



THE VOICE

Vol 27 Issue 41 2019-10-18

Minds We Meet

Interviewing Students Like You!

Why do we Hate Wonderful Things Just Because they Say It's Bad?

The Noble Art of Escape The Secret to Getting Away

*Plus:
Effort Without Reward?
Managing Stress
and much more!*



CONTENTS

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

Features

Minds We Meet: *Interviewing Students Like You!* 4

Articles

Editorial: *Surprising Uprising* 3

Why are We Down on Such Wonderful Things 8

Managing Stress 18

Columns

Porkpie Hat: *The Noble Art of Escape* 7

Fly on the Wall: *Effort Without Reward* 10

The Not-So Starving Student: *Spicy Ramen Challenge* 11

The Study Dude: *How to Ace Your Paper* 13

Course Exam: *ADMN 417* 15

The Fit Student: *How the Medical System Fails Me* 17

Dear Barb: *Alcohol and Academics* 20

News and Events

AU-Thentic Events 5

Scholarship of the Week 14

Student Sizzle 16

Vintage Voice 19

FHSS Research Talks 22

AUSU Update 23

Graphic

Poet Maeve: *Idiot Box* 21

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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

Surprising Uprising

Karl Low



One of the nice things about being able to write this editorial is that I'm free to tell you what I think. Free from constraints of objective facts and painstaking research, I can just lay out my opinions on whatever issue of the day is bugging me, even do things like tell you how to think or how to vote, and, because it's an editorial, nobody can really say much about it.

Not that I try to do that. So, while I've no illusions that anybody who reads my little editorials has any doubt about which party I would encourage people not to vote for, I'm not going to make that call. I think each of us has reasons of our own for voting how we do, and it's really not my business to say that those reasons are wrong. Especially these days, when it seems so easy to point to failures and falsehoods coming from any party you care to name.

Considering everything, at this point, I'm almost ready to say "A pox on all your houses," because with the combination of our electoral system and what's on offer, the act of voting can seem pointless, especially if you're already in a decided riding. From looking around in this riding, I think I'm not alone in this opinion, as I've never been through an election

with such a dearth of lawn signs. As much as the parties want to get us inflamed, and as much as the partisans already are, here in Calgary, I'm not seeing much evidence on the ground that people are feeling terribly invested in the election. We're almost all in decided ridings out here anyway, so what's there to get passionate about, right?

But that's the thing. It's not a decided riding. Not yet anyway. None of the ridings are. We can predict, we can even predict with a fair degree of certainty in some cases. But the thing about elections is that they are based on people, and people can be fickle and surprise you. Even though they usually don't. A decided riding can suddenly switch if enough people feel so confident in their eventual victory that they don't bother voting. There can be a surprising uprising.

All of which is boiling down to the message of this editorial. Vote. If you pledge to vote with AUSU first, you can even get into a contest to win a free course, or perhaps a free ProctorU exam. But even if you're not a current student and reading this, vote. Feel uninformed? Check out party websites. Don't even know which parties are running in your riding? [Elections Canada](#) has all that info available, even links to candidates' websites. Maybe you'll find a smaller party or candidate that resonates with you. Even if you don't think it will win, vote for it. Who knows, maybe enough of your neighbours take a shot just like you and a surprise happens. In my riding, for instance, beyond the majors you've already heard of, we have an independent candidate, a candidate from the Veterans Coalition Party, one from the Christian Heritage Party, and one from the Communist Party of Canada—in the middle of Calgary no less. Do I know what any of these stand for? Not really. But surely there's someone in the nine candidates in my riding I find preferable. And if I do, maybe I'm not alone.

So vote. Vote for a "loser" if that's what connects with you. Vote even if you know our system is going to throw your vote in the garbage and ignore it. Because you never know, maybe people will surprise you.

MINDS WE MEET



Currently Jason Appleby currently lives in Toronto, Ontario with his wife and two kids, and he is in his third year of the Bachelor of Commerce in Accounting program at Athabasca University. Jason has travelled to all 56 countries within Europe and provides some advice for other parents trying to get through university with little ones running around. This is his story.

Can you provide us a little bit of background information about yourself?

My name is Jason Appleby. I grew up in Toronto and I have also lived in Chicago, San Diego, and Las Vegas before settling back in Toronto with my new wife in 2016.

What program are you enrolled in?

I'm currently in my third year of an accounting degree and I love it. Commerce and Accounting is something that I should have pursued years ago but I had always seen myself in a creative field and never considered it. I had originally pursued a film degree at Carleton University back in 1999 and it had very little application to various jobs I've had over the years. Mostly computer work.

Could you 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 accounting program?

Upon the birth of my first son last May I decided that I needed an educational base and career path that offered more stability and security, and I was not satisfied with the options that my experience and education then made available to me. I knew a business degree was the direction I wanted to go, and accounting seemed the most practical to me with the widest breadth of applications. I was still hesitant, and my wife was really hesitant, about me starting a four-year degree at age 41 and limiting my income until it was complete. However, with help from family with the baby, I was able to get through many of my courses relatively quickly and successfully. I recommend to everyone to constantly continue their education. The flexibility that Athabasca University offers was key to my doing so successfully.

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

I highly encourage anyone to start out small, just a course or two to get used to it and then set your goals high!

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

We had a second baby this past August, so between a full course load and the two kids, hobbies are mostly a thing of the past for now. However, I try to squeeze in a little bit of time for music, I used to play bass in a Toronto band and like to drum as well, target shooting, motorcycling, home reno projects, and running with the jogging stroller.

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

My wife would like to know as well! My dream job is one that affords me the flexibility to spend time with my family, work from home some of the time, and stability into retirement. At this stage in life, I'm not excited about climbing a corporate ladder, but I am excited about applying what I have learned, working hard, and adding value to people's lives.

