold the same social status, and are equally matched in assertiveness.

With regard to this last hypothetical couple, as mythical as the unicorn, I sometimes wonder if conventional marriage counselling is geared to them alone. There seems to be an assumption in marriage manuals that two halves of a couple can receive the same advice and use it in the same way in order to work together for the good of their relationship. Ah, if only.

Shedding the Constructs

The rest of us couples are obliged to engage in the long, hard haul of learning how to shed the hollow accolades with which our culture has rewarded us for the body types, genders, races, and classes to which we were born.

Perhaps this is the secret to achieving relational equality. If we can recognize that the things that grant us an alleged superiority over another are simply empty mental constructs, perhaps it will be easier to relate to each other as human beings.

We can only try.

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



Fly on the Wall

Good Intentions: A Sure Road to the Dry Dock?

Jason Sullivan



Especially in September, when the somber weight of fall falls on our hearts, it helps to position ourselves rationally when we think about the forging forth in our studies. At AU we are bettering our ephemeral essences, but we are also aiding our ambitious drive for a better income and a more stable economic life. Yet a lot of feeling goes into all that we do and our schooling is no exception.

Vilfredo Pareto's work suggests that "people have a 'need' to make their nonlogical conduct appear logical" (Zeitlin, 281). Back in high school a couple of friends and I planned to

graduate in January; we signed up for extra courses at the local Adult Learning Centre and, using our own money, set out with the best of intentions. Only one of the three of us succeeded (it wasn't me!) and that failure I chalk up to what Pareto termed our tendency towards sentiments rather than rationality. AU success is about managing expectations and being realistic. Graduating in January and moving to Calgary was worth a shot, but, if even a mild dose of reality

had been seasoned into my thought-mix, I'd have realized that I'd never find the time or motivation every day after school to attend yet more school.

Ironically, one of the surest tickets to an unhappy life is to not follow one's academic whimsy when given half a chance. AU gives us that opportunity to follow our dreams while maintaining the rest of our life. Sometimes we may be asked by others what we are going to do or get from our studies and, failing to oblige our interlocutor with a satisfactory answer, we may be given a knowing smile and the snide reply 'not there yet, huh'. In fact, our most logical and true answer may be that we are giving the best of ourselves now to our studies because only then can we expect our future selves to apply themselves at their best when the time comes. Future success comes from present engagement and that includes managing emotions with calm economic calculus. The arc of an imagined ideal life narrative belies the fact that life is full of pitfalls, layoffs, calamities and receivership. We just don't know what may come our way, but, if we take our time at AU as an end in itself, we'll feel better along the way, come what may.

A second prescient reply to the demand for a logical answer to why we are back in school this September, rather than slogging away in a job we may not adore, is to go straight to the economic horse's mouth. Economically, we are the product of a system that tends not to fulfil us as much as it claims to. Karl Marx stated that "it is not the consciousness of men that determines their being, but, on the contrary, their social being determines their consciousness" (Marx, in Zeitlin 154). Thus, AU provides the gateway for a new self-awareness to emerge, one that will provide a framework for future enrichment in the labour force as well as in our personal lives.

In this sense, far from a return to the coal mine of brick and mortar drudgery, September's return to school is about opening windows onto realizing that our economic class position has hitherto held us back from realizing our potential. If we buy into the status quo we may never envision another future for ourselves; education is far more than just the purchase of a big ticket item costing thousands of dollars. There's a reason why marketing of new school clothes began a month or more ago: everything external is profitable, while everything internal, including the essences of knowledge, inquiry, and critical thinking, are in many ways above and beyond market forces. To explore and inspire requires investment too, but at AU the dividends are inherently personal and invaluable rather than disinterested and cookie-cutter.

When we remember that we're not being educated to become cogs in a machine the return to class can become a joyous act. We're active participants in our future, both economically and emotionally. "The chief defect of all hitherto existing materialism is that the thing, reality, sensuousness, is conceived only in the form of the object or of contemplation, but not as sensuous human activity, practice, not subjectively." (Marx in Derrida 74). Our September subjectivity depends on us matching our feelings with the facts. We are our own models of excellence if we choose to think of our return to class that way.

For September to work for us we have to allow our ambition to meet our emotion—not let good intentions get in the way of the fact that AU is a job requiring diligence and creativity like any other.

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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.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Angela asks other students' advice on desktop speech-to-dictation apps; so far, Dragon Speak is the most recommended. Stephanie seeks input on challenging SPAN 300. Jasmine asks for feedback on how current AU textbooks are, and if an AU degree is valued the same as other degrees; most responders find AU textbooks up-to-date, and the degree often more valued because of the discipline required for online studies.

