



THE VOICE

Vol 29 Issue 27 2021-07-09

Minds We Meet

Interviewing Students Like You

Struggling Student Rants

How to Get the Best Job: Quit

The Reading List

July 2021

Plus:

*Athletes that Throw it All Away
Three Ways to Get Straight A's
and much more!*



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LETTERS TO THE EDITOR



We love to hear from you!
**Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!**

Hey! Did you know the Voice Magazine has a [Facebook page](#)?

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

Editorial

Nothing Much Changed

Karl Low



So, it's happened here in Alberta. We're all opened up. Even in Calgary, the one city that was a little more recalcitrant about it has voted to drop the mask bylaw and let things open again.

And yet, if all you went by was what you see at the stores, you wouldn't know it. I toured around a little bit on Wednesday, just to see what the lifting of restrictions looked like, and aside from the very occasional person not wearing a mask inside, things looked very much the same. Often even restaurants are maintaining the wider seating, with some tables still marked as off limits for spacing. So maybe it's just me, or just a factor of this being an urban centre, but those who have been screaming for an end of restrictions seem now to be shown to be very much a tiny minority of the people around here.

Unfortunately, even a tiny minority can be a vast vector for disease spreading, so the restrictions were required to keep those people from endangering the rest of us. Again it seems that we are the reason we can't have nice things.

At any rate, however, things have now opened up and while there are talks of booster shots being eventually required, it seems that we may have finally put the worst of the pandemic behind us. I'm hopeful it will now be relegated to the same level of nuisance as the flu virus. Some epidemiologists, however, have spoken about their hopes that people will not forget the lessons learned and continue to both wash their hands with more frequency and consider wearing masks in crowded situations, as what slowed the spread of COVID-19 has almost entirely stopped the flu, and with it, the deaths that are normally associated with it.

Who knows, if we, as a society, can manage to make masks a fashionable choice, maybe we can save more people from hardship and disease with hardly any effort on our part.

Meanwhile, this week's Voice Magazine brings us a feature interview with student Amy Mayer. A student who reads in the fantasy genre while at the same time aiming toward a career in library services, something which, to my mind, is one of the least fanciful (and under-valued) career choices there is, so my hat's off to her for that one.

Plus, this week, the Struggling Student Rants gives us some advice on how to get the best job you possibly can. Oddly enough, it's primarily by quitting your current one.

We also have a music review of the new single by country artist Jennifer Nettles, the student approved reading list for your July summer reading, a weighing of the pros and cons of extreme exercise, a timely look, given the onset of the Tokyo Olympics (which will be one of the strangest Olympics ever, now that Japan has declared that there will be no spectators during the games) of how some successful athletes seem determined to lose it all, and why there may be more to it that we think.

And of course we have a selection of events, scholarships, course reviews, thoughtful articles and more just waiting for you. So enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl".

MINDS WE MEET



As a wave of sweltering heat radiated across Canada, and most of us celebrated Canada Day without fireworks and outdoor parades; *The Voice Magazine* team continued to work tirelessly to bring forward inspirational stories of AU students from all around the world so we can form deeper connections and learn from each other's life experiences.

This week *The Voice Magazine* had a chance to speak with Amy Mayer who lives in rural town in eastern Ontario outside of Ottawa—Moose Creek—since she was seventeen. Currently she resides in her home with her spouse, brother-in-law, two dogs and three cats.

Amy's journey began with the desire to find out who she was and what she wanted in life. This journey soon led her to switch from Bachelor of Commerce to Bachelor of Sociology. Amy has successfully completed Bachelor of Arts in Music and wants to pursue a Masters of Information and Library Science. She works part-time in library, loves her job, likes to be involved and give back to her community. In the past, Amy used to give piano lessons and helped at a pizzeria.

Amy's love of reading and learning drew her towards pursuing a career as a librarian. "The library content and archive is very important for the community". Currently Amy does programming in the library but wants to get more involved in the management side and progress in her career by moving up the ladder.

During her spare time Amy likes reading, playing the piano, crocheting dish cloths, loves hiking, canoeing and wilderness camping every summer.

Amy's desire to learn was influenced by her parents (both have master's degrees), "Parents are biggest supports, they are very encouraging. My mom wants me to rest because she thinks I have too much on my plate." "My parents support was a form of inspiration, not just in matters of education but also in life matters."

When asked about her experience in online learning Amy mentions "Through AU I feel I am more connected to the online community since I have a greater online presence"

"I love online learning, although I have read mixed reviews about distance education, but I have no problems so far. I get fast responses to my queries when I reach out to tutors more, and I really like detailed and helpful feedback on course assignments."

“I dislike that the social community is very spread out between social media platforms and I wish there was a common ground with more opportunity to connect with students, tutors, and grads”

A far as communication with tutors is concerned, Amy believes that although the communication is fine, she hasn't reached out to tutors as much as she should have. “I never had any problems with communicating to course tutors; they are very helpful and have fast response times. The courses are very well laid out and there are expectations within learning objectives of each course. When I figure out what is expected of me in a particular course, it becomes fairly easy to meet those expectations and targets”

Her journey towards finding herself caused her to waver and switch programs. “I was confused about what I wanted to do in life. There was a point in time while I had taken a macroeconomics course and was struggling emotionally with it when I had a moment of revelation while scrolling through a forum where students were talking about the great essays that they had been writing, I wanted to be them. I wanted to be able to write great essays as well, so I finally found out that I wanted a Masters in Library Science”

We talked about her favorite characters and people, and Amy would like to have tea, crumpets and strawberry jam for lunch with Frodo Baggins from Lord of the Rings since he got her through many tough times and was a source of inspiration during her hiking trip. “I learnt to take a slow journey at a slow pace, to take time in finding one's self and to believe that there is no right or wrong time; everyone walks on their own pace and that's alright.”

Amy's proudest moment was hiking 104 km in seven days as she pushed herself to her limits.

“I love feeling connected to nature. I feel like it is a way of enjoying and giving back to nature. I love the sense of accomplishment that comes with it. Walking is relaxing; when I put one step in front of the other to move forward, my mind feels centered and focused. Similarly, climbing mountains and overcoming obstacles not only helped me physically but also in my journey in discovering myself. You don't realize how strong you are until you're 60 km in the bush.”