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

I've always had difficulty with essays. I find writing is easy enough but the lack of motivation to do it always slows me down. I find it helpful to think about the late Stephen Hawking; if he could blink multiple books, I have absolutely no excuses for not finishing 1800 words.

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

I love it. The biggest difficulty I have found is lack of recorded lectures, which would help me to understand which material is most important and more thoroughly explain it. However, being able to take exams from home has been an enormous help and having all the learning materials a couple taps away on my iPad has been great! That said, I may be old-school, but I still usually track down hard copies of most of my textbooks because I find them easier to read and retain that way.

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

When the second baby came, it really slowed me down. I expected it to be maybe 30 or 40% more work, but it ended up being about 200! I really felt like I needed at least a couple months off for the family routine to stabilize before continuing. Around this time, I received a wholly unexpected letter from Athabasca telling me that I'd been awarded an Outstanding Achievement Scholarship! I was totally surprised and honoured! It really helped to refocus me and remind me that all my work has been paying off. I really want to express my enormous appreciation and thanks to everyone at Athabasca for that honour!

Any advice you can give to other parents trying to study with kids? Tips and tricks?

The key is to divide all your activities into things you can do when the kids are awake and things you can do when the kids are asleep and never waste time when they are asleep doing something that you could be doing when they are awake. Do not stress yourself trying to study when they

AU-thentic Events Upcoming AU Related Events

2019 AU Future Alumni and Distinguished Alumni Awards

Barbara Tiedemann, MC

Esmail Bharwani, BADMN 1992

Mon, Oct 21, 5:30 to 8:30 pm MDT

Fort Calgary, Sanders Room, 750 9 Avenue

Southeast, Calgary AB

In person and livestream

Hosted by AU

news.athabascau.ca/events/2019-au-future-alumni-distinguished-alumni-awards/

Register online or access livestream through above link

Hack the Library: Using Discover to Access Journal Articles, Books, and E-Books

Tues, Oct 22, 2:00 to 3:30 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary

2019 Student Graduate Research Conference – OneAU

Oct 25 6:00 pm to Oct 27 12:00 pm MDT

Executive Royal Hotel Leduc, 8450 Sparrow

Dr, Leduc AB

In person

Hosted by AU, FGS, and AUGSA

www.eventbrite.ca/e/2019-graduate-student-research-conference-tickets-59584791716

Purchase tickets at above link

All events are free unless otherwise noted

are around, just let it go and wait until you have quiet. Give them your undistracted attention and you will both be happier.

What's your favorite AU course that you have taken so far, and why?

Fortuitously, I really enjoyed my first introduction to accounting course, ACCT 253 (Introductory Financial Accounting)! I did not know much about accounting processes going into the course and was still concerned it wouldn't be for me, but the somewhat oddball enjoyment I had doing the course reconfirmed that I was on the right path. I also really enjoyed Business Law but, man, that was a lot of essays.

How do you find communications with your course tutors?

I find it a little difficult. Usually because the pace that I'm trying to do a course or the schedule when I'm able to do an assignment doesn't allow me for me to wait for a response. Occasionally I've been frustrated by the vague responses I have gotten, though I understand they must be careful not to give answers away. Generally, I find the student Facebook groups more useful when I need time-sensitive clarifications. The community has been great and there are times I would have been really stuck without them. One example was just a silly problem I was having installing tax software late on a Sunday night, but I had been going in circles for hours when some other students stepped up to help.

What's your pet peeve if you have one?

Diapers that overflow.

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

Henry Kissinger. I've found his books fascinating and I've always had an interest in history and geopolitics. Another career for another lifetime perhaps. Or to spend a couple hours with Micheal Jackson or Sam Kinison. Or Walt Disney; maybe just a big weird dinner party.

Could you describe the proudest moment in your life?

Introducing baby Ethan to baby Zack.

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

Whatever circumstances you are handed in life, you are entirely responsible for your own emotions, your own actions, and your own success.

Have you traveled? Where has life taken you so far?

I had the chance to travel quite bit when I was working remotely over the years. Here's some trivia about me; I've been to all 56 countries in Europe. I really like cities with a lot of history, a picturesque old town, and great food.

What type of job did you have that allowed you to travel so frequently?

I was doing computer work for a couple companies remotely, so I took the opportunity to throw my stuff in storage and just go from place to place, my only restriction was a solid internet connection. I loved every day of it. I loved living out of a backpack, learning about the world, and especially the people I'd meet. You might just spend a couple days with them, but they still feel like old friends.

Out of the places you have been to, which were your favorites?

Three of my favourites are Sarajevo, Jerusalem, and Tallinn.

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



Porkpie Hat The Noble Art of Escape

Darjeeling Jones



"If you're going through hell, keep going."
- Winston Churchill

When I was twelve years old, I dreamed of being abducted by aliens. On a few warm nights that summer, I would lay in my sleeping bag in the backyard, pointing my flashlight up at the stars and planets, in the hope that "they" would see it and home in on my location. I imagined how wonderful it would be: weightless, floating upward in a tractor beam of warm, milky light toward a silver spacecraft. I hadn't really thought it through too much beyond that. I'm also not sure why it was such an intense fantasy for me at the time. Maybe because I had been watching a lot of *Doctor Who* and *Lost in Space* that year. And anything would have seemed better than foster families and social workers. Perhaps, also, it had something to do with an intuitive understanding that the act of escaping, even the act of dreaming about escaping, can be a gesture of mercy toward ourselves, and sometimes the only sane response to an unbearable situation.