Other posts include logging in to MS Office, finding textbooks, and courses ENGL 305, PSYC 315, and PSYC 405.

reddit

Some thoughtful responses to a query about completing a BA in 3 years while working full time and raising a family.

Twitter

@austudentsunion tweets: "Are you an @AthabascaU Business student? Want to get more involved? The #AthabascaU Faculty of Business is now recruiting for student case competitions! Apply by Sept 20! <https://bit.ly/2NR1K1w> #igo2AU."

@AthabascaUBiz tweets: "Our online #MBA program is not an isolated study experience; you work through your courses with a group you come to know well online, including your academic coach. <http://tiny.cc/AU-MBA> #businesseducation #firstonlineMBA #bschool."

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: CouponBirds Help to Save Scholarship

Sponsored by: CouponBirds

Deadline: October 10, 2019

Potential payout: \$1000

Eligibility restriction: Applicants must be at least 16 years old and be students at an accredited university or college in Canada or the U.S.

What's required: An online application including contact and school info, a survey on your shopping habits, and a 600- to 1000-word essay on your view of the future of Ecommerce and Coupon sites.

Tips: Read the [Official Rules](#) for info about the essay requirement.

Where to get info: www.couponbirds.com/scholarship



The Fit Student

Careers to Combat Anxiety

Marie Well



Does a cup of coffee trigger jitters that burst into an anxiety attack? If so, don't feel like your career is doomed. Not at all! Instead, discover your passions. Your passions might relate to therapies that reduce—even cure—anxiety. Now that's a win-win for anyone with anxiety disorder.

I cured myself of anxiety. I haven't had an anxiety attack in almost four years. In truth, I can't remember how long it's been. But I used to have anxiety attacks nearly daily. And for months, I had attacks *every* day. Seven-hour anxiety attacks. Like

Friday the 13th on Redbull.

When I was searching for a cure, I marveled over my calmest moments. For one, journaling, budgeting, and list-making soothed me. (I have the most extensive New Year's resolution lists imaginable.) For another, designing digital art calmed me. And for still another, nutrition and exercise kept me sane. On the flipside, I'd stress when programming code. Thus, I noticed patterns.

But consider this pattern: art therapy, woodwork, exercise therapy, music therapy, pet therapy, horticultural therapy, nutrition, and journaling de-stress many with anxiety. So, why not consider these therapies as careers? Become a designer. Write ad copy for a studio. Build cabinets. Become a personal trainer. Groom pets. And don't shy away from making these therapies full-time gigs. After all, full-time work is where opportunity lives.

Why do I recommend full-time? Well, freelance work frustrated me. I taught English online to Japanese speakers. (I've noticed many people prone to anxiety teach ESL online.) I worked countless hours for pennies. Worse, all the other remote careers I searched went to freelancers overseas. So, those jobs were out, too. Thus, I turned to full-time work.

But for you to effectively work full-time, first soften your stress. Use strategies such as cognitive behavioral therapy, journaling, meditation, exercise, nutrition—and every other tactic. Learn them all. I know you can cure your anxiety—no matter how severe. And, once you cure yourself, find low stress careers—mainly jobs that stir your passions. Even make the most of a high-stress passion. Passion, in any shape, reduces risk of relapse.

But you might not know what your passions are. If not, ask yourself what fun kept you busy as a kid. Did you paint and draw, push a Tonka truck, or play video games? Your childhood joy reveals tons about your passions.

After you consider your childhood, look to your adulthood playtime. What hobbies keep you fixated in a state of flow? Flow is a relaxed state—the best state for anyone prone to anxiety. Do you love to bake, knit, or tinker on vehicles? If so, my guess is your fixation found you; it's now time to fixate on it.

But if you can't think of a single passion, then experiment. Consider tasks that stirred your curiosity, but you shied away from trying. Take cues from boardgames and videogames you loved. If you loved the boardgame Stock Ticker, you might find your social anxiety eases trading stocks in your PJs.

And once you find your passion, study it nonstop. You can find free or cheap classes online. Try Udemy.com for sale-priced masterclasses, take advantage of AUSU's [Linked-in Learning](#). Seek out top-ten rated podcasts and newsletters related to your passion. Try a monthly subscription to Skillshare courses. But whatever you set out to learn, do so with a single-minded focus. Make it an obsession. That way, you'll lower the learning curve.