Amy does not watch TV but loves to read. She prefers to read before bed to unwind and take things slow. She

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie July Edition: Inuit and Inuk Stories

Jul 1 to Jul 31

Online

Hosted by AU Nukskahtowin

www.athabascau.ca/indigenous/bannock-and-a-movie/index.html

Access through above link

Indigenous Perspectives on Sustainability in Cultural Heritage Conservation and Management (with a focus on World Heritage) – Part 2

Sat, Jul 10, 11:00 am to 1:00 pm MDT

Online

Hosted by AU Nukskahtowin

news.athabascau.ca/events/indigenous-perspectives-on-sustainability-in-cultural-heritage-conservation-and-management-with-a-focus-on-world-heritage-part-2/

Register through above link

Writing an abstract for a conference

Tues, Jul 13, 1:00 to 2:00 pm MDT

Online

Hosted by AU Faculty of Graduate Studies and The Write Site

news.athabascau.ca/events/writing-an-abstract-for-a-conference/

Register through above link

Should I start a business or get a job?

Thur, Jul 15, 11:30 am to 1:00 pm MDT

Online

Hosted by AU and Ten Thousand Coffees

news.athabascau.ca/events/should-i-start-a-business-or-get-a-job/

Register through above link

The Grad Lounge

Fri, Jul 16, 5:00 to 6:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

fgs.athabascau.ca/news/events/index.php

No pre-registration necessary; access through above link

All events are free unless otherwise noted.

is currently reading *Elfstones of Shannara*, a fantasy novel by Terry Brooks. She immerses in the book and is “alive with the characters”

“Its another journey; reading is my escape to be transported from day-to-day routine and normality and has helped my in my journey of finding myself”

Amy’s journey towards discovering herself by pushing herself to her limits is truly a source of inspiration. In this fast paced, capitalist society, taking a break to discover one’s self and then following that dream to achieve something meaningful in life is a journey that all of us should undertake in order attain ultimate happiness and satisfaction in life.

The Voice Magazine team thanks Amy for sharing the inspirational journey of her life and wishes her the best of luck in all aspects of her life.

Kaisha Nasir is a student at AU.



The Struggling Student Rants Getting past the 2%.

Angela Pappas

When There’s the Will, There’s a Way.



Wiser words have never been spoken. Well, perhaps they have, but not as far as going for the gold is concerned. As Jen Sincero says, “if you’re ready to make more money, you can ... even the

I’m-a-buy-everyone-I-love-a-house-and-a-golden-tooth kind of money” (2017, 0:43). It all comes down to mindset and, well, cojones. While I hate to sound like the cheesy motivational speakers I (embarrassingly) listen to regularly, the reality is “If you’re not happy where you are, move. You’re not a tree.” To do this, however, you need the cojones and a good set of earplugs because to move (figuratively or literally) takes an enormous amount of willpower, dedication, and focus.

The cojones are necessary because big changes are scary. Especially if you’re a mature AU student and you have more obligations than you did when you were 20. You may have children or others to support. You may have a mortgage and a car loan, as well as multiple other financial responsibilities. Disrupting your life to follow the pursuit of wealth, or at least a decent increase in income, by taking quite a few steps backwards sounds insane, and it’s also frightening, especially if your income or savings might take a hit.

The mandatory earplugs, on the other hand, are for the naysayers. You have to place trust in yourself while utterly and completely ignoring those around you at the same time. Those that object do not always do so out of malice or spite, they may genuinely care for your welfare and be frightened by big changes. However, to make that desired pay increase a reality you have to follow your survival instincts, not theirs. If they insist on blocking your path, you can always be the Trivial Pursuit guru and let them know that in 2020 the national weighted average pay raise

was, at best, 2.6% for non-unionized employees while the annual inflation rate just hit 3.4% in April 2021. Now, I'm no math whiz, but in my mind the only way to achieve an increase higher than the inflation rate, say every two years, is to find a position that provides at minimum a 6.8% pay increase. Not only will this never happen if you stay within the same organization, but if you stick around past the two-year mark you will, on average, end up earning approximately 50% less over your lifetime—assuming you would retire in ten years. I hope the naysayers are no longer still yapping in your ear. Scared to take the leap still?

Many also worry that changing jobs too often reflects poorly on them, as professionals. Everyone fears being labelled as a 'job-hopper' or as 'unmarketable.' People forget, though, that it's the 'job-hoppers' that earn more money, grow bigger muscles, and as a result end up becoming more marketable than non-job-hoppers. In most cases, the longer you stay at a job after the first couple of years, the more your skills degrade in value as you ease into the comfort of your everyday sleepy tempo. This decomposition sneaks up on us because the opportunities to learn new skills degrades as we stick around in our current jobs. In order to keep growing, we have to look for new learning opportunities all the time. The only way to do this is to step outside of our comfort zone and take control. Going to sleep on our career and relying on our boss to take care of it for us is just living in a false reality. Therefore, if you find yourself labelled as a 'job-hopper' or as 'unmarketable' by a company's decision-maker, I would just continue on your path and ignore them. You wouldn't want to work for that backwards-thinking organization for very long anyway. Don't sell yourself short and remember that only those who value you and your way of thinking deserve you!

If you're still hesitating to take the leap after all this, think of standing at a crossroad with multiple paths to choose from. Rather than choosing, however, we sit there, paralyzed in fear of making a decision we may regret. So, we continue to analyze rather than just choose, hemming and hawing, continuously going over the choices and watching scenarios play out in our head. In the meantime, the weeds all around us have slowly turned to roots and taken hold of our ankles, creating a stronger hold day by day and swallowing us up into their pool of mind-numbing poison ivy. The days and seasons are ignored as they pass us by, along with the opportunities, while we continue to lie to ourselves about having all the time in the world and not being ready. The more we analyze, the more time passes by—as we make way for others who are going down their chosen path and secretly wishing we could do the same. And the days flow by indifferently... day in, day out.

If you find yourself at this crossroad, one of the first things you need to do is to understand why you want a change in the first place. Whatever your reasons, they are yours and yours alone. Nonetheless, if your reason is the pay, you have to jump ship. There's no other way around it. Most companies have one speed; usually in first gear. If your skills are developing at higher currents than the sleepy pace of your workplace, you may have to find a different crew to join to be compensated and recognized for the value you bring to the table. That may, fearfully, entail being stuck in a rowboat with no oars for awhile, with only Wilson for company. Fear not; soon enough you'll find another ship sailing down a faster moving river. We simply have to learn to surrender to the current.

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Sincero, J. (2017) *You are a badass at making money: Master the mindset of wealth*. (J. Sincero, Narr.) [Audiobook]. Penguin Audio.

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

The Reading List

July 2021

Karen Lam

Now it is officially summer! Places across the world have started re-opening as more people have received their first or both doses of the COVID-19 vaccines. Things are slowly starting to look a little more normal. So, while many of us continue with virtual plans, in-person outdoor plans, sitting in your basement trying to cool off or camping trip plans, bring one of these books with you while you begin your summer adventures!