I realize that the word "escape" has some pretty negative associations. Fleeing from obligations, from responsibilities, from reality; running away from one's troubles; escaping through substance abuse and denial;

all of these might rightly be called the acts of a coward. I, like many others, have been guilty of them all at times.

But what if you are escaping the grip of something that has been keeping you tied up and stifled your whole life? What if, like some existentialist Houdini, you are ready to slip free from the enervating chains and shackles of your current circumstances? What if your escape takes the form of a grand adventure, a sweeping change in your life? What would this look like for you? Perhaps it would look like finding the courage to leave a bad job or a bad relationship. Perhaps it would involve moving to a new place, learning a new skill, letting go of old ways of thinking, embracing new ways of seeing the world. Perhaps it would look like finally writing that novel or starting that business. Maybe it would look like letting go, or falling in love, or having the courage to begin again. It is, after all, not the act of escape itself that is ignoble, but rather the lies, evasions, selfishness, and cowardice that frequently accompany it. As always, honesty and self-awareness are the antidote. We must make sure we are not "fleeing from," but "moving toward."

I am firmly with the romantics and the surrealists on this: the world is exotic, inexhaustible in its potential variety, utterly chimerical, completely unknowable. The potentialities are vast, and we each have such a short opportunity to embrace and explore them. And yet we so often spend the majority of our lifetimes swimming around like ornamental koi in the stagnant pond of our "comfort zone." We owe it to ourselves, and possibly to the cosmos, to escape the restraints of our own fear of transformation. The prison of our own minds is not an easy one to break free from. The first step, I suppose, is to know who our jailer is. I would humbly suggest that, for each of us, the mirror is a good place to start.



Why are We Down on Such Wonderful Things?

Wanda Waterman



"Instead of hate, celebrate."
-Prince

Here's a short list of things that get a lot of flack for no good reason— and why we might try looking at them from their good sides.

Drinking and gambling

The problem with these two pastimes is that they tend to become addictive and take over our lives, to our great detriment. But a glass of wine or beer can be just the ticket to

unwinding at the end of a hard day's work. Exercise moderation above all and quit if you even suspect that you might be tempted to overindulge. Oh, and hide your booze from anyone you even suspect of having an alcohol problem.

As for gambling, if you aren't the type to become one of those sad, grey people sitting at slot machines wearing adult nappies, go ahead and arm-wrestle your buds for loonies, join the hockey pool at work, or buy a raffle ticket to raise money for the local firehall. Just don't make buying lottery tickets your retirement savings plan.

Drugs

Drugs still get a bad rap, and I agree that there really is nothing ultimately wonderful about any street drugs. Pharmaceuticals have also been cause for concern in recent years, but this doesn't change the fact that many prescribed medications have allowed scores of humans to reduce pain and increase wellness. *Caveat emptor*, but be thankful when a drug fixes your problem when nothing else has done the job. You've made a responsible adult decision. Don't let anyone shame you for it.

Television

For as long as I can remember people have been droning on about how dumb television is. It was only recently that I was able to admit to myself how much I loved it. Sure, it's mindless entertainment, but television being a kind of film it has a share in negotiating reality for us (in Franco Casetti's words). In the midst of all the inanity television has brought us racial sensitivity, gender politics, and political satire, and it has modeled what loving families might look like even when they're completely dysfunctional.

I can say all this because I rarely watch television, which is a little like wine—only good in small doses. But I must say that after a day of arduous thinking and writing, a little mindless entertainment does go down a treat.

The Internet

Sure, the fact that it's a readily available source of free porn, political propaganda, shallow relationships, racism, bad music, and misogyny makes it a major contributor to the slow destruction of our society. But don't blame the axes— blame the maniacs.

The internet is also a powerful tool for spreading constructive ideas, training social activists, leading us to wisdom, enabling many of us to work at home, and enhancing our lives in innumerable other ways. So instead of hating it let's up our efforts to keep it from going to hell and dragging all of us down with it.

Politicians

These are human beings. Some of them are awake, some are not, but they all have feelings. They also have families who feel for them when they suffer the slings and arrows of outrageous voters. Besides, they can't save us from ourselves. That's our job.

If your riding, province, or country has voted in a shmuck, you have work to do. Every leader is in some way a reflection of the electorate, so we don't get someone better than we are. Be a good citizen, vote wisely, organize for positive change, and stop dissing your leaders.

Country music

The nasal twang, the whining guitars, the depressing lyrics—oops, I just got carried back to those long, dreary rides accompanied by the country music station on the school bus radio. I've grown up a little since then and have actually learned to appreciate traditional country music (old timey, bluegrass, rural folk) immensely. As for commercial country music, much of it purely a music industry construct, it too has its merits, including stories that turn out to have some kind of thrilling surprise at the end. So enjoy it, but please, don't become one of those people for whom country is the only music they'll give an ear to.

Eating Meat

Many people today think eating meat is cruel and unsustainable, and it can be when we're talking about factory farms. Raising livestock on factory farms is good for neither the animals themselves or for the planet at large.

But to call the use of animals for meat barbaric is to cast aspersions on the societies who could never have survived without it.

And is it really cruel to consume meat and other animal products? I grew up on a small farm and I'm here to tell you, we should have it so good as those animals. If I could loll around in the sun eating and hanging with my friends, get lucky whenever the fancy took me, had my person and dwelling place cleaned regularly by a creature of another species who brought me my food and water, cared for me when I was sick, and protected me from predators—well, I'd be shouting hallelujah.

The problem is that many animals grown or hunted for food are treated very badly and killed in inhumane ways, and this is what must stop. We don't have to eat meat in a world where so many other forms of protein are available to us, but veganism won't in itself end animal cruelty. Whether or not we choose to eat meat, animal welfare should be top priority.

