



# THE VOICE

Vol 27 Issue 43 2019-11-08

**In Conversation..**  
..with Bree Taylor

**Second Paid Writer's Gig**  
Coming back to *The Voice*

**My Angels, My Demons**  
Living a Life

*Plus:*  
*Solitary Scholar or Lonely Learner?*  
*Canadian Education News*  
*and much more!*



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## LETTERS TO THE EDITOR



### Plea To Megan Who Wants to Divorce Her Husband

I beg you, Megan (the lady who wrote Dear Barb), please don't leave your husband.

I agree with Barb Godin in her recent Dear Barb column. Divorcing a husband, especially when you have children, spells trouble. Web MD author, Sid Kirchheimer, says, "A new study shows that children of single-parent homes are more than twice as likely to commit suicide." Just as troubling, The Morning Call author, Bob Linton, says, "70% of criminals are from broken homes." Also, according to VeryWell Family, "Adult children of divorce tend to have lower-paying jobs and less college education than their parents." And "children of divorced parents are twice as likely to drop out of high school."

But if that's not enough reason to save your marriage, consider this: your divorce is 50% likely to lead to a second divorce. According to VeryWell Family, "approximately 50% of American children will witness the breakup of a parent's marriage. Of these, close to half will see the breakup of a parent's second marriage. One of every 10 children whose parents have divorced will also see three or more subsequent parental marriage breakups." As author Paul Friedman says, your husband gave you his vows. He chose you, and you chose him. He is there for you where others are not. He cares for your children as much as you do. Isn't that incredible on its own? You have the ideal person to learn how to love unconditionally. And I believe we all need to learn to love unconditionally before we exit this world.

As for Megan, who wrote Dear Barb, I beg you, don't leave your husband. Instead, try the books and course from The Marriage Foundation. If you heed my advice, I guarantee your family will flourish—and you will realize one of your grandest life purposes: how to love unconditionally.

Otherwise, you and your loved ones suffer.

Woefully signed, Marie Well.

**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 Back At It!

Karl Low



Switching things up a bit this week, we don't have a student interview as our feature. I know, right? However, we are still featuring an interview, just this time, it's of Canadian country-pop artist, Bree Taylor. I'm not a country music fan in general, nor a popular music fan either. But it's still an interesting read seeing what drives this woman and how her past of being bullied and depressed has been addressed through her music.

We also have a couple of timely things this week, with two former writers for *The Voice Magazine* returning. First Scott Jacobsen brings back the Canadian Education News column, with his look at some of the things going on in the education sphere in Canada, whether it's ranking universities on innovation or lobbying, or the new school recently formed at the University of Alberta, to the effects of the recent Alberta budget on the post-secondary system.

Also, Philip Kirkbride, the erstwhile "Travelling Student" has returned, and brings back a story of life after AU. What I like about this story is that it's real. It's not a rosy story of runaway success that we see in so many PR reports, but neither is it a

tale of failure and wasted education, it just slides right in the middle there, like so many of us undoubtedly will. I think it's good to be reminded every once in a while that that "doing okay" is an okay thing.

A quick reminder as well that Remembrance Day is upon us. And once again, we seem to have another year where Voice writers just weren't that interested in it. So we take a look back at previous issues and what other writers have said about it in the Vintage Voice.

Meanwhile, if there's one thing that's been on my mind recently, it's how all the media is Reporting about western separation becoming a real thing. As the Voice Editor, I'm on the mailing list for the @Wexit group, and what it tells me is that the media is more interested in #Wexit because the idea of it gets people's attention than the actual facts of the matter.

The facts of the matter is that the movement remains incredibly small. They say they brought in about 700 people to their latest event at a local pub in Edmonton. Not bad for a nascent movement, however, when you learn that the petition they recently submitted to become an actual political party was only signed by 500 and some people, even though it was apparently passed around at the bar and they encouraged these people, presumably their most dedicated supporters, to sign, you realize that the media is overplaying their strength, both in the number of supporters and the depth of support they have. As a comparison, HorrorCon, recently held in Calgary, brought in around 2000 people. It's not an exaggeration to say more people in Alberta would prefer to be deliberately terrified than separate. This isn't to say there aren't some very angry people here, but welcome to, well, pretty much any place on earth.

In any event, the Voice Magazine will continue to bring the news, events, scholarships, advice, and more, all from the perspective of students and former students of AU.

Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", written in a cursive style.

## In Conversation... with Bree Taylor

Wanda Waterman



*“Bree Taylor is a Canadian singer-songwriter of pop-inspired country tunes full of authentic feeling and deep affirmations of life and love. The just-released video for her song “Drive” is a delightful road trip full of fun, natural beauty, and the joy of female camaraderie. Taylor recently took the time to answer Wanda Waterman’s questions about her music, her life, and her life’s mission.*

### **What kind of childhood did you have, and what role did music play in it?**

I actually had a rocky childhood. I dealt with a lot of bullying all throughout my school years and a lot of depression and anxiety that, at the time, I was unaware of. However, all throughout my childhood music was my saving grace.

I turned to music when I was being bullied at school and dreamed of a day when I could show them all that I *was* good enough, that I *was* worthy and that I could prove everyone wrong. Music was my

friend when I didn’t have any, and songwriting was my emotional outlet for everything I was feeling.

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

As an artist I am influenced by so many things and by all the people in my life in one way or another. This is why I try to surround myself with positive, happy people and to remove negative ones from my life. I don’t need any negativity influencing or surrounding me.