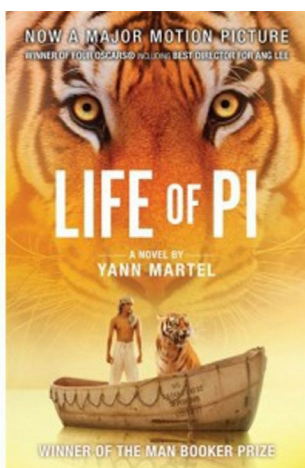
THE WORLD NEEDS MORE CANADA

The World Needs More Canada by Heather Reisman

July marks an important month for Canada. If you are looking for a book to celebrate Canada Day, try this one! This book gives a mix of storytellers who come together to tell us why they think the world needs more of Canada. I'll admit I am a bit biased as I think Canada is an amazing place to live in. However, we're not perfect and there is room for improvement. Read this book and celebrate Canada with this collection of funny, inspirational, and touching stories, photos, and dreams by Canadians across Canada. Happy Canada Day!

Five Feet Apart by Rachael Lippincott

Last month I recommended the book, *The Fault in Our Stars* by John Green. If you liked that book, this is a must read for you! *Five Feet Apart* is a story that is similar to *The Fault in Our Stars* where two teenagers fall in love. However, in this story there is a complication, they have to be within five feet of each other in order to keep each other alive. This book is also a movie that is available on Netflix for those who like to read the book and watch the movie!

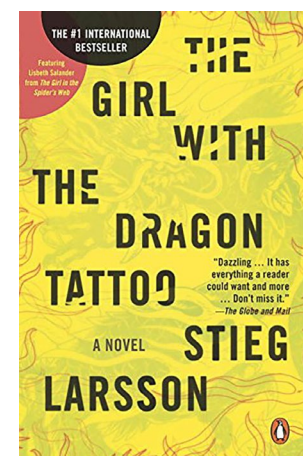


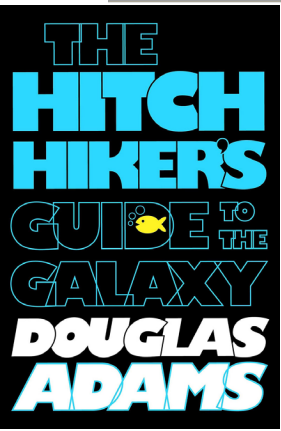
Life of Pi by Yann Martel

For those looking for a fantasy adventure novel, this is a must read! A story written by Yann Martel in the early 2000s about Piscine Molitor "Pi" Patel, a boy who examines spirituality at an early age. A page turner for all fantasy fans! One of the top fantasy novels in the 2000s and is recommended to everyone. A fun fact, this is also a movie!

The Girl with the Dragon Tattoo by Stieg Larsson

A story mixed with murder mystery and family sagas, the story starts with the disappearance of Harriet Vanger in Sweden. Harriet's uncle goes on a mission to find Harriet as he believed she was murdered. A catchy, intriguing, and mysterious story about the hidden within a society. The story also examines the in-depth lives of the characters and the problems they face. A book that all mystery fans will love! As with the other two books, this book is also available to watch as a movie.





***The Hitchhiker's Guide to the Galaxy* by Douglas Adams**

A must read for all sci-fi lovers! A bestselling science fiction comedy that examines the adventures of Arthur Dent as the last man on earth. A story about earth demolishing out of the blue as it makes way for a hyperspace bypass. Douglas Adams brings readers on one of the wildest trips across the galaxy. If you're looking for a science fiction novel to try, look no further, this is the one!

Happy summer reading!

Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics

Athletes that Throw it All Away

Alek Golijanin



The sports world is filled with rags to riches stories of youth that grew up in low socio-economic backgrounds and became millionaires overnight. All their hardships are gone once they sign that million-dollar contract, or at least that is what many people watching these athletes believe. The thought process behind this viewpoint is that money buys happiness, disregarding the impact of socialization and the life-long battle to break toxic habits.

Zero-Tolerance Policies

In professional sports there are a strict set of rules on what athletes can take into their bodies. Every major sports league has zero-tolerance policies for the use of steroids and recreational drugs, even some prescribed medication can create problems for athletes. The explanation behind this is that performance-enhancing substances create an uneven playing field and sports leagues want to keep everyone safe. Having everyone follow a single set of rules and punishing athletes that break those rules with mandatory minimums

makes theoretical sense.

By making an example out of athletes that violate zero-tolerance policies their peers will follow the rules, and yet athletes are still using marijuana despite losing out on millions of dollars. An example of repeat violations can be found in the NFL with Josh Gordon. The Cleveland Browns drafted Gordon in the 2012 supplemental draft and by the end of 2013 he was leading the NFL in receiving yards, defying all odds.

Josh Gordon was then signed to a multimillion-dollar contract, and the belief was that he was set for life. However, Gordon never reached his superstar potential because he was repeatedly suspended for violating the NFL's policy against smoking marijuana. At the time of the suspensions, mainstream sports analysts were chastising Gordon for his inability to stop smoking marijuana and humiliating him for "throwing it all away." In 2017 Gordon did an interview with GQ where he spoke about his substance violations. Gordon shared that he was introduced to marijuana, codeine, and other substances in middle school and that much of the use was the result

of self-medicating trauma-based fear. This interview was a major turning point in how people viewed athletes, and brought the realization that there was more to them than the sports they played.

Socialization During Childhood

As adults we often find ourselves trying to break bad habits that we developed in our adolescent years. This is because much of our cognitive functions are the result of the social interactions and the collaborative nature of learning.

When babies are born, their little brains can be best described as clean slates, and the culture that they grow up around will have an impact on the person that they become. The culture difference between a “Brady Bunch” picket fence upbringing versus a low-income childhood is significant. There are many elements missing from a low-income childhood that most of society would consider “normal” and this would affect what an individual raised in a low-income environment would consider “normal” when viewing the world. In Josh Gordon’s case, substance use was “normal”, and it helped the children in his community deal with the uncertainties in their lives. It makes sense why Gordon behaved the way he did, and there is always an explanation for why people are the way they are and why they do what they do.

Fair Play Policies

The reality is that children that grow up in similar circumstances to those of Josh Gordon are likely to experience similar challenges as they transition into the adulthood, especially in the world of sports. The challenge with Gordon’s situation is that healthcare services in the USA operate differently than those in Canada. Had Gordon been Canadian, he would have had free access to healthcare professionals that could have diagnosed his condition and prevented the self-medicating which led to his addiction.