Populism

No, the masses are not all asses. Gullibility knows no class. Neither does wisdom.

I use "populism" not in the sense of the rich politician who garners votes by pretending to be one of the common folk. I mean the word in the sense of a positive regard for the interests of the poor, a belief that they're not the arbiters of their own misfortune, and that they're smart enough to have a say in the running of their own lives. This is a good thing, and something long forgotten.

We haven't achieved this yet in North America. The people disparaging populism are talking about the bad kind, the kind we're experiencing now. Would that we could move toward the good kind, and soon.

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So don't be hatin'. Just be wise. All things in moderation, and moderation in all things. It's all good.

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

## **Fly on the Wall** **Effort Without Reward. Our Worst Fear at AU?**

**Jason Sullivan**



It's a dark and stormy night and you're cowering under layers of distraction. Your motivation quivers and clings to life as your coursework sits undone. Fearful that the academic gods will punish you for lack of effort, you hide yourself away until the horror of procrastination passes. But wait! A deeper fear grips you; what if, despite your best efforts and most diligent outputs, the academic gods still pass you over for success. Try as you might, it's possible that you are just unable to succeed in a particular course or within a certain academic discipline. The whims of talent are like a haunting; some ghosts are better ghouls than the others.

Hallowe'en cemeteries are filled with the bones of hopeful students who perished as they faced hideous monsters of math equations or essay writing. It's as though failure stalks us as the projection of our own worst failings. We're not all equal in our natural abilities, after all. And that can be scary. At any moment we may encounter a foe beyond our best efforts. Alain Badiou illustrates just such a sense of foreboding with a childhood memory where he braved a dark woodland in the evening: "Lugging a big milk can, I would get there by a steep rugged path, with tall hedges on either side that became high scary walls at night. I'd walk alone uneasily in the dark, lonely night. I was gripped by fear: I knew that at a certain moment a big dog with a black coat and shining eyes was going to start following me, silently, and would try to bite my legs" (Badiou, 13). At any moment the hellhounds of academic failure may strike; uncertainty as to our success in school can be a constant and terrifying companion.

## **Protesting the Monstrous Excesses of Traditional Schooling**

As it turns out, our worries over whether we can succeed in our schooling have much in common with those of one of the key figures in European history. Five hundred years ago Martin Luther "was obsessed by dread of God's anger" and suspected that no matter the charitable donations he made, or caring acts he committed, he could still never buy or cajole forgiveness for his inherently sinful human nature (Luther, 109). As students we may not think or believe much with regard to souls or salvation but the possibility of us failing to reach our private academic promised land is real indeed. It's possible that, no matter our efforts, we will discover that we just aren't going to excel at topics we thought we could if we really applied ourselves. As if under a



witch's spell, we'd deceived ourselves in seeing beautiful possibilities instead of the reality of ugly truths. I can tell you, when it comes to the interbreeding of letters and numbers, calculus, the origins of hideous monsters seems not so far away.

We need not quiver in fright, though; a dream unpursued is worse than any temporary setback. And anyway, there's great options for all of us at AU so long as we remember that we can't expect to just sign up for something without considering our actual abilities. Effort doesn't automatically yield reward any more than saying something pleasant to a person means you are owed a smile. Usually hard work will produce results, but it's not a guarantee. We can believe that we can apply an economic model to our studies, equating our toil with inevitable reward, but that may be folly. Martin Luther noted a haughty egoism inherent in the belief that if we do what's right, in our case studying with diligence, we are automatically rewarded. Luther's words certainly precluded 21<sup>st</sup> Century criticisms of entitlement ethos. "There is no rational preamble to faith because reason is not a neutral instrument for the discovery of objective truths; it is misled by its own bias and even corrupted by sin—that is, by the egocentricity of the unredeemed man." (Luther, 111). We can't buy our degree with effort any more than with money; unlike some universities where certain students seem to glide by despite fundamental language or attendance deficiencies that would prevent them from passing even the most lax of Grade 10 class, we at AU are up against it if we can't demonstrate our learning and write our own essays. Sometimes we're inspired to succeed, but, sometimes, we're just signing up for the rack. A scary thought as we approach Halloween.

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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.*

## The Not-So Starving Student Spicy Ramen Challenge

**Xin Xu**



We used the 2x Spicy Samyang Noodles brand

As a student, I've tried so many brands of instant ramen that I can list at least six of them from memory. I've had ramen ranging every flavor imaginable and always leaned toward purchasing flavorful, spicy ramen. Despite being a giant fan of spice, I have never officially competed in a competition to devour the spiciest ramen in existence—until now. Recently, I had the opportunity to compete in a spicy ramen challenge that asked contestants to consume a popular Korean brand of spicy instant noodles in under two minutes. While various versions of the contest exist online, the one I was challenged to compete in only crowned an individual the champion if the entire bowl was finished in under two minutes.

I had never sampled these noodles before but from popular opinion, they were famously spicy

but delicious. I was hoping that the latter would hold true especially when there was only two minutes to consume an entire package.

Some of the other rules included eating not only the noodles drinking the broth the noodles were soaking in. Additionally, contestants were allowed to use aids such as a glass of milk, water and even a bowl of rice to help moderate the spice levels. Immediately after the competition, there would be Pepto-Bismol and a series of other heartburn medications to help relieve the damaging aftermath of the spice.



*The ramen has a sauce package that boasted 2x the spice from the original flavor*



*At home, I would typically enjoy a bowl of spicy ramen but without the time-crunch felt at the competition*

During the competition, I was quite nervous; the winner of the challenge would compete in a second competition with previous year's winners. I also had not eaten a proper breakfast, meaning that there was less in my gut to counteract the intensity of the ramen spice.