In terms of someone influencing me as a human being, I would have to say that my good friend and manager Maria Luisa Sivitilli is someone who has majorly and positively impacted me and influenced my life for the better. I feel truly blessed to have met her and to have had her come into my life, and her friendship means the world to me.

### **Why did you choose the country music genre?**

I always had a love for country music growing up because I’ve always been a story-teller in my lyrics. My mom has always been a huge country music fan, and she surrounded me with country music (my dad was more my rock and pop influence) which inspired me.

I started songwriting country tunes in high school and university but went off more in a pop music direction a few years ago when it came to original music. However, despite the success I was having as a pop artist, I felt that my songs translated better into a country-pop sound. It feels right for me as an artist right now in my career. I love so many genres of music and grew up with such a diverse musical interest that I find it truly makes my voice and music unique.

### **Did anything funny or weird happen while you were taping the video for “Drive?”**

Yes! We were filming the last scene of the music video (popping champagne) and we were losing the light for the sunset, driving as fast as we could to catch the light. On our way to our filming location the road was blocked off, so we had to turn around and find an alternative spot to film the ending. Then (while still trying to catch the sunset) we had two champagne bottles in a cooler in the secondary car that we used, but as we took them out to shoot the bottles popped themselves!

It was *so* hot in the desert that even in a cooler in the trunk of a car they got so hot they popped on their own when we took them out, and I didn't get to pop my first bottle. In the shots we used we faked it to make it look genuine and realistic! It was actually pretty hilarious.

### **What conditions do you need in your life in order to maintain your creative output?**

I make sure to surround myself with positive people who inspire me, people who allow me to be myself and to feel good about who I am and what I'm doing. I've had to remove people from my life that bring negativity because I can't have any of that with what I am doing. For someone who's dealt with depression and anxiety that's an important part of my self-care.

Negativity and negative people are unnecessary distractions and block my creativity and flow. At this stage in my life and career I can't have that. I have to focus on the positives and on solutions to problems that may arise. It doesn't help to dwell on the negative, and this is a life lesson I've learned in the last several years of my life.

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

My artistic mission statement would be: “My music is my escape to find my truth and to be able to connect with others and hopefully create a positive change in people's lives the way music did for me growing up.”

### **You support some important charities. Why do you make this a part of your career?**

I feel that my creativity goes beyond just making music. I feel that all the things I went through growing up were for a bigger purpose. I don't believe that negative events happen just to cause pain; I believe they teach us lessons and we're meant to grow from them. I've chosen to take this mindset, follow this path, and use the negative things to fuel me and my mission in life instead of being a victim.

### **What's next for you?**

I'm currently working on finishing up my new EP, which is due out in early 2020. I have a new single that will be released at the end of January 2020, called “Cry,” that I'm extremely proud of

## **AU-thentic Events** **Upcoming AU Related Events**

### **Online MBA Info Session**

Thurs, Nov 14, 10:00 to 11:00 am MST

Online

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/online-mba-executives-information-session-2019-nov13/](https://business.athabasca.ca/event-details/online-mba-executives-information-session-2019-nov13/)

Register online at above link

### **COHERE 20th Anniversary Conference 2019**

Thurs Nov 14, 9:00am to 7:00 pm MST,

and Fri, Nov 15, 9:00 am to 11:45 am MST

Taylor Institute for Teaching and Learning,  
University of Calgary,

434 Collegiate Boulevard Northwest, Calgary,  
AB

In person

Hosted by AU and University of Calgary

[www.eventbrite.ca/e/cohere-20th-anniversary-conference-2019-tickets-64994192379](http://www.eventbrite.ca/e/cohere-20th-anniversary-conference-2019-tickets-64994192379)

Purchase tickets (\$195 to \$345) through above link

*All events are free unless otherwise noted*



and absolutely love. It's an emotional ballad that I feel so many people will be able to relate to, and, so far, the couple of times I've performed it at a show people have just loved it. I can't wait to release this single and for more people to hear it and get a chance to connect to it.

I'm also booking shows and festivals for 2020 and can't wait to bring my show and music to more stages across Canada and hopefully into America. I've been getting so many requests to perform in the US, and America is a second home to me, so I'd love the opportunity to perform there.

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



## Porkpie Hat My Angels, My Demons



## Darjeeling Jones

"My favourite people are always those who are among the dreamers, romantics, hedonists, sensualists, surrealists—those with large appetites for life. I have had the pleasure of knowing a great many of these types, from all walks of life. Sometimes their appetites lead them astray. They eat too much, laugh too much, smoke too much, love too much. They stay up too late, sing too loud, get a little too wild, make unfortunate mistakes in love and life. They are too reckless and overly sentimental. They show up at your door with pizza and roses, blood on their shirts, and a dozen stitches. Because they wear them upon threadbare sleeves, their hearts get slammed, bruised, and torn. They lead charmed lives, but sometimes the charms are dark ones, more like curses. There are those pious souls who would claim these people are misguided, self-destructive. I say they have a deep appetite for the rich marrow of life.

I have been lucky enough to have known many such people, from many different walks of life: jockeys, janitors, poets, drug dealers, tattoo artists, cocktail waitresses, line cooks, and long-haul truckers. Some of them are dead now. Or have disappeared off the face of the Earth. One or two of them have done

time. But all of them have been outlaws, in one or some fashion, all refusing to live their lives on any terms other than their own, all blessed with big, fat, glowing hearts, deeply entrenched don't-give-a-fuck attitudes, usually-empty pockets, and always-full lives.