However, if children do not have access to a healthcare services or if nobody in their family knows how to navigate the health system, they are more likely to go down a path of self-harm by trying to deal with troubles their minds know little about. So the next time you hear a story about someone using substances, remember that children are molded on their path to adulthood and the way that they turn out is due circumstances, that may be completely foreign to us.

A combat sports fanatic, Alek is a fourth year business student who like to read research papers for fun.



Unearthing classic articles from previous issues of The Voice Magazine

On July 9, 1993, the Nunavut Act was passed, which led to the establishment of the territory of Nunavut six years later. [Nunavut Day](#) is celebrated each July 9 in the territory.

Going the distance. Former Voice editor Christina M. Frey's interview with Nunavut-based AU student Eloise Campbell. "I have a touch of frostbite on my face from a walk last weekend when it was "nice" out!" Eloise says." [AU Profiles – Eloise Campbell](#), February 13, 2009.

You want bannock with that? Barbara Lehtiniemi highlights the food, culture, and minutiae of life she observed on a visit to Iqaluit. "The roads stop at the edge of town, and to continue further requires either a snowmobile or an ATV, depending on the season." [Shining a Light on Iqaluit, Part II](#), December 13, 2013.

Music Review

Oh, What a Beautiful Morning

Jessica Young



Artist: Jennifer Nettles

Song/Video: "Oh, What a Beautiful Morning"

Album: *Always Like New*

Grammy Award winning country singer, Jennifer Nettles, has just released her new album *Always Like New*, alongside a music video for the single, "Oh, What a Beautiful Morning". If you don't know, Jennifer Nettles was part of country-duo Sugarland that performed at the inauguration of President Barak Obama, has performed in Broadway shows, and charted as a duet partner on the country version of Bon Jovi's 2006 single, "Who Says You Can't Go Home" (to name a few of her accomplishments!).

Nettles teamed up with Grammy and Tony Award-winning orchestrator Alex Lacamoire to help reimagine musical classics and create this Broadway/American Songbook themed album. The album featuring ten tracks, including: "Wouldn't it

Be Lovely", "Sit Down, You're Rockin' the Boat", "Wait For It", "Almost Like Being In Love", "It All Fades Away (feat. Brandi Carlile)", "There's A Sucker Born Ev'ry Minute", "Anyone Can Whistle", "You Will Be Found", and "Tomorrow". The songs are a mix of classic upbeat country, slow acoustics, orchestral ballads, and even a little bit of blues. Nettles beautiful, powerful voice—reminiscent of Celine Dion—is the cherry on top.

The scenic music video for "Oh, What A Beautiful Morning" was directed by filmmaker, Elena Vazintaris and shot in Damascus, Pennsylvania. With this song, Nettles aimed to celebrate the 'beautiful day' on the horizon since the Broadway community has been shut down for over a year due to the pandemic. She shared, "Musically, this song is absolutely praise, gratitude and a standout moment on the record for me. This song is such a message of hope for all of our hearts after this hard year. We are all walking into the dawn of a new, beautiful, hopeful morning. I want this video to feel like a visual, artistic symbol and reminder of that hope."

Nettles' video was premiered on June 22 in the heart of Times Square on the big screen. She shared her excitement in an elated Instagram post; "Seeing this video made me so proud. So many people in the entertainment industry haven't been able to work for so long. Being able to celebrate the talents of so many talented artists, from the director to the choir, to the choreographer, to the dancer, all of it felt like a moment of returning and rebirth into the things we most love. All of it was a joyous collaboration."

After watching the video, I can definitely agree that it radiates the feeling of hope and joy. The video features Nettles singing against a backdrop of a green meadow, her hair and pastel fabrics blowing in the wind. The video cuts back and forth between shots of Nettles, a contemporary dancer (Chantel Aguirre), and the Broadway Inspirational Voices choir, who are featured on the track. *Always Like New* and the video for "Oh, What A Beautiful Morning" are just what you need if you're suffering from the pandemic-blues.

Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.



The Study Dude

Three Ways to Get Straight A's

Marie Well



I'm no Einstein. I'm no Rockefeller. And I'm no Wiki Leaks. But what I am—at least, what I was—was a straight A student. Okay, I earned not straight A's but all A's and A minuses, with I think two B+'s thrown in the mix. And if I can achieve straight A's, so can anyone.

I learned the easiest, or maybe the hardest, ways to getting straight A's. Let me enlighten you to three strategies that will fast track you to straight A stardom.

Ready to smash top grades?

Don't Cram. Work steady.

If you work long hours, every single day steady, you will be more relaxed when you write your exam. It's similar to martial arts competitions. The best fighters train long, hard, and steady. They are at their peak performance whether they are in the gym training or in the ring competing. Once they are in the ring, it's like nothing changed. They are relaxed yet hyper focused. They fight

like they train. Similarly, you should write your exams like you study, but only if you study steady yet focused.

I scored the highest class mark in almost every university math class I took. This is how I achieved top test-taking performance: I studied around nine-hour days on math, from 3 pm to midnight, taking short breaks intermittently but otherwise working steady. Because of this heavily focused time investment, when exam time came around, I would stress right up until the time of the exam. Once I had the exam in my hand, I would instantly relax. I had the same calm energy writing the exam that I had while studying steady at home.

Know Every Fact by Memorizing Like a Master.

If you have a test on a chapter in a book, it's your star student obligation to know everything on the exam. That's why memorization is critical. To memorize, you are best off with a study buddy. If you have, say, fifty definitions to memorize, type them up and get your buddy to recite them from memory, one by one. To start, you read the first definition and then your buddy repeats it from memory. If he gets it wrong, you read the definition out loud again. The key is your buddy needs to get the definition correct three times in a row before you move onto the next definition. But to move onto the next definition, he's got to repeat from memory all the definitions already cited plus the new one. If he makes a mistake, you go back to that definition, read it to him, and he then must repeat it from memory correctly three times. Then you go back to the top of the list, and he recites the definitions in the list from memory error free. You can prompt him with one or two keywords, but ultimately he's got to get the list right three times in a row.

Once he has all the definitions memorized, it's your turn.

If you don't have a study buddy, simply record yourself on your phone, double checking your answers frequently. Don't stop until you have recorded the entire list with no prompts, error free, three times.

But don't stop there. Every day before the exam recite your memorized list at least once through, error free.

There are more memorization techniques, some even more effective, which I won't be covering in this article. But if you want to seek them out online, they are called mnemonics.