Following the competition, one friend quotes that my lips were "about the size of Kim Kardashian's post-botox". My lips were unequivocally tingling, burning, and painful

at the same time. However, I did somehow manage to complete the contest in under two minutes. Overall, this was a fun challenge with friends that can be done in the comfort of your living room. Several moments during the competition, my friend and I would exchange looks through a layer of tears in our eyes as we managed to suppress the heat of the noodles.

Are you a spice fanatic? You should try this challenge at home. Without the two-minute time limitation, I believe the challenge would be a lot more enjoyable for most people. For your next social event, consider having a spicy ramen station to spice up your entire party.



*Myself and another individual at the competition devouring a bowl of potentially the world's spiciest instant ramen.*

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





## The Study Dude

### How to Ace Your Paper

Marie Well



Ten years after dropping out of high school, I returned to upgrade. During those ten years without schooling, I read maybe three books. I did no writing (outside of songwriting) and I had no need for math. So, when I returned to upgrade, I faced a brick wall.

Weirdly, I'd finished grade 12 advanced math with a 100% class grade—I'd continue that trend during university. But English was another story. My mentor joked that I could barely spell my name, never mind write a term paper. Luckily, my English teacher assigned a pre-reading of a grammar book, which rescued me from English oblivion. I scored the top grade in my upgrading class of English slackers, but I didn't have the style of an English major.

And then I entered university.

Somehow, I had to find a way to score A's on my papers, especially when competing with students who had a flare for writing. I had one thing going for

me: a work ethic. So, I slogged out writing papers until I came down with a fail-proof system, which I'm about to share with you.

Here is my step-by-step system for winning A's on your papers, even if you've never read a book in your life:

**Step One—Get a Head-Start:** The day your paper gets assigned, sign out ten or more books on the topic from your library.

**Step Two—Bleed the Indices of Books:** Look in the indices at the back of the books. Find index headings (themes) with lots of references. Ensure the other books have lots of references for the index heading (theme). If you have a lengthy paper due, then find three related index headings (themes). Make sure you combine the themes together into one thesis statement.

**Step Three—Get Articles:** Once you've extracted your index headings (themes) from your books, download at least twenty articles related to those index headings (themes). Skim the articles, highlighting facts and interesting quotes related to your themes. In the margin beside each highlight, jot down the theme. Write a one- to three-word subtheme, too, to streamline the process.

**Step Four—Make Your Outline:** You can either use cue cards for your outline or a Microsoft Word outline.

For Microsoft Word outlines, I like to cite the books and articles word for word (as direct quotations). I then enter the bibliography at the end.

For cue card outlines, I like to put the citations in direct quotes on the front (along with intext and bibliography citations) and then put the theme and subtheme on the back.



**Step Five—Order Your Outline or Cue Cards:** Shuffle your Word outline entries or cue card entries into a logical order. Try to have at least three citations per heading and subheading. If you have six or more citations per heading, try to break them into two subheadings.

**Step Six—Turn Your Outline into the Body of Your Paper.** Do this by converting your Word outline into a regular document. If you used cue cards, type the citations and inline texts in the order you shuffled the cue cards during step five. Type up your bibliography at the end of the paper.

**Step Seven—Add Your Voice.** At the beginning of each chunk of references, write a sentence tying your selected quotes into your thesis. Then introduce each quote and add a comment after each quote. Link the quotes together by placing them in a logical order.

**Step Eight—Edit, Edit, Edit!** Wait at least twelve hours before making your first edits. Do at least three complete edits, waiting at least twelve hours between each run-through. I like to do five edits before handing in a paper. Remember, A papers have zero spelling or grammar errors.

**Step Nine—Humbly Accept Your A+ Grade.** Okay, never mind the humble part. Hang that A+ paper on your wall. Enter it into contests. Burry it in a time capsule for your great-great-grandchildren to unearth. You've earned it.

So, that's how a high school drop out went from barely spelling her own name to scoring A papers at university. Now, it's your turn to ace the grade—even if you think Archie comics count as classics.

#### References

Brown, Faithann. (2018). *Returning to School as a Busy Adult: 8 Practical Tips for Succeeding in Your Degree Program*. USA. Beta Draft. E-book.



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** 10 Words or Less Scholarship

**Sponsored by:** StudentScholarships.org

**Deadline:** November 30, 2019

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be between the ages of 14 and 25, and attending school in Fall of 2020.

**What's required:** A comment of ten words or fewer on any post on the [MyScholarships Facebook page](#) describing why you deserve the scholarship; you must also "like" their Facebook page.

**Tips:** Make sure you meet the age range requirement.

**Where to get info:** [studentscholarships.org/easy.php](https://studentscholarships.org/easy.php)



**Course Exam****Brittany Daigle**

ADMN 417 (International Business Management) is a three-credit senior-level business and administrative studies course that is designed to expose business majors to salient dimensions of the worldwide business activity of international firms. In general, international firms are defined as small and medium-sized enterprises for which current and/or future operations transcend national boundaries; these enterprises can be “for-profit” as well as “not-for-profit” organizations. This course has no prerequisites, though ADMIN 232 and or MKTG 396 are recommended. There is also a challenge for credit option if students are interested.

International Business Management is made up of three core units, nine lessons, two assignments worth fifteen percent, a third exam that weighs twenty percent, and a final exam for the remaining fifty percent. The nine lessons within this course cover some really interesting topics surrounding international business management, such as globalization, international trade, international human resource management, foreign direct investment, regional economic integration, and much more. The textbook for this course is an electronic textbook. To receive credit for ADMN 417, students must complete and submit the three written assignments and pass a final Examination. The passing grade for the final Examination is 50 percent and you must achieve a course composite grade of at least a “D” or fifty percent.