So, cut out coffee and kick in the hobby. It's your time to defeat anxiety, gain skills, and win that therapeutic career.

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The Study Dude Eight Habits that give Academic Results

Marie Well



As a student, you want good habits. I mean habits like studying from the crack of dawn to the black of night—if your schedule permits—but doing so every day. I also mean habits like writing detailed outlines after researching thirty articles for one term paper. Those are things I did to get accepted into grad studies. And, with the right habits, you can achieve a PhD—even a professorship. “Successful people, whether they know it or not, have developed good habits, while unsuccessful people have developed bad habits. The good

news is you can change your habits to become more successful” (73%).

So, here are eight habits to hone early:

#1: Never quit. Students can learn from highly successful people. Successful people never quit; they fail but get back up. For instance, investment traders may blow up and then return to make millions, even billions. Also, entrepreneurs may go bankrupt time and time again and then revive their business into a multibillion enterprise. And everyone knows baseball legend Babe Ruth struck out more often than he hit homeruns ([1330 strikeouts to 714 homeruns](#)).

#2: Get resourceful. I love the story of John Schnatter, founder of Papa John's Pizza. His book titled *Papa: The Story of Papa John's Pizza* shows how he started Papa John's Pizza in a broom closet. And when he had to grow his business without the bucks, he got resourceful. He made do with

less to make his broom closet a multibillion company. Inspiring! While studying for a math class, I ran out of graph paper. So, I pulled out my ruler and drew graph paper by hand. It took more time, yes, but better to have done it then to let it slide.

#3: Develop good systems. “All great businesses are built on great systems. In great businesses people run the systems and the systems run the business. The best and most valuable businesses will develop systems that are scalable and repeatable while producing expected and consistent results” (69%). Take McDonalds. “Businesses like McDonald’s cannot grow without systems and neither can people” (71%). These systems build habits that run on autopilot—not unlike passive income. So, develop systems like researching your paper the first day it’s assigned.

#4: Manage time properly. During exams, I’d look at the weight of each section and assign to each section an equal proportion of the total time (minus five minutes for edits). I then watched the clock like a hawk as I wrote my exam. One guy who sat behind me but in front of the clock accused me of cheating off his paper. He was a C student with an ego. But I had forgotten my watch that day. Always wear a wristwatch to exams. It’s part of the game.

#5: Figure out the game. For me, university was a game. On the first day course enrollment opened, I’d spend the entire day online, searching for my courses. I’d only enroll in courses that had top rated instructors, whom I carefully researched. I knew the difference between an A and a B grade could be as tiny as choice of instructor. I’d also buy my books weeks before each term—and study them prior to the term start date. I’d even learn math concepts the day before each lecture, just for reinforcement.

#6: Remove bad habits. “Create a list of your own habits and label them as ‘good’ or ‘bad.’ Next you want to eliminate bad habits and start adding good ones” (87%). I say, remove even the good habits that don’t move you closer to your goal. For instance, I studied nutrition nonstop, which helped cure me of disease, but kept me from taking on my next challenge: a career. So, I replaced my nutrition studies with daily education that’d boost my career prospects. After all, a big part of nutrition is the ability to afford to eat.

AU-thentic Events

Upcoming AU Related Events

Online MBA Application Webinar

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

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/online-mba-executives-application-information-session-2019-sep17/

Register online at above link

AU Live Chat

Tues, Sep 17, 10:00 am and 5:00pm MDT
Online

Hosted by AU

www.athabascau.ca/online-learning/how-au-works/open-house/

Register online through above link

How to prepare a Scholarship or Fellowship application

Thurs, Sept 19, 2:00 to 4:00 pm MDT
Peace Hills Trust Tower, Room 1217, 10011 - 109 Street NW, Edmonton AB

In-person and online

Hosted by NSERC and AU Faculty of Graduate Studies

fgs.athabascau.ca/news/presentations/

Register through above link

AUSU September Council Meeting

Thurs, Sept 19, 6:30 to 8:00 pm MDT
Online

Hosted by AUSU

www.ausu.org/event/september-council-meeting-5/

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

Nursing and Health Studies Library Resources Webinar

Sat, Sept 21, 11:00 am to 12:30 pm MDT
Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary

All events are free unless otherwise specified

#7: Get fit and eat healthy. “An example of a common keystone habit is daily exercise. By simply working out each morning, it could then lead to further changes such as fighting depression, weight loss, higher energy levels and productivity, a better diet, better sleep, lower stress levels, etc.” (87%). I stopped exercising six to nine hours a week. I now only weightlift three days a week—plus do daily fast walking. As a result, I have more energy, feel more motivation—and need less food.