Solve Problems with 100% Accuracy Three Times in a Row.

This trick will help you ace most any exam. When studying at home, don't quit solving homework problems until you can solve them three times in a row without a mistake and without referencing the textbook. The number three is golden in the human psyche. Still life art often involves three pieces of fruit. The human mind just loves things that come in threes. Three strikes and you're out! So, solve problems three times in a row to gain mastery. A little caveat: you'll need to study extra before exams, doing every problem again one or more times until error free.

Only once you get your degree with honors, it's party time! Feel free to party until a month before grad school. Yes, the party stops so you can spend a full month pre-studying the first chapters in each of your grad classes. After all, grad school is your calling!

Once you gain a high-income career, you'll have more than enough from which to celebrate for the rest of your life. I'm no Rockefeller, but a high paying career sure beats scrambling for a nickel to afford a banana for lunch.

Fly on the Wall **Our AU Genius on the Half-Shell**

Jason Sullivan



Inspiration as a Core Learning Objective

“You potted plant, don’t just sit there—get to work!” Try scrawling that on a post-it note to yourself. Then, leave it on the desk for when your eyes drift away from your schoolwork. I guarantee at least a couple chuckles before you get disgusted with your past self and/or my *Fly on the Wall* suggestion. Beneath hubris, however, lurks potential to plumb depths unknown. So how does that inner churn of progress and productivity work, anyway, and how do we suddenly spring into academic action in between times when intellectual inertia lurches us to a humdrum standstill?

If you’ve ever utilized an imagined inner taskmaster homunculus to harness and spur your inner draughthorse, then you know what it is to seek a motivational flurry within your own bosom. Being a self-starter is pretty much mandatory if we’re to make distance education work for us. At AU you have to learn to up your own ante, and so the question becomes one of mental organization: how do we keep those trains of thought running on time?

At the broader, *we’re all human here*, kind of level our minds at motion or at rest contain considerable capacities. Merely with the switching of a psychological lever our ideas can shift from an inanimate blandness to a whirring dynamo. This we know whenever an *aha* moment

captures our scholastic soul as we integrate some new learning into our larger repertoire of knowledge about ourselves and the world we inhabit.

Lightning as An Ontological Reality

Where does the magic go when that glory evaporates, though? Perhaps knowing how our energy arrived will help us reclaim some of the good juice, especially on a hot summer's day when all indications are pointing to sloth, indolence, and missed opportunities to feel good about our progress. A bit of sorting is in order, and it doesn't start with guilt or shame. Instead, consider how when you feel fully alive, bursting through and through with creative exuberance, you channel and embody an almost intangible bolt from the blue. Lightning has nothing on those flashes of inspiration; and to think, we could have just cranked up some A/C and binge watched high-carb (intellectually, that is) filler until bedtime! Okay, but don't feel guilty if you choose that option. See, the idea is to consider what leads us to choose what we do. And to do so, ideally, not by force or compulsion but with just the lightest hint of a nudge that we may better be active and productive in our brain of brains.

Magical Mystery Machines and the Venus Within

Feeling accomplished is one reason we're back at school at all; I mean, we could have just had a V8 if we wanted to feel healthier in the short term. We're more than just muscles and synapses and that's where our university studies come in to play. Accompanying our shockingly-prescient ability to live beyond our ordinary mental means is the reality that we don't in any way feel like a mere machine, neuroscience pop-science videos notwithstanding. When the magic happens in our study brains it's more akin to Botticelli's famous painting where Venus arises and alights on a scallop shell, her sacred bosom adorning all that surrounds her as if to illustrate the life more abundant made possible by magical moments of every kind. She is shortly to be covered up with drapery, alas, as if to show that the greatest of beauty (in the AU context beauty combines the syzygy of our minds and the dancing of our fingertips as we write assignments evermore successfully) is fleeting, just like life itself.

The life more abundant, like our dawning inspiration, cannot be *on* all the time. But themes of creativity and symbolism remain; after all, no matter our major we are all united at AU by the ineffable desire to better ourselves. One commentator states: "the scallop shell upon which this image of Venus/Eve/Madonna/Church stands may be seen in its traditionally symbolic pilgrimage context. Furthermore, the broad expanse of sea serves as a reminder of the Virgin Mary's title *stella maris*, alluding both to the Madonna's name (Maria/maris) and to the heavenly body (Venus/stella). The sea brings forth Venus just as the Virgin gives birth to the ultimate symbol of love, Christ" (Travelling in Tuscany, online).

Note, then, how a mixture of cultural symbols and meanings produce Botticelli's idea of beauty, or at least an interpretation thereof. In our studies, too, we bring as much to our essays as we can relate to the material. Be it a business plan or a crime case study, we start with what we know and what's in our personal ether. That's part of the magic of distance education. And in the end, it's our inner drive that will lead us to succeed; like Dorothy from *The Wizard of Oz*, we've had that inner ability with us all along.

In our moments of personal best creative expression, say when we suddenly concatenate a few learning objectives into a thematic mastery of the material with the knowing addition of some personal lived examples, AU becomes a truly rewarding experience. I'd wager that few of us are pleased with ourselves if the greatest joy of our diploma is finally just *being done*. Even though the material we study and read will be on the exam, the joy in our learning often arrives from our own lives and experiences— far removed from the cloistered echo chambers of brick-and-

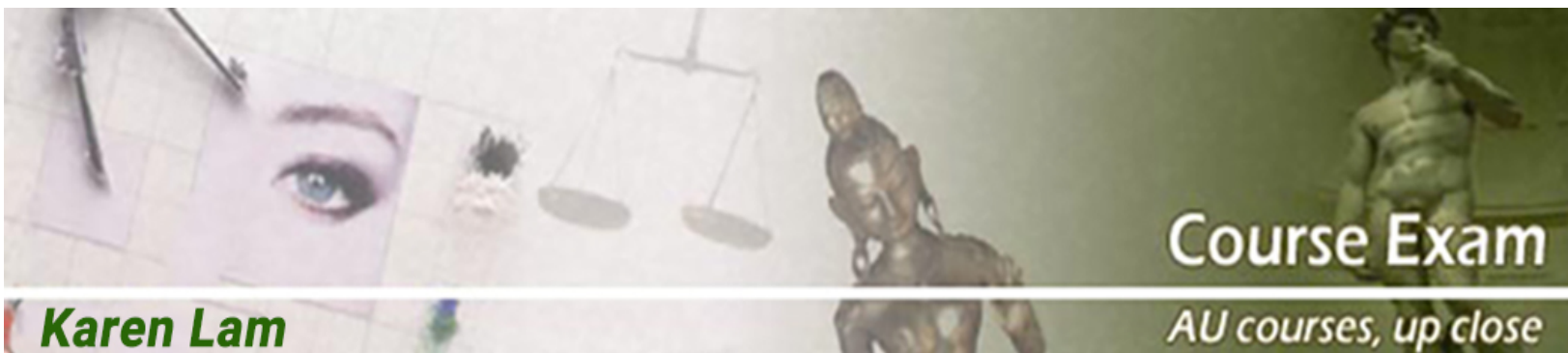
mortar academia. Like Venus on a sea shell, (a scallop, but hey), the world is our oyster at AU. And remembering that in each moment there lies potential fodder for essay-writing bliss (bliss and essay-writing can cohabitate in a sentence, believe me), may be the key to creative ecstasy that makes us not only great adult students but also ascendant appreciators of life itself.