Gayle St. Denis is currently enrolled in the Bachelor of Management in Human Resource Management at Athabasca University. She provides a bit of an introduction, stating “I am currently living in Fort McMurray, Alberta and I have lived here for over twenty years! I am currently working full-time as the executive director of a registered charity, Safe Community Wood Buffalo. I am married and have two beautiful daughters and three fun-loving dogs. In my spare time, I enjoy volunteering and supporting my local community.”

When asked to explain the course to students, she states “ADMN 417 has three analytical reports and a final exam. Each assignment is done following reading a supplied case study. The final exam sounds intimidating for some because it is all short answer but as long as you study the course summaries, you are golden!”

As for the structure of the course, Gayle states “This course was a lot more fun than I was expecting! I found the course material interesting and engaging. This course consisted of three assignments (analytical reports done in APA format). For some, APA format isn’t their thing, but I have mastered it by using the sample APA document on the Owl Purdue Writing Lab. That website was a suggested tool in one of my earlier courses and I haven’t looked back! The three assignments have you reading a case study and then writing an analytical report. You only need to reference the case study and textbook on the assignments, so there’s not a bunch of research that needs to be done. The assignments basically are a sneaky way to show that you comprehend the course material. The final exam is all based on textbook material, not any of the supplemental readings. All the questions are based on the unit summaries of the online course content. The final three questions of the exam are based on a supplied (and very short) case study. These three questions are also just a quick way to show you can use the course content in a real-life scenario, not just regurgitate memorized material onto paper.

Gayle would recommend this course, stating “ADMN417 is an interesting course. It was not at all what I was expecting; I was expecting it to be dry and boring. It has content on international business and partially how it relates to Human Resources which is always intriguing to me. I found the course to be easy to navigate. The assignment instructions tell you exactly how to organize your analytical report, right down to how many words for each part of the essay. It can't get much easier than that!”

As for any tips and tricks to finishing the course, she explains “I definitely recommend using the owl purdue [website](#) and use that format for literally any and every APA assignment you ever have! I use this sample for all my APA reports, and it has helped tremendously. Follow the guidelines the course instructor has laid out for the assignments. The instructions tell you how to label each section of your report, how many words to each section, it is fool proof! You are given the information on what the tutor wants to see in way of formatting, just follow it. For example, the executive summary is 200 words, problem statement is 50 words, etc.”

When asked how communications with her tutor was, she explains that “Marking took a little bit longer, between five and eight business days. I found this reasonable for the length and difficulty of the assignments. The feedback for each assignment was appropriate, summarizing where I communicated well, and where I might have added more information or what was missed. I did not contact my tutor because I did not have any questions about the course content or assignments.”

Whether ADMN 417 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 information surrounding the topic of international business management.

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



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

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

#### **AthaU Facebook Group**

Ashley wonders about the exam process for courses with a December 31 end date; responders point out that there is a built-in exam extension for end-of-year courses. Liz wonders if she can move an exam date with ProctorU by two days without advising AU; responders say generally yes. In another post, it is clarified that ProctorU can only be used for online (not paper) exams.

Other posts include recommendations for planners, capital budgeting, Degreeworks, and courses FNCE 403, HIST 383, ORGB 300, PSYC 289, and SOCI 321.

#### **Twitter**

[@AthabascaU](#) tweets: “[#AthabascaU](#) and the Centre for Learning Accreditation (CLA) recently welcomed delegates from the University of Indonesia to learn more about our Prior Learning Assessment and Recognition (PLAR) process. Find out more in this article from [#TheAUHub](#) [t.co/RRE0Bn0okQ](https://t.co/RRE0Bn0okQ).”

[@austudentsunion](#) tweets: “AUSU is now accepting applications for our [#Igo2AU](#) Award, worth \$1000! Available to all undergrad students. Just make a short video about what [#AthabascaU](#) means to you, and apply online. Find out more at <https://ausu.org/services/scholarships-awards/>.”





## The Fit Student

### How the Medical System Fails Me

Marie Well



Has the medical system failed you? It failed me. And I watch it fail others.

To illustrate, this past week, a friend told me she had vertigo. Vertigo causes the room to spin, leaving you sprawled on the floor, too dizzy to move. My friend told me she had been given medication, which left her groggy, so she took the medicine at night. I told her that three years ago, I, too, had vertigo. I said I found my cure from diet—and not from medication. In fact, I never went on medication

as I never had a proper diagnosis. My cure came from raw foods: organic fruits and veggies, bran, yogurt, canned salmon, nuts, and seeds. When I told my friend this, she replied, with a trace of hope, “At this stage, I’ll try anything.”

As another example, I saw a female janitor taking out a garbage in an office tower. She wore big red headphones, ones without any audio: merely noise blockers. She had extra belly fat. She also had messy hair and looked sickly pale. I figured she had either chronic fatigue syndrome, fibromyalgia, or Lyme disease. I could identify because I owned a pair of the same giant red headphones she sported. A telltale sign of chronic fatigue syndrome. I wanted to pull her aside and tell her how diet and fitness cured me, but I haven’t seen her since. I pray she doesn’t end up bedridden, like many others with chronic fatigue syndrome.

I wanted to tell both my friend with vertigo and the female janitor about the failings of the medical system. I wanted to say how the medical community calls chronic fatigue syndrome a condition treatable by cognitive training and graded exercise. I agree with graded exercise for some people, but *talk therapy*? Even worse, Wikipedia says “there is no cure [for chronic fatigue syndrome].... No medications or procedures have been approved in the United States.” I had to research, diagnose—and cure—my own chronic fatigue syndrome. But I did luck out with my doctor: she said to exercise and change my diet. Those words led me back to health.