#8: Develop positive habits. “Common keystone habits typically include:

- Daily exercise
- Making your bed each morning
- Daily family dinners
- Waking up early in the morning
- Staying organized and planning your day
- Daily goal setting
- Proper time management
- Daily educational reading / learning” (90%).

On workdays, I wake up early, exercise, make the bed, eat a healthy breakfast, and learn new skills. When doing this, I’m my healthiest and most productive self. But back when I was a student, I didn’t exercise or eat. I just drank coffee and nibbled small squares of humus-dipped pita. If I kept that up, I would’ve blown up. Unhealthy lifestyles soon backfire.

So, now you’ve got habits to hone an academic edge. But whatever habits you adopt, follow the formula: “ACTIVITY X EFFECTIVENESS = RESULTS” (98%).

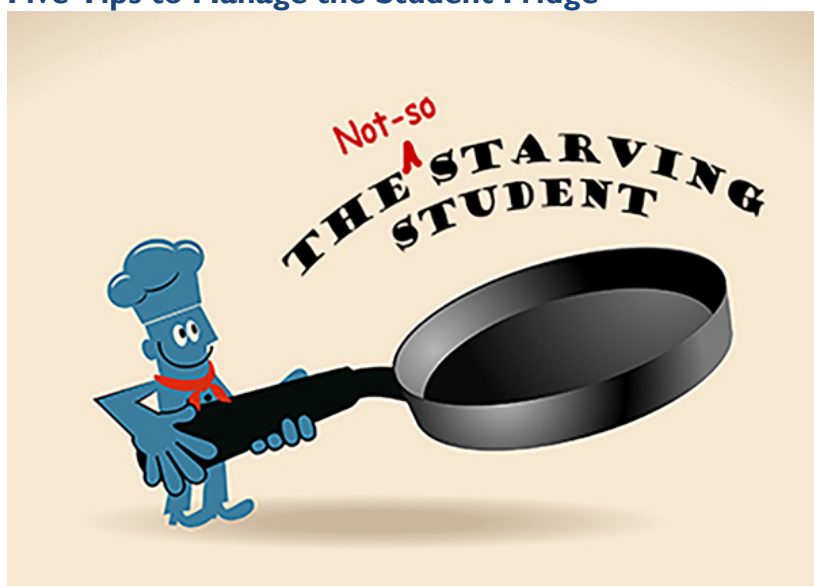
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The Not-So Starving Student

Five Tips to Manage the Student Fridge

Xin Xu



Sometimes the fridge can be a disaster or a blessing, depending on how well it is organized. For busy AU students, waiting to clean and manage the fridge until the end of the school year could mean a logistical nightmare during the semester. So how can we make this space more effective, regardless of whether you own a large or a small fridge or even if you’re sharing with one or multiple roommates?

1. Don’t purchase large portion sizes if you’re living alone: Some AU students live independently of their families,

which means the onus is on them in terms of grocery shopping and managing the fridge. While manufacturers often charge a higher price for a single item than when in multi-

packs, it is sometimes more sensible to purchase less than more. For example, having purchased Costco-sized portions of fruits and veggies, I realized that while I was paying a cheaper price for what I got, I wasted more fresh produce in the end.

2. **Put items that need to be eaten at the front:** one of the hard-learned truths about living independently is to prioritize your resources—this includes groceries! I use the policy “first in, first out” as a way of managing my own food supplies. Our instincts sometimes drive what we eat and can cause plenty of waste in the kitchen. For example, I found an apricot in the fridge the other day that had become too old because it was further toward the back of the fridge. Organizing the fridge this way will help you save on your grocery bill in the long run by having less waste in the kitchen.



3. **If you have a freezer, try using up more freezer space** so you don't need to worry about freshness: If you're blessed with a larger freezer space, use it to your advantage. While fresh foods spoil faster, frozen veggies and fruits are perfect alternatives for days when grocery shopping becomes a chore. During packed exam schedules, I have oftentimes relied on my freezer to provide me with relatively fresh produce and proteins.

4. **Keep a fridge calendar/diary:** One of the ways I keep track of fresh products and even meal-prep items is through a fridge calendar. During a busy exam season, I would rely on the calendar to know which foods have been lingering in the fridge the longest. I would target those for my next meal and reduce wastage.



5. **Shelves in the fridge are most prone to temperature fluxes,** try to store things with natural condiments here. One fun fact I learned while living alone is that food near the fridge door often spoils first. Particularly if you have fresh eggs, it is advised that they be kept further into the fridge rather than close to the door where the largest temperature fluctuation occurs.