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Crossing, B. (2018) 'Sandro Botticelli's Venus'. Retrieved from

<http://www.travelingintuscany.com/art/sandrobotticelli/birhofvenus.htm> & <http://www.travelingintuscany.com/>

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.



Course Exam

BIOL 320 (Comparative Anatomy of the Vertebrates)

Karen Lam

If you have a course that you would like to see a Course Exam article written for or you recently took a course that you would like to recommend to other AU students, please feel free to reach out with the course name and number, and any questions or feedback you may have. We'll be happy to write about it in our next Course Exam article.

BIOL 320 is a three-credit senior level biology course that “covers all major aspects of the anatomy of the vertebrates, including basic comparative anatomy.” The course is delivered online, however, it does include a mandatory four-day supervised lab component. Students who wished to be considered exempt from the lab may check if they are qualified. It is also highly recommended for students to check the lab schedule dates and locations before enrolling into the course.

Who Should Take This Course and Why

For this course we had the opportunity to interview Sean, who is currently a student from a different university, taking this course at AU during the spring and summer.

When we asked Sean why he took this course, he stated, “this course was a mandatory class for my major and over the spring, this course wasn’t offered at my local University, and I found out that I could take it with AU and transfer over which is awesome. I took this course not only as a requirement, but also because I enjoy learning about vertebrates. I hope to do research in this field in the future.” When we asked Sean who he would recommend this course to, he mentioned, “I would say, science majors or those who are interested in vertebrates and looking for a science elective. The course can be quite heavy especially with the labs, so if you are not particularly interested in it, it can be a challenging course.”

Course, Assignments and Final Exam Details

The course consists of twelve units covering the topics of comparative anatomy and vertebrate relationships, craniate types, phylogeny, morphogenesis, skeleton, the various systems, and the

sensory and endocrine organs. The course consists of a laboratory evaluation that is worth 20%, two assignments each worth 10% and a midterm that is worth 20% along with a final exam worth 40%.

Sean recommended that students “do not worry about how much exams are worth. Many universities have midterms and final exams, it can be a bit scary seeing the combined total of 60% for just exams, but most times, the reason there are midterms and final exams is so you can check to make sure you get the material. For science courses specifically, content is heavy, having the midterm exams help us know whether we really know our stuff or more importantly, if we’re on track on the course. I usually like to think of the midterm as the mini practice exam for the final exam.”

How to Be Successful in the Course

Student’s Advice for the Course

When we asked Sean for his advice for the course, he stated, “for science courses, it is very important to read the objectives from the Study Guide before doing readings. Students will find that there is a lot of material to grasp, the objectives help to figure out what you need to get out of each unit. I personally read the text at least two times. It is normal to not understand the material the first time, don’t be discouraged and do your best to get through it. Things will come together during the next read. I also recommend to study regularly, that makes remembering all the information much easier. Even if it is 30 minutes a day just to review the material. It really helps in the long run.”

Questions?

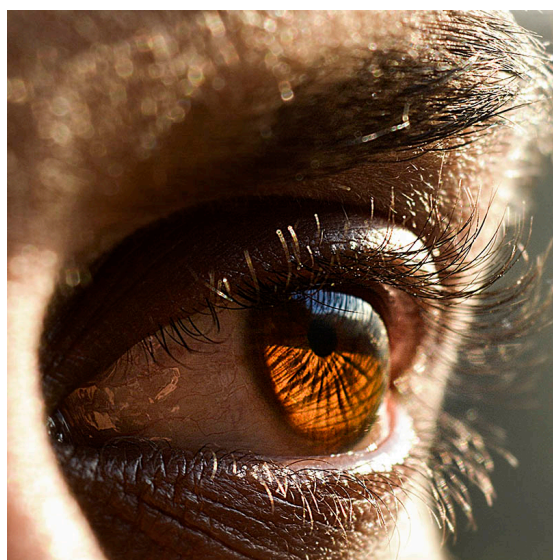
If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at Fst_success@athabascau.ca. Happy learning!

Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics



The Ups and Downs of Super Fitness

Marie Well



Exercise has its upside, as we all know: fitness, health, energy, longevity. But did you know exercise has not just an upside, but a downside, too?

Here are the downsides of being super fit, according to my personal experiences:

#1 downside: The more I lifted weights (but did no cardio), the more I got called Lady Gaga and had my gender questioned.

#2 downside: When I trained two hours a day most every day, all I wanted to do was sleep. In fact, after a two-hour workout, I’d be criticized for being lazy. I just didn’t have the energy for much else.

#3 downside: breaks from studying involved falling fast asleep for fifteen-minute sessions throughout each day. Studying itself was fifty-minute sessions of trying to stay awake.

#4 downside: cycling too hard led to severe knee pain. Thankfully, I went through a period of my life without cycling, or I would've been a candidate for knee surgery, like many of my athletic friends and acquaintances, especially of the soccer type. People in their 40s and 50s are getting joint replacement due to heavy training.

#5 downside: weight-lifting makes me aggressive, more prone to anger. This anger impacts me adversely at work. Just ask any weightlifter on steroids. They can grow violent.

#6 downside: When I over train, I start crying and get moody. Overtraining can cause injuries of joints, tendons, ligaments, muscles, you name it.

On the flipside, super fitness brings with it a ton of upside, too. Here are some of the biggest highlights of intense fitness:

#1 upside: I loved how I looked in my clothes. Shopping was easier because everything looked great. If you do weights and cardio or most any intense type of fitness, you'll look fantastic in most anything you wear.

#2 upside: When I trained a lot more, I'd often run to my classrooms or run to the store. Now I meander. With fitness, you get stronger, faster, fuller of pep. Your bones get firmer and your muscles start feeling like padding.