Even sufferers of Chronic Lyme disease face medical roadblocks. Lori Dennis, a mother of a victim of Lyme disease, says, “Chronic Lyme disease is medically ignored and universally negated, forcing sufferers—for the most part, save for a few heroic doctors—to diagnose, treat, and heal themselves .... Chronic Lyme disease is ‘treated’ more humanely on Facebook than in most doctors’ offices worldwide” (32%). She also claims, “Eighteen months, twenty-plus doctors, twenty-plus misdiagnoses, twenty-plus different treatments. All a waste of time and money, while Matt [her son] continued to suffer” (89%). She says, “Trust me when I tell you that Canada’s medical system is not any better” (90%).

If you end up with a chronic disease, you, too, might feel abandoned by the medical system. Lori Dennis says, “Most maddening of all, chronic Lyme disease sufferers are victimized not once but multiple times. By the disease itself. By the majority of doctors who turn their backs. By loved

ones who roll their eyes and walk away. By insurance companies who refuse to provide coverage. By the Centers for Disease Control and Prevention (CDC) and Infectious Disease Society of America (IDSA) who claim that chronic Lyme disease does not exist” (34%). Now “that patient population, abandoned and ridiculed by the medical establishment, government, and private health insurers, is often left to fend for itself in an effort to find health and healing” (7%).

As I watched the female janitor push her garbage cart through a door, I wondered if she’d discover the diet cure. As for my friend, I wondered if she’d heed my dietary advice and rid herself of vertigo. As for all people with Chronic Lyme disease, I wonder if they’ll one day get adequate medical treatment.

Until then, maybe we, the patients of today (or of tomorrow) will lead the way.

#### References

Dennis, Lori. (2016). *Lyme Madness: Where Millions Are Suffering ... And Few Are Listening*. SoulWork Publishing. E-book.

## Managing Stress

**Francesca Carone**



With school starting or new things in our lives popping up, it’s easy for us to get stressed out. Yes, Stress is natural and can be beneficial at certain times—it can even help motivate people—but it can also be detrimental if left to become chronic. Anxiety and stress can have a negative effect long-term on our health, so it is important to learn how to manage new stresses we haven’t had before.

You may be just starting university or a new job, or you may be starting a new

relationship or going through a stressful time in your life. These short-term stresses can be managed through a variety of ways. The first step to manage and reduce stress is to label it. Find out what exactly is stressing you out. After you know what is causing the stress, you have a chance to remove the stress (if possible). For example, if the stress is about a broken-down car, get it taken care of or get another car. If the stress is about an unhealthy or toxic relationship, you may want to get out of it.

For anxiety caused by things that cannot be changed, it is time to do something different. The first thing I can think of that reduces my stress is, stretching and exercise. It relaxes your body and mind and improves your mood. The best amount you can get is two and a half hours a week, but you can start off with less (WebMD). Next, you can try some meditation or just simply deep breathing. The trick is to sit or lie down somewhere quiet and take slow deep breaths from your

diaphragm and even slower breaths out. Doing this for just 10 minutes a day will really help with relaxation and stress levels. Next, you can make sure you eat healthy. Some foods raise stress levels, like chocolate, coffee and sugary foods. Eating veggies and fruit with some protein is a great way to increase healthy hormones. Some foods that promote relaxation are quinoa, chia seeds, or walnuts ([Jamieson-Petonic, online](#)).

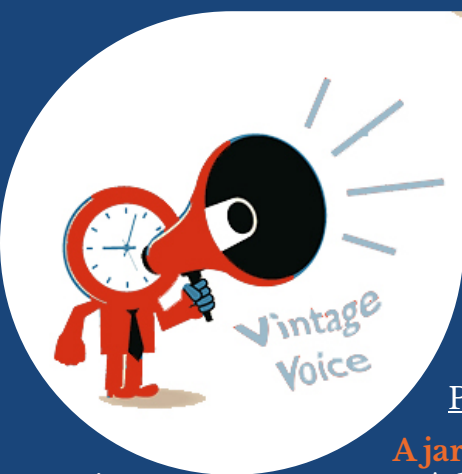
Something else to consider is just slowing down your activities and life. Doing too many things in one day make many feel rushed and stressed. Break down larger jobs into smaller ones and take a break from doing too many activities that are not required. Set your clocks five minutes ahead so that you will have a little extra time. Finally, you can engage in activities that make you feel happy and relaxed, whatever that is. Things like listening to music, yoga, prayer, spending time outside, reading etc. ... People have different hobbies and activities that will help them relax, so why not partake in those regularly.

As we all know, stress can come from a variety of sources, but the key is managing and reducing the parts that you can. Sometimes eliminating the source isn't possible (kids, parents), but for things we can change, we should try to because it may help.

#### References

Unknown Author & date. WebMD. *Causes of Stress*. Retrieved from: <https://www.webmd.com/balance/guide/tips-to-control-stress#1>

Jamieson-Petonic, Amy. *Stress Busting Foods*. March 20, 2013. Cleveland Clinic. Retrieved from: [https://my.clevelandclinic.org/health/transcripts/1458\\_stress-busting-foods](https://my.clevelandclinic.org/health/transcripts/1458_stress-busting-foods)



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

On the eve of [I Love Yarn Day](#) October 19, we cast back to some classic yarns about yarn.

**Oh, look! You can knit while you study.** Debbie Jabbour, whose C.V. includes Voice writer, AUSU council president, and Alberta MLA, shares her learning-to-knit journey. "Scraping the bottom of my financial barrel to pay my grad program fees meant I had no money to buy Christmas gifts this year – so I decided to make them all." [From My Perspective—Knitting Isn't Just for Grandma](#), March 2, 2005.