What a privilege it is to be around people of have a true appetite! Whether for music, food, books, travel, love, life, experience, or anything. If there is any doubt that the Goddess loves us—for all the troubles she heaps upon us—surely the best evidence are the bounty of shiny gifts she has given us: our senses, our imaginations. And this strange, glittering labyrinth of a world she has set us loose in, filled with all manner of terrible prospects and unexpected joys.

Life is too precious. I have no time for the visibly pious, the apparently abstemious, the secretly niggardly—those who must scan the scene with a judgemental eye, sniff the air for indiscretions,

always ready to offer up table scraps and Dutch uncle's advice to those they deem as being in need, without ever admitting to needs and weaknesses of their own. Place me in the vicinity of a ne'er do well rather than a know-it-all any day. Give me the company of flawed, scarred, honest, dirty-handed, open-hearted women and men.

If, as I strongly suspect, there is no meaning beyond what we ourselves choose to do and to value in life, then I choose to spend my time in the company of folks who value pleasure above reputation, experience above wealth, adventure above security, love above virtue. If, as I believe to be true, this world is the only heaven and the only hell any of us will ever know, then I want to share my existence with the sort of people who understand that the demons we carry within us are every bit as worthy of respect as our angels.



## Second Paid Writing Gig

Philip Kirkbride



Careers don't always develop in a straight line in our modern economy of fast changing jobs. The skills we pick up don't always pay off right away or in a straightforward manner. At least that's how it was with me. It wasn't until earlier this year that I got an opportunity to really make use of a lot of what I picked up in my communications courses and writing for *The Voice Magazine*.

When I first started writing for *The Voice Magazine* in 2014 as an undergraduate student in Communications, I was ecstatic that I'd have a chance to get paid to write. Despite putting significant effort into my articles, my writing was nowhere near professional level. Yet, as a student at Athabasca University, I was part of an exclusive group with the opportunity to write and submit articles to be published in *The Voice Magazine*.

Despite finishing my bachelor's degree, I never really "made it" in the journalism world. I felt like a sore thumb among typical communications and journalism majors. That's not even considering that I'd completed my degree through correspondence. I ended up falling back on my college diploma, related to web development and programming. At least in the programming world I felt

like I fit in, at least a little bit.

Last February I was first contacted by Packt Publishing, a publisher specializing in instructional material for IT and programming. They asked if I'd be interested in being one of four co-authors on a course that focused on a popular programming language called JavaScript. They said it'd be a quick project, which ended up being far from the truth.

They first had us work together as a group to come up with a course outline. After going back and forth several times with the group and the company we finally came up with an outline that we could all agree on. We'd each be in charge of a section of three chapters in a twelve-chapter book.



Due to the nature of the company, and the amount of books they produce every year, there ended up being a lot of waiting. The amount of work we all thought it would take was only a fraction of what ended up being required; edit after edit was requested from us. Given how hard we'd often work to meet their deadlines, it was annoying only to have them then return our edits late.

I imagined requested edits would be something like changing the wording of this paragraph or that sentence, but often it required removing large sections, or adding full exercises under deadlines that seemed completely unreasonable. There were many weekends where I spent the majority of my waking hours writing and creating the associated computer programs that come with the book. In the end, the other three authors slowly dropped off the project. It was a major set-back, but I was determined I wanted to make it to the end.

It added several months to the project for the publishing company to get three new authors, one by one, to complete the remaining chapters, but I was happy with the co-authors they found, and, in the end, they came through. Finally, on September 30th the book, Professional JavaScript, was officially released. It took me off guard, as I'd come to think the book would never be released. For a brief period we were the number 1 new release in a very niche category on Amazon "web browsers". I still have no idea how many sales being number one in such a niche category translates into.

While the first book took forever to complete, I have since had a chance to work with Packt on another project, as an author brought in to help complete 2 chapters of an anthology that was already in the very end stages of production. I've been told the next book *The JavaScript Workshop* will come out in November, but, given my first experience, I'm not holding my breath.

I'm happy to say that after all this time I've finally had a chance at a second paid writing gig after *The Voice Magazine*. Something which seemed like a pipe dream when I first started back in 2014. I've now returned to Athabasca as a graduate student studying Information Systems, I'm hoping it is my second writing gig of many more to come.



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** ServiceScape Scholarship

**Sponsored by:** ServiceScape

**Deadline:** November 30, 2019

**Potential payout:** \$1000 USD

**Eligibility restriction:** Applicants must be at least 18 years old and attending, or will attend, an accredited college, university, or trade school in 2019.

**What's required:** A completed online application, including a maximum 300-word essay on the topic of "how does writing impact today's world?"

**Tips:** See [previous year's winning essay](#) for inspiration.

**Where to get info:** [www.servicescape.com/scholarship](http://www.servicescape.com/scholarship)



## Canadian Education News

Scott Jacobsen



### New Centre for Joining and Welding Opens at the U of A

According to *The Gateway*, in the Faculty of Engineering at the University of Alberta, there has been the creation of a new academic centre. It is called the Canadian Centre for Welding and Joining (CCWJ). The focus, as given by some of the title of the centre, will be materials engineering and welding.

On October 23, the Academic Planning committee considered and eventually passed the formal proposal stipulating the

establishment of the centre. Welding is a complex and in-demand field involving “design and selection of alloys, machinery, and processes.” The CCWJ functions mostly from a \$2.1-million-dollar-endowment.

As reported, “The CCWJ will equal or surpass existing facilities worldwide in terms of the scope of its interdisciplinary research, state-of-the-art infrastructure, collaboration with industry, and education and training of welding engineering and researchers.”