#3 upside: When I exercise, I don't want it to end. It just feels amazing. Lots of endorphins are released. You feel heavenly from hard exercise.

#4 upside: My dream has been to teach a fitness class. With fitness, you can teach exercise classes, developing a following of lifelong fit friends.

#5 upside: If I had started exercising consistently at a young age, I may have fulfilled a dream of becoming an Olympian. With extreme exercise, you may be a contender for global competition, even Olympic level athleticism.

#6 upside: I endured a lot more stress when I worked out intensely. With fitness, you develop mastery over the mind-body connection, able to withstand a lot of pressure.

#7 upside: People would stop me at university and ask, "How did you get that body?" I went from outsider to cool in a matter of a year. With intense exercise, you become a role model to other people, especially when they see significant changes in your appearance.

#8 upside: I met some pretty successful, healthy people in gyms. The fitness crowd are often living healthier lives than the bar crowd, although there is cross-over. You'll make some high-quality (same gender) friends in gyms.

#9: Food tastes amazing, colors seem brighter with fitness. Your senses will intensify with heavy training.

#10: Exercise and diet helped turn around my sickness. With fitness, you'll live longer.

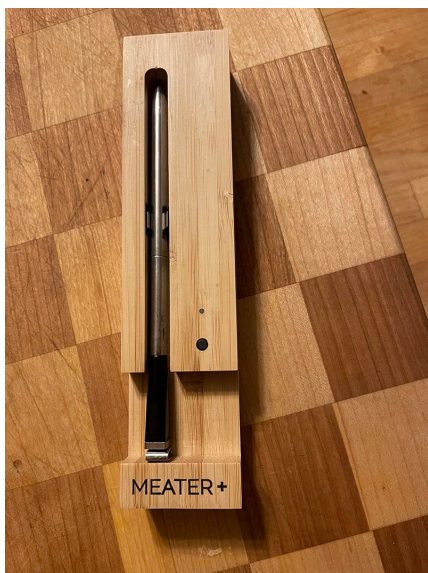
Over the last six months, I stopped exercising altogether with the exception of a desk cycle. Once I start cycling, I can't stop, cycling until my knee feels pain. But this newfound lack of exercise makes my mood more stable for work.

If we minimize exercise today, will we regret it tomorrow?

Homemade is Better

Bluetooth Thermometers: A Review

Chef Corey



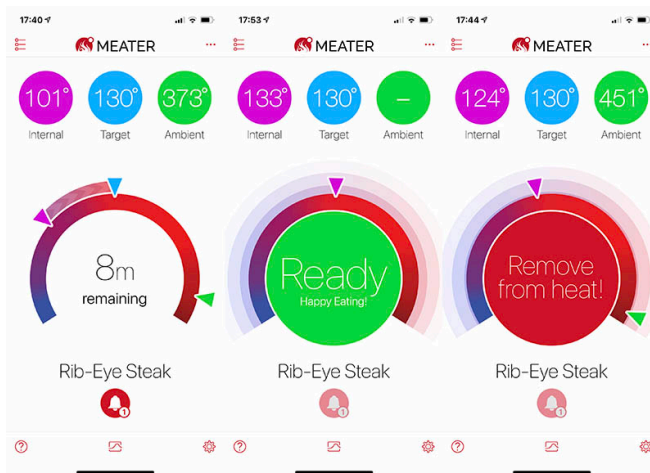
This past Christmas, my parents bought me a nifty little device that my dad had been using for a while. I thought it was a neat investment, not that it was overly expensive, but I use it quite often, so I thought it would be worth writing an article to discuss it. Not so to sell more of these devices, but rather as an honest review. There are times I am frustrated with it, but other times it's great.

The device is a Bluetooth enabled cooking thermometer called Meater, and it comes in three levels. There is Meater, Meater+, and Meater Block. Each level of the device adds on to the last. At the basic level, the device is designed to give you near-instant feedback on your food. It includes the current temperature, target temperature, and

ambient temperature, and it does all this in one small device.

You get a probe and the recharging box, which also acts as a wifi extender in the two latter models. With just the probe, you must stay within ten meters of the unit; however, with the plus and block, the probe station allows you to extend the range of the device from 10 meters to 50 meters; you can extend that longer by using two devices. I can hook up my iPad to the probe and then look in on it anywhere I get a cellular connection as long as my iPad or the probe don't lose signal or power. I used this feature recently when I smoked brisket for my sister-in-law's birthday.

The smoker has its own probe so I used that and also used the Meater+ to see differences in how each device measured. It was very close, and while the brisket turned out perfectly, the Meater probe was slightly behind. So, it seems there are differences in some digital probes.



For a test today, I cooked four steaks, two striploins and two rib eyes. I put my Meater probe in one of the rib eyes and then relied on my training to tell me when to pull the other steaks based on the look and feel of the meat. In my pictures, the steak on the right was the one with the thermometer, while the left was not checked for temperature. I cooked them both on the same side of the grill at the same temperature. I removed the left one when the app said the steaks still had 8 minutes to go. I let them both rest; the left steak rested longer while the right steak rested only for the time the app gave me.

The first picture is the left steak, which is slightly pinker than the right steak but not off by much. I also ate half of each steak, and they were very close in mouthfeel and chewability. I didn't find myself chewing one side more than the other, nor did I find a significant difference in the texture. I cooked the measured steak to 130F while I pulled the other

steak at what I had assumed to be close to 125 or 130F. I wasn't looking to see how accurate the temperature was on the probe with these steaks because I knew from previous comparisons that it would be close.

The good, the bad, and the ugly of this device. First, if you can afford to buy a wifi thermometer, this one has a 4.5-star rating on Amazon.ca based on over 11,000 reviews. Other review pages list it as an editor's choice or a top pick. The best of the couple pages I checked seems to be the Weber iGrill2 with a price of \$139.99 on their Canadian website. I also looked at Napoleon's website, and they have a Bluetooth thermometer for the same price.

The Meater+ is going to set you back more than those at \$169.99 on their Canadian website. The difference? Both Weber and Napoleon have corded probes, thus making them only wireless from the base, where the Meater probe has no wires, and the base can act as an extender. The Napoleon and Weber websites do not mention the distance that each of their devices can hold up to, so I do not have a comparison.