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



Dear
Barb

Barbara Godin

Royally Flushed

Dear Barb:

I really messed up. I went away to university and ended up getting into online poker. Me and a couple of buddies lost all our OSAP money through gambling, now we don't have the money for our tuition and my parents think my tuition has been paid. One of my buddies won, so I thought eventually I would win, so I kept playing. I even ran up my credit cards. I feel awful. What am I going to do? My parents will freak when they find out. I don't know what to do. I need some advice!! Thanks, Tyler.

Hey Tyler:

You are right; you have got yourself into a mess, but you are not alone. Many students who go out on their own for the first time don't know how to budget and end up spending money on things they shouldn't. Some 70% of all college and university students feel stressed because they don't have the money to do the things they want. For you it was gambling, sometimes it's shopping, or going out to concerts or bars. As you are realizing, if you don't get a grip on things they get out of hand. I have shared this link before, but I think it's worth repeating, it is on the [Government of Canada website](#).

Also AU offers additional information on [financial planning for University students](#).

This website will help once you get your finances in order, but right now you have to talk to your parents. There is no way around it. You have to own up to what you did and

take responsibility. Gambling should be something you do with your extra money, (if you have any) not money you need for bills, or tuition. Don't beat yourself up, you realize you made a mistake, so now you can move on. Look for ways you can replace the money you lost. For example, find a part time job that you can do throughout the school year, that way you will have your own spending money.

I'm sure your parents will pay your tuition, but you should be responsible for your own spending money. This is an expensive lesson to learn. As well, you might want to get some financial advice through your university or college. Most provide advice and counselling to students, as this is such a common problem. Good Luck in the future Tyler.

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
More than Friends

Wanda Waterman



The information on this page is provided by the AU Students' Union. The Voice does not create this content. Contact AUSU at services@ausu.org with any questions about this article.

IMPORTANT DATES

- **Sep 15:** AUSU Get out the Vote Campaign Launches!
- **Sep 15:** [Oct degree requirements deadline](#)
- **Sep 19:** [AUSU Council Meeting](#)
- **Sep 30:** [Deadline to apply for course extension for Nov](#)
- **Oct 10:** [Deadline to register in a course starting Nov 1](#)
- **Oct 15:** [Nov degree requirements deadline](#)

AUSU Advocates for YOU

Advocacy is one of the most vital roles of a students' union, in order to ensure transparency and accountability on behalf of the institution and the government, and advocate for affordable, accessible, quality post-secondary education for AU students.

Individual Advocacy - Your academic concerns are important to us! Contact AUSU if you have concerns about AU services or procedures that you feel are detrimental to your student experience.

University Advocacy - AUSU advocates for AU students with the University, including holding seats on over 20 AU committees and the AU Board of Governors, while also regularly meeting with AU VP's, Deans, and Directors to discuss issues important to AU undergraduates.

External Advocacy - AUSU advocates for all AU students at the provincial and national levels for topics such as increased educational funding, equitable student loans programs, and other student issues. AUSU is also a member of the Canadian Alliance of Student Associations (CASA) which helps AU students have a voice with the federal government.

To find out more about AUSU's advocacy efforts, visit our website [here](#).

Upcoming Student Social Events

[AUSU](#) and [AUGSA](#), the Grad Students' Association, are teaming up for some upcoming **Student Social Events** in Alberta and Saskatchewan!

The events will be a great opportunity to meet up with fellow AU students, as well as an opportunity to participate in our upcoming [Get Out The Vote campaign](#) (more details to come soon!).

When

September 23rd
7-9 pm

September 26th
6-8 pm

September 28th
2-4 pm

September 29th
2-4 pm

Where

The Rec Room
1180-901 64th Ave NE
Calgary, AB

The Rec Room
West Edmonton Mall
Edmonton, AB

The Underground Cafe
430 20th St. W.
Saskatoon, SK.

Cafe Français
1- 425 Victoria Ave East
Regina, SK

Follow AUSU on Social Media (@AUSUStudentsUnion on [Facebook](#), [Twitter](#), [Instagram](#)) or visit our [website](#) for updates as the **Get Out The Vote** campaign unfolds! We will also post more information about the events in our next AUSU e-newsletter, so stay tuned!



CLASSIFIEDS

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

THE VOICE

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

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Carla Knipe, Barbara Lehtiniemi,
Jason Sullivan, Wanda Waterman, Xin Xu and others!

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