### Cuts to Alberta’s Postsecondary Education Becomes Reality

*Edmonton Journal* described how the cuts to advanced education – often rumoured to be coming since the election of the UCP – became reality for the post-secondary institutions in Alberta with the reductions in provincial grants. Those cuts will be up to 7.9% for some institutions.

The tuition fee freeze will be cancelled in 2020-2021. Finance Minister Travis Toews stated, “Our goal over these next four years is to adjust the way we deliver education in the province to reduce the funding requirement of government and, again, to align our spending with that of our comparator provinces.”

Cuts include \$225 million in tuition and education tax credits for the following three years. The Advanced Education budget dropped 5%, on a budget of \$5.1 billion. Expected cuts will be 12.5% over the next four years. This means a budget drop from \$5.1 billion to \$4.8 billion.

There will also be an increase on the interest on student loans. The decisions were strongly informed by the MacKinnon panel report from September.

### U of T Tops National Innovation Rankings

*Reuters/University of Toronto* stated that the University of Toronto is the most innovative university in the postsecondary institution national landscape. The University of Toronto is among the top 30 universities in the world.

In the World’s Most Innovative Universities 2019 ranking, the University of Toronto moved into 27<sup>th</sup> place, which is 8 spots up from 2018. It moved 19 places up in 2017. U of T continues on an upward innovation streak.

The President of the University of Toronto stated, “This ranking reflects the growing recognition of the University of Toronto as a major global hub of discovery and innovation across a wide

range of fields... It is a tribute to the ingenuity of U of T researchers and their success in addressing pressing problems with practical solutions. The number one ranked university in the world is that of Stanford University.

### University of Saskatchewan Most Active Lobbyist

*iPolitics* stated that the University of Saskatchewan and the “national advocacy body for universities were the most active organizations” for lobbying at the federal level based on figures from the Office of the Commissioner on Lobbying.

The University of Saskatchewan filed 19 communication reports for the office of the commissioner in September alone. Jennifer Thomas, spokesperson for the University of Saskatchewan, stated, the university is “working to more actively participate in the national conversation in areas of interest to the university including water, agriculture, Indigenous research and scholarship and Indigenizing the academy.”

Sara Daniels, the associate vice-president of government relations, has been working to build the relationships with the federal government for the university. Many recent meetings for Daniels, according *iPolitics*, have been focused on the work of “the school’s Canada 150 Research Chair in Hydrology and Remote Sensing, Dr. Jay Famiglietti.”

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



### Fly on the Wall Solitary Scholars or Lonely Learners?

Jason Sullivan



When Robin Williams passed away five years ago many of us sensed that one of the loneliest people on earth had departed. His epic line, that “I used to think that the worst thing in life was to end up all alone. It's not. The worst thing in life is to end up with people that make you feel all alone.” stands as a stark reminder that finding others who share our sense of life is not a foregone conclusion. Williams' sentiment resonates with anyone who has ever felt like a social outcast. Here at AU, we may have wonderful personal lives, yet, by the nature of distance education, we nevertheless are somewhat alone in our

studies. We can't expect loved ones and peers to necessarily understand our coursework for the simple reason that they aren't sharing in it and, for them, school days often aren't something they relish revisiting.

The distance between ourselves and others can be magnified when we embark on AU studies. In moments when our education seems to wind us up a lonely path, we might recall the desperation mouthed by the grunge poet Steven Jesse Bernstein. His surreal and preposterous lyrics remind us of our stable genius even while we feel a certain wistful nostalgia for shared experiences, good



and bad, in our classrooms of yore: “You are gripping the phone, smiling, eating candy, crying, ‘I am with the important women now. I am secretly an important man. Hang up the phone, I can’t dance with you anymore. Go to your freezer and get a popsicle.’” (Go get a popsicle, indeed. Sometimes in our studies all we have are ourselves and our snacks for company.

### **Alone but Growing**

The solitary existence of AU student life can also play to our strengths as vibrant intellectual dynamos. It’s totally natural to feel isolation—after all, there’s a reason it’s called distance education, not intimate education. Compared to its darker and more diabolical cousin, depression, intellectual loneliness can reveal how interaction with others founders on assumptions of total affinity. Maybe we’re never with others or alone with ourselves as much as we think. Certainly, we can’t expect even our closest friends to understand all that we do and are. And even within our fine minds we have many aspects that occupy a diverse whole.

We are each not one but many and in this sense some parts of us are more distant from others. “For the body does not consist of one part, but of many.” says the book of Corinthians and, more recently, Gilles Deleuze and Felix Guattari argued that our being is like a grass rhizome: “A rhizome may be broken, shattered at a given spot, but it will start up again on one of its old lines, or on new lines. You can never get rid of ants because they form an animal rhizome that can rebound time and again after most of it has been destroyed.” Even our brains are provisionally divided by the corpus callosum into left and right hemispheres. So, within us and without us, interactions provide the solace of contact even if true connections remain by nature provisional.

### **Our Individualized Worlds**

AU leads us to encounter directly this solitary sense of contact with our subject material; the inanimate animates as inspiration breathes life into our readings. Soon, what Pierre Bourdieu termed our “habitus” and Jurgen Habermas described as our “lifeworld” comes to represent, though not duplicate, all that we’ve absorbed during our learning process. Learning takes us to new islands of inquiry even as we may drift away from others and from former versions of ourselves. The journey can be a lonely one. As much as we love our family, friends, pets and hobbies, AU can lead us down a rabbit hole. But it doesn’t have to be that way, thanks to grouped class forums and the Internet’s boundless interactive possibilities. And much of what we learn is translatable into daily language. There are no theorists or concepts we encounter that others haven’t studied in detail before. Likewise, learned production begins with regular life.

