

THE VOICE

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Call for Abstracts

The Graduate Student Research Conference

Struggling Student Rants

When the Going Gets Tough

Council Connection

June 17, 2021 Meeting

Plus:

Beer Can Chicken

Course Exam: WGST 266

and much more!



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LETTERS TO THE EDITOR



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