**A jarring gift idea.** Lonita Fraser comes up with crafty ideas for all those glass jars you can't bear to throw out. "Gifts made by the giver have a treasured specialness to them, and are very memorable and unique." [Bottled Up](#), March 19, 2003





Dear  
Barb

Barbara Godin

## Alcohol and Academics

*Dear Barb:*

*I am a guy in my mid-twenties. I attend university, plus take a couple of online courses since I failed two courses. I'm trying to get caught up through AU. The problem is that I've been partying too much and not keeping up at school. I am in a four-year program, but it's looking like its going to take me another year to complete. Some of my friends are in the same situation as I am. We haven't told our parents, they think everything is fine. We have gotten into some heavy drinking and partying and now it seems that we can't stop. There are four of us, and once one starts drinking, we all drink until we pass out, or get sick. I am the one who chose to write you, but I know I'm going to be getting drunk with my friends later and totally ignore that I may have a problem. Some people are saying this is just a normal part of college/university life, but I'm not so sure. There are friends who seem to be able to stop before they reach the point of intoxication, but not us. I'm seriously wondering if I have a problem and if so, what should I do. I know the university offers services to help with addiction problems, but I'm not convinced I definitely have an addiction problem. I would appreciate your input or advice. Thanks, Colton.*

Hey Colton:

Good for you for being concerned enough to write in. Alcohol use and abuse is a serious problem for many college and university students. From what you wrote in your letter, it seems you may have a problem. I'm going to assume you and your friend's participate in binge drinking, which is when you drink a large quantity of alcohol within a short period. The results can be devastating and lead to reckless behaviour which includes physical and sexual assault, involvement in criminal activity as well as unprotected sexual activity, leading to STD's or unwanted pregnancy. Excessive drinking also affects your brain and your ability to process and comprehend events. You have already said you are not going to complete your program within the normal time frame. These are all indications that you have a problem. I'm sure your friends also have an alcohol problem. There are many treatment facilities available that are geared to young adults and students. If you were looking for a second opinion, you got it. My suggestion is make an appointment with a counsellor through your university and find out what services they provide. It is good that you are recognizing this situation and hopefully you are able to get it under control as soon as possible. Thanks for your important letter Colton.

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



**Poet Maeve**  
**Idiot Box****Wanda Waterman**



# Relationships and Ethics In and Out of the Anthropocene: Indigenous methodologies, eating in the oil sands, alliances with nature & maternal-child health.

**Friday, November 1<sup>st</sup>, 2019**  
2:00pm to 4:00pm

.....  
**FEATURED SPEAKERS:**  
.....

*Josie Auger*

Obtaining ethics approval  
at Athabasca University  
using an Indigenous Research  
Methodology

*Suzanne McCullagh*

Solidarity with the More Than  
Human World?

*Janelle Baker*

Eating in the oil sands:  
Sâkawiyniwak (Northern Bush Cree)  
experiences with wild food  
contamination

*Kharah Ross*

Close Relationship Quality and  
Maternal-Child Health

- + Room has been reserved in Edmonton Peace Hills Trust Tower (AUE 1217).
- + The talks will be live-streamed on Adobe Connect:

Conference Number(s): 1-855-228-6652 | Participant Code: 1362638  
Adobe Connect link: <https://athabascau.adobeconnect.com/fhss-research/>



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](mailto:services@ausu.org) with any questions about this article.

## IMPORTANT DATES

- **Oct 21:** [Canada Federal Election](#)
- **Oct 30:** [Deadline to apply for course extension for Dec](#)
- **Nov 1:** [Deadline to apply for AUSU Awards & Bursaries](#)
- **Nov 10:** [Deadline to register in a course starting Dec 1](#)
- **Nov 15:** [Dec degree requirements deadline](#)
- **Nov 21:** [AUSU Public Council Meeting](#)

## Last Chance to Pledge to Vote

Have you [pledged to vote](#) yet? The Canadian Federal Election is October 21, so there are only a few days left to pledge to vote and be entered to win great prizes!

By pledging to vote at [getoutthevote.ca](http://getoutthevote.ca), AUSU members will **automatically be entered** in a draw to win a variety of great prizes from AUSU, including:

- **FREE undergraduate course at Athabasca University** (2 available)
- **Amazon Gift Cards** (up to \$100 each, 5 available)
- **Free Online AU Exam Invigilation through ProctorU** (\$40 value, 20 available)

Visit the AUSU website [here](#) for more details.



## AUSU Executive Blog

Your AU Students' Union President, Brandon Simmons, gives some insight about advocacy work that AUSU does on behalf of AU students! He also gives some insights on our Get out the Vote campaign and why it is important that AU students pledge to vote!

Check out the October blog online [here](#).



## Tips for Voting

The Canada Federal Election is on October 21, 2019. Your voice matters - it is crucial that all students get out and vote. This is one of the best ways to have a say in the future of your country! Here are some tips to prepare you to vote:

### Where to Vote:

Visit [Elections Canada Voter Information Service](#) to find your assigned polling station.

### What to Expect:

Check out [this video](#) from Election Canada for information about what to expect on voting day!

### Who to Vote for:

When you vote in a federal election, you are voting for your [local Member of Parliament \(MP\)](#), who will represent you in the House of Commons in Ottawa. Though you do not vote directly for the Prime Minister of Canada, your vote indirectly has an impact on this role. The political party who can get the support of the most MPs (i.e. fill the most positions) will form government and appoint their leader as the Prime Minister.

Visit Elections Canada [here](#) for a list of election candidates in your area.

You can check out the individual party platforms online [here](#).

## On October 21, Get out and Vote!



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# CLASSIFIEDS

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

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## THE VOICE

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[www.voicemagazine.org](http://www.voicemagazine.org)

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