What’s more, and most prescient when we think about being alone even with others, classroom study itself can often be the most desolate and lonely experience imaginable. There’s a reason Jean-Paul Sartre concluded that hell is other people; many university classes lack the ecstatic spark that joyful learning provides. Like a Norman Rockwell painting of students slumped, sleeping and dulled out in an antique classroom (does one exist, I don’t know, but we can imagine it in the solitary art museum of our brains!) brick and mortar institutions can suck the life of our love of learning. Lucky for us, AU lets us design our own classroom and meander through course material with the free spirit of a snowshoe hare hopping through fresh snow.

### **Finding the Right Others on Our Journey**

Of course, having a friend, acquaintance or mentor goes a long way toward academic success. Yet we need to be careful not to take our commonalities too seriously; individualized study means we have to set our own course and adopt our own effective routines. Just as with romantic love, academic partnerships have their limits; even the best study buddy can’t replace our inner resolve when it comes to accomplishing our goals.

This realism is far from pessimism! In a sense, all friends are imaginary. We find affinities with others, such as when an acquaintance shares an interest in psychology or biology or museums, but these are limited to the bounds of their discipline. We may abhor other tastes of theirs such as their amour for pugs or their fondness for wheat grass. A perfect match between two people would be like an absolutely perfect map drawn in 1:1 ratio; such a map would cover the world and literally replace what it meant to describe (Borges, 1658). Even matching ourselves to ourselves presents impossibilities. We are never quite the same person in one present moment as we were in the past; this echoes how our cells are always dying and being regenerated and how our guts are full of foreign bodies that ferment and augment our digestive and endocrinal functioning.

Whenever we speak, think, or feel we are being ourselves expressing something that is neither quite all of us or an exact representation of who we are and how we feel. Our sentiments form sentences but only by shearing away that which is untranslatable. When we speak with others or reflect on our inner thoughts we automatically take multiple positions and receive different responses depending on countless contextual factors. No interaction is a straight 1:1 map of sender and audience. As such, we are neither alone with our thoughts as a singular unity nor ever quite in full embrace with an Other with whom we communicate.

Even the most sympathetic audience can only relate to us with a part of themselves and that's ok anyway; we aren't each blank slates waiting to be covered over with mute facts. Vast swathes of ourselves and the others who inhabit our lives remain a delicious mystery; we're never alone when we realize that there's always more to explore.

Whatever parts we find to engage with in a person or a course, there will be other parts that disinterest us or that we abhor. Although no amount of reasoning will bridge the divide, we can take solace in the joys of accepting incommensurate realities; who wants a world where everyone thinks the same as everyone else?

#### References

Borges, J.L. (1658). 'On Exactitude in Science'. Retrieved from <https://kwarc.info/teaching/TDM/Borges.pdf>

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.



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

Remembrance Day is just a few days away. Each year, *The Voice's* writers find many reasons to remember.

**Layers of Remembrance.** Writer Bill Pollett relates how the tentacles of war reached far into his family. "... I would listen to the sounds of overturning furniture, wild curses, dishes shattering against the wall—all the sounds of a lifetime of pain and anger booming like a circling storm, a great unstoppable force." *Lost & Found — Row Upon Row*, November 10, 2004.

**Their faces to the foe.** Columnist Hazel Anaka examines the importance of continued remembrance. "While the rules and tools of combat have changed over the decades, the mission and the goals remain the same: to protect the efforts for peace and freedom around the world." *From Where I Sit—Remember*, November 6, 2014.

## The Fit Student

### How to be Perfect

Marie Well



As an angst-filled teen, I vowed to become perfect. But what did it mean to be perfect, I wondered, as I sat alone on the dark hillside by a creek, lost in delusions, visited by the occasional stranger, comforted by a fire several meters away.

Did perfection take all the knowledge in the world? Yes, I thought. Did it take a beautiful form? Of course! Did it take superhero acrobatic and combative skills? Indeed, it did. But that wasn't enough. In fact, all that paled to what I coined true perfection. Namely, acts

that better another's life.

But, again, I was stumped. What did it mean to better another's life? And which kind acts were the best? Atheist at the time, I dared consider another force: God. Somehow God needed to enter the equation.

And then I gave up my thought process and joined the misfits at the fire.

But today I've moved closer to discovering the meaning of perfection. For me, perfection flows from unconditional love, selfless serving, a deepening spirituality, and lifelong learning. But to achieve all this, I must watch my thoughts. And to achieve your highest awakening, you must guard your thoughts, too.

But how do we control our thoughts?

#### **First, we need to know what kinds of thoughts to bear.**

I believe we should watch our every thought, asking ourselves, "Does this thought build others up? Does this thought bring happiness to my loved ones, colleagues, acquaintances, or higher power?" If not, change the thought. Paul Friedman says a thought can be in only one of two states: constructive or destructive. He says there is no such thing as a neutral thought. Even silence is either constructive or destructive. But we're always constructive if we speak—or stay silent—with the motive of unconditional love.

#### **Second, ponder what makes our loved one(s) happy.**

I believe we must strive to bring happiness to others. We can do so through kind thoughts, actions, and feelings. Only then can we achieve healthy relationships. If we offer kindness, but get rejected, we still win.