The good:

- Truly wireless and lasts for up to 7 hours without needing to be charged. The box takes a single AA Battery to recharge the probe.
- You get three temperature settings and can preset how hot you want to cook your food, OR you can use a predetermined setting but still adjust it.
- The probe can stand up to 500F and warns you if it is reaching an unsafe level for the device.
- You get a timer that will tell you approximately when your food will be done, as well as a rest time, so you can ensure you keep the majority of the juices where they belong, which is in the meat.
- It is submersible, so if you like to sous vide, you can insert the probe into your food, then seal it before you cook.
- Closing the lid on your grill or smoker doesn't make much of a difference in the signal strength.

The bad:

- I get frustrated when it loses connection, which happens if I try to move too far into my house. I usually have to keep the extender within about 10m of the probe; otherwise, it loses signal. The saving feature is that it will reconnect eventually, but I feel like it can lose signal more than I expect it to.
- I generally do not like to overcharge my devices, but this one stays on the charger all the time, so I'm sure down the road that will lead to a shorter life span in the device, but so far, it's been ok. I've been using it consistently since April.

The ugly:

- The extender is excellent, but to move up to the block device is a significantly higher investment at almost \$500. A digital probe is substantially less than these, and I feel like my training has taught me to recognize doneness to a reasonably accurate level. You might not be in the same position, so I can appreciate that a home cook may not have been trained to recognize the signs of how to tell if your meat is cooked or not. Thus a probe thermometer might be your best bet, minus the fact that you're stabbing your meat every time you check.

Bottom line. I would repurchase this product, even though I got it as a gift. I feel like it does a great job at the one task it is meant to do, and I'd like to push it further in the future to see how it performs under other situations, like candy making.

Chef Corey is a student in business management who first graduated from NAIT's Culinary Arts Program in 2007

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Sunshine Coast Health Centre Scholarship

Sponsored by: Sunshine Coast Health Centre

Deadline: August 1, 2021

Potential payout: \$1000

Eligibility restriction: Applicants must be enrolled in the 2020/21 semesters at an accredited university or college in Canada, in a counselling, psychology, medical/nursing, or relevant program.

What's required: A completed application form, along with proof of enrolment and a 500 to 1000 word essay on "What is your perspective on personal meaning and how it helps people in treatment and recovery for their addiction?"

Tips: Read the application form carefully for full details on requirements.

Where to get info: www.sunshinecoasthealthcentre.ca/scholarships/



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

When the lights go out on exam day. When the power goes out just before a scheduled exam on the course end date, a student seeks urgent guidance from the AU community. Prompt replies lead to a free rebooking on ProctorU, within the window for exam completion.

Discord

Beating the heat. In the #lounge channel, students swap tips and pics for keep cool, from backyard inflatable pools to glacier-fed lakes.

Twitter

@austudentsunion tweets: "Have you checked out the @AthabascaU Write Site? Take some of the guesswork out of that next assignment! <https://athabascau.ca/write-site/>."

Youtube

Woohoo, looks like this is a thing! AU posts more course intro videos, this time for HIST 224 History of Canada to 1867, HIST 225 History of Canada 1867 to the present, IDRL 215 Introduction to Labour Relations, and IDRL 316 The Practice of Labour Relations.





Dear
Barb

Barbara Godin

Grudges

Dear Barb:

I am from a large family, and we have experienced a lot of dysfunction and estrangement between family members. Many of my immediate family members hold grudges and don't speak to each other for years at a time. Cousins, siblings, even grandparents have been estranged. I don't understand why people acts like this. Our family has been torn apart because of something that has never talked about, but only lives in the heart and mind of the person holding the grudge. I can't believe this is healthy either mentally or physically for the person holding the grudge. At times I have tried to get family members to talk to each other and they end up not talking to me. I can understand getting angry about something but to never discuss it again, how does that resolve anything or help either person? Stuck in the middle - Tessa.

Hey Tessa:

The phrase "holding a grudge" comes from the Old French word grouchier, which means to grumble and is related to the English word "grouch." English and German words have similar meanings that translate into "to complain" "to wail" "to grumble" and to cry out."

I'm sorry your family is experiencing this. Many people hold a grudge as a way to resolve issues. For some it is a defense mechanism and is often passed through generations, but rarely accomplishes anything—as indicated in your letter. Holding grudges only causes estrangement and distance, as shown in your family, and negatively impacts a person's mental and physical health. Talking to a counsellor will assist to find ways to work through these issues and adapt better coping skills. It is important to not jump to conclusions; put yourself in the other person's shoes. This will help you to understand that perhaps what they did had nothing to do with you. They could have meant something entirely different than what you perceive. Their reaction may have nothing to do with you, but rather they may have had something else going on at the time and took it out on you, which in itself is not right, but it shouldn't be something to be held onto. Effective communication is the most valuable coping skill that can be achieved.

I'm going to end with a quote:

So many people get involved with carrying grudges and having these moral battles with people, where they cast themselves as the righteous and the other guy is the dirtbag. They waste tons of energy on it; create all kinds of darkness around themselves and the other person. It gets you nothing.

Stephen J. Cannell

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

Poet Maeve
Immoral Dilemma

Wanda Waterman





Student Council By-Election Results Are In!

Thank you to all AUSU members who voted in the [2021 Student Council By-Election](#) and further thanks to the 11 candidates who ran for council – we are proud to represent you!

You can access the complete vote tally online [here](#) or view the results from the Simply Voting system through your confidential ballot.

Welcome aboard to all our new councillors – we look forward to working with you!

[Meet Your Councillors](#)



AUSU Wraps Up Pride Week with Canada Helps Donation

Thank you to everyone who participated in the [AUSU Pride Week](#), what an amazing event! Three grand prize and six gift card winners have been selected in the **Pride Week Contest**. Congratulations to Burcu, Jessica, and Tegan, as well as Kevin, Corinna, Liz, Darryl, Anna, and Sarah, and thank you for sharing with us!

AUSU is also pleased to announce that a \$500 donation has been made to the [Canada Helps Pride Fund](#), a national organization that supports a range of Canadian charities working to promote equality, reduce stigma, and celebrate 2SLGBTQIA+ identities



in Canada and abroad. AUSU is proud to support this initiative on behalf of 2SLGBTQIA+ students, in honour of Pride and our commitment to a safer and more equitable future.

Check Out This Research Assistant Opportunity With AU!



The IDEA Academy program is recruiting up to fifteen [Research Assistants](#) to be trained on cloud tech and tools so they can support, advance, and contribute to projects developed and supervised by AU faculty researchers.

AU program students will be prioritized this intake. The opportunity is open to undergraduate or graduate learners with varying digital literacy levels. This call for applications will create a pool of candidates that may be considered for future opportunities.

[Click here](#) to view the full posting including requirements and application instructions.

CLASSIFIEDS

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

THE VOICE

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