Author Howard Partridge says, "Check every thought that comes into your mind .... Negative, destructive, ungodly thoughts cannot board .... Dismiss them and set your mind on the things that you are called to do, the things that are good for your life. The things that inspire you" (36%). I flip his wisdom into "other" focus: I say, focus on the things that are good for *your loved ones*.



The things that inspire *them*. The things that you are called to do to help *others*. Prioritize others' happiness before your own. Then, your own happiness surely will grow.

### Third, turn positive thinking into a habit.

Howard Partridge says, "You must be willing to change daily. Change is a habit that you want to create. Change the way you think about yourself. Change the way you think about the world. Change the way you think about God" (32%). I, at the time an atheist, once went to a Christian church. My friend asked me to join her, so I did. On stage sat a Christian woman. For about five minutes, the Christian woman beamed with euphoria, her eyes closed, her hands outstretched skyward, a smile widening on her face. The audience was silent. Shocked, I cried out, "What is she doing?!" I was hushed. After the strange on-stage euphoria, the Christian woman spoke. She said she had been sending unconditional love to God, to the audience—and to me, the person who cried out. It changed my life. And today I try to send others that same depth of love.

If I could go back in time, I'd say to my teen self, "I'll never see perfection in myself, but I'll humbly see it in others."

#### References

Partridge, Howard. (2012). *7 Secrets of a Phenomenal L.I.F.E.* Shippensburg, PA: soundwisdom. E-book.

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

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

#### AthaU Facebook Group



Ben wonders if anyone has done six courses in a 4-month semester; apparently AU students have been there and are doing that. A student loses a full day's work after a computer crash and another student suggests using Google Docs to prevent future scenarios like this.

Other posts include finding the contract end date, choosing courses, and courses COMP 232, HLST 320, INST 370, NUTR 331, and PSYC 379.

#### reddit

A current UofT student wonders if switching to AU for the degree's remainder affects eligibility for law school later. Other posts include questions on BIOL 325, FNCE 370, and SOCI 381.

#### Twitter

@AthabascaU tweets: "Students taking #AthabascaU's online Master of Arts – Interdisciplinary Studies (MA-IS) will have an exciting new course option this winter—MAIS 572: Listening as a way of Knowing. Learn more on #TheAUHub. [t.co/d2VYhozIbr](https://t.co/d2VYhozIbr)."

@austudentsunion tweets: "Want cheaper prescriptions? How about free delivery right to your door, all across Canada? AUSU members get this perk for free through Alliance Pharmacy! <https://bit.ly/2Y0tZu1> #igo2AU."

## The Study Dude

### Why Young Adults Need to Study Hard

Marie Well



Young adults need to hit the books hard. And not just academic books. Reading, studying, exercising, or improving a relationship is critical, especially for those of us in our 20s or 30s. Why? University of Virginia clinical psychologist Meg Jay argues that “the first years of adulthood are the most important time in a young person’s life .... ‘We know that 80 percent of life’s most defining moments happen by age 35. We know that 70 percent of lifetime wage growth happens in the first 10 years of a career. We know that more than half of

Americans are married or living with or dating their future partner by 30. Our personalities change more in our 20s than any other time” (as cited in Heinritza 4%). So, we need to educate ourselves early. We need to grow into lifelong learners fast. We need to unlock clues for personal development quickly.

For most of us, the 20s to 30s can set the direction for the rest of our lives. I know a 20-year old. She dropped out of high school, took up toxins, didn’t stick with her job, and lost her true love. But she’s a beautiful soul with unlimited potential. Sadly, struggling youth are not uncommon. According to Ms. Jay, “there are 50 million twenty-somethings in the United States, most of whom are living with a staggering, unprecedented amount of uncertainty. Many have no idea what they will be doing, where they will be living, or who they will be within 2 or 10 years” (as cited in Heinritza 5%).

I wasted my early 20s as a high school dropout in dead end jobs. But I dreamt of one day attending university or becoming a music star. Instead, I spent my early 20s making paintings I rarely finished due to a lack of art ed. As well, I spent my early 20s teaching myself piano by hammering keys for hours—without a music instructor.

Let’s face it, we need an education. I believe it takes a hundred books to find one gem. But those hundred books build on one another—before the gem finally reveals itself.

Author Jason Heinritza says, “Here’s the reality: If college students spent just one hour a day growing as a person instead of partying, sleeping, watching TV, or playing video games, our society would be filled with more leaders and fewer followers” (6%). He states, “By age 20, I understood the importance of reading books and going to seminars” (6%).

He then asks, “What would investing five hours a week of reading, studying, exercising, or improving a relationship do for your life?” (11%). He further queries, “What if you spent 20 minutes a day listening to uplifting, life-improving material? .... That adds up to 121 hours a year.

What do you think would happen to you after hearing 121 hours of material about improving relationships, health, and becoming a better person? How different would your life be?” (12%).

But becoming an *effective* lifelong learner is tricky. I keep insisting, you must dig for the gems. For instance, Western psychology and education embrace neither spirituality—nor the soul. During graduate studies, I wanted a theory that embraced a higher power, but I couldn't find such a thing. The communications theory my supervisor wanted me to study said that meaning was created through human interactions. There was no room for a higher truth, one independent of human interactions. And today I see so many “soulless” notions leak into bookstores. So, find the gems that better your life.

If you're in your 20s and 30s, top off your tomorrow by not wasting today.

#### References

Heinritz, Jason. (2018). *Conquer the Post-College Passion-Slump: Success Secrets to Thrive in Your 20's, 30's, and Beyond*. Daily Life University Press. E-book.



#### Course Exam

#### Brittany Daigle

**PSYC 375** (History of Psychology) is a three-credit, senior-level psychology course that examines the history of psychology from the time of the early Greeks until the present. This course covers the origins of philosophy, religion, mental illness, and science. It also covers concepts such as structuralism, functionalism, and behaviourism, and psychoanalysis.

Students should note that a 200-level psychology course. It is recommended that this course be taken by students who have successfully completed several psychology courses and are in their third or fourth year of undergraduate studies. This course has a challenge for credit option if interested and is offered as both an individualized study and a grouped study.

History of Psychology is made up of six units that each have an associated quiz worth six percent, for a total of thirty-six percent. There is also a midterm examination weighing thirty-two percent and a final examination for thirty-two percent. To receive credit for PSYC 375, students must achieve a composite course grade of at least a “D” or fifty percent, and a grade of at least fifty percent on the final examination.

Melissa Degenstein-Roelofs began studying at Athabasca University in May of 2019 and she is currently enrolled in the Bachelor of Arts program, majoring in Psychology and minoring in Anthropology. With her transfer credits from Lethbridge College she is approximately halfway



done. She introduces herself for us, stating “I’m twenty-three years old and from Lethbridge, Alberta. I originally started my post-secondary education at the Lethbridge College, but when I realized I wanted to get my bachelor’s degree I switched to AU. I was working at a cell phone Kiosk until August; this semester I have decided to take some time off and focus on school, as well as my volunteer position as the Undergraduate Representative for the Canadian Psychological Association. In my spare time, I typically am doing yoga, binge-watching something on Netflix, or hanging out with my cats and rabbit!”

When asked to explain PSYC 375 to students, she states “The History of Psychology is a very interesting look at essentially how psychology came about; it shows the connection between scientists and philosophers throughout the eras and how their work is connected to the modern discipline of psychology; it also covers the first psychologists themselves and many prominent psychologists of the twentieth century. The textbook is one of the best-organized textbooks I have worked with. It is organized into eras and schools (romantic era, structuralism, gestalt psychology etc.) and every chapter covers the prominent people of said era or school. I learned a lot about the history of psychology but also a lot about the history of science and philosophy.”

As for the structure of the course, Melissa explains that “This course has a lot of information, if you do not read the textbook and take good notes, you will not pass. The learning objectives are a great note and study guide for the exams. Also, make sure to read the commentary left by the tutor in the learning objectives because they can give helpful information that the textbook may have left out that you may want to add to your notes. There are quizzes for each of the units that have a multiple choice and a written component. There is a midterm exam and a final exam, both of which have multiple choice questions and a written component. This course has no other assignments outside of the exam and the quizzes.”

When asked if she would recommend History of Psychology, she states “In my opinion, this class was a bit tougher than other classes I have taken. The information is not hard to grasp -- but there is a lot of it. You have to really pay attention to the learning objectives when reading through it to make sure you are taking notes effectively. This class is a requirement in the psychology program, and I think it’s an important class for those studying psychology and want to make a career out of it, but if you are just wanting to take some psychology classes for fun, I would not recommend it.”

As for tips and tricks to completing this course, Melissa explains that students should “Read the textbook and make sure you read the learning objectives before you begin the reading as it can really help your mind focus on what the important information is.”

Melissa did not communicate with her tutors often while completing PSYC 375, however, she states that “My tutor was a very quick marker, and her feedback on the written components of the quizzes was very useful as a guide to any important information I may have missed.

Whether PSYC 375 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 the history of psychology.

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





Dear  
Barb

Barbara Godin

## Reflected Betrayal

*Dear Barb:*

*Hi. I am having a problem with my best friend. We have been friends for years and things have always been pretty good between us, but recently our relationship has changed.*

*Mel had been dating a guy for about five years and she recently found out he was cheating on her. Her boyfriend ended the relationship and now he's with the other girl, who happens to be a mutual friend. Mel feels extremely betrayed and is very angry at everyone, especially me. I have never seen this side of her; she disagrees with me about almost everything that we used to agree on.*

*She has done this with some of her other friends, but only the ones who have boyfriends. I'm wondering if that is the problem, maybe she is jealous. Even if I talk about beliefs that I have, she will try to correct me and at times even says "you are wrong!" We have been friends for so long and I hate for this to happen to us, but I don't know how to handle it. I have tried ignoring her comments, but then she almost challenges me to try to get me to react to her. She also does this on social media. If I share something I believe in, she will criticize it, again, trying to get me to react. Do you have any ideas on how I can deal with this, without losing a good friend?*

*Thanks, Cynthia.*

Hi Cynthia:

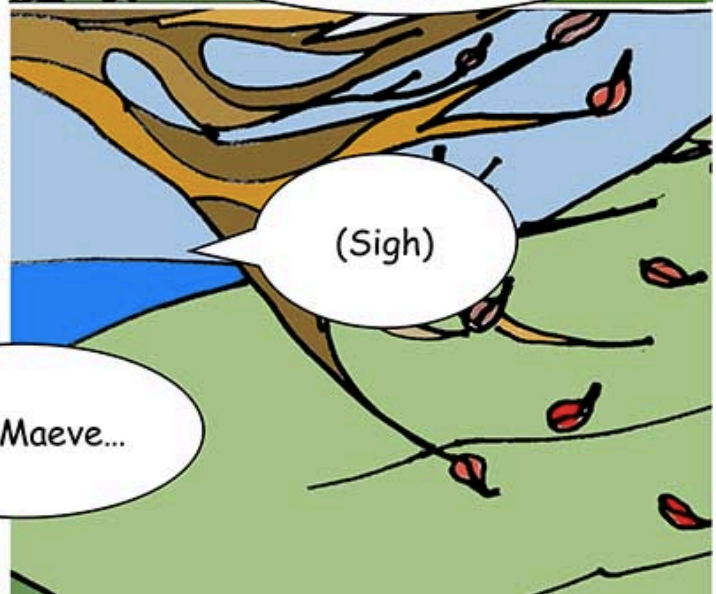
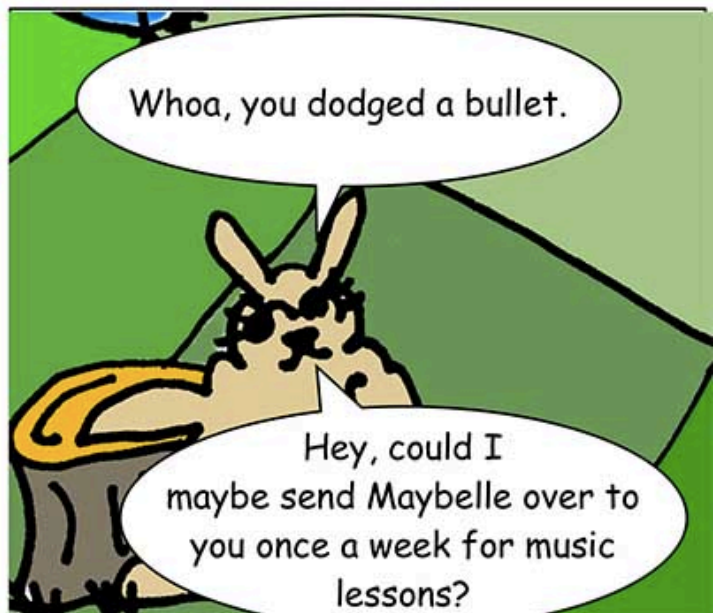
Thanks for your letter. It almost seems like two things are going on here. Your friend seems both jealous of the fact that you have a boyfriend, and also is trying to challenge your beliefs. This could be a form of baiting. Baiting is when someone deliberately attempts to get an angry or emotional reaction from another person. Your friend may be doing this intentionally, but it's more likely she is jealous of your having a boyfriend; especially since you say she does this to other friends who have boyfriends as well.

However, your friend just experienced a devastating loss and betrayal from someone who I'll assume she was in love with; so you have to try to be understanding. Take the initiative to open the lines of communication and find out what she's really feeling. Be supportive and encouraging; also spend some time alone with her. Try not react to her comments on social media, but tell her in a private message how they make you feel. Don't feed into her anger. If this doesn't help, maybe take a bit of time away from each other. Don't give up on the friendship, but allow her some time to heal. I hope this helps.

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

## IMPORTANT DATES

- **Nov 10:** [Deadline to register in a course starting Dec 1](#)
- **Nov 15:** [Dec degree requirements deadline](#)
- **Nov 21:** [AUSU Public Council Meeting](#)
- **Nov 30:** [Deadline to apply for course extension for Jan](#)
- **Dec 10:** [Deadline to register in a course starting Jan 1](#)
- **December Note:** No AUSU Public Council Meeting

## Take our Survey to WIN PRIZES!

AUSU values your opinions! We want to know how we can best serve our student members, and help you have a positive experience as a student at Athabasca University.

Your feedback helps us set our goals each year, so we encourage all AU undergraduates to take our [Student Services Survey](#)!

**You could win a \$500 Amazon Gift Card!**

## TAKE THE SURVEY NOW

AUSU is giving away **over \$1,200 in prizes** to members who complete our survey, including:

- **\$500 Amazon Gift Card** - Grand Prize!
- \$50 Amazon Gift Card - 4 available
- \$25 Amazon Gift Card - 4 available
- AUSU Prize packs - 5 available
- 10 free AU online exams from home via ProctorU

*Note: Prize winners will be selected at random after November 25, 2019. The prizes awarded cannot be exchanged for any other prize, monetary value, or service. Only current AUSU members as of November 2019 will be qualified for a prize.*

If you have any questions, please feel free to reach out to AUSU at [ausu@ausu.org](mailto:ausu@ausu.org).

**Deadline to take Survey: November 25, 2019**



## Alberta Government Budget Cuts

The Government of Alberta released the 2019-20 budget on October 24, 2019, which contained significant cuts for post-secondary institutions and students. Since AU is an Alberta institution, these cuts will directly affect all AU students, no matter where they live.

### AUSU Students' Union Media Release

AUSU issued a media release about the specific impact of the budget cuts for AU students, including statements from the AUSU President. **You can read this online [here](#).**

### Alberta Student Leaders Joint Press Release

AUSU worked with student leaders across Alberta to publish a joint press release regarding the budget and the impacts it will have on all students in Alberta. **You can read this online [here](#).**



### Commitment from your AU Students' Union

We want our members to know that we will be standing up for them. We will be working with the University to minimize the impacts of the budget cuts on students. We will be continuing to advocate to the government for funding and support for students, a commitment to strengthening Alberta's education sector, and enhanced student consultation in developing post-secondary strategic plans and budgets for the future.

If you have any questions, please feel free to reach out to AUSU at [ausu@ausu.org](mailto:ausu@ausu.org).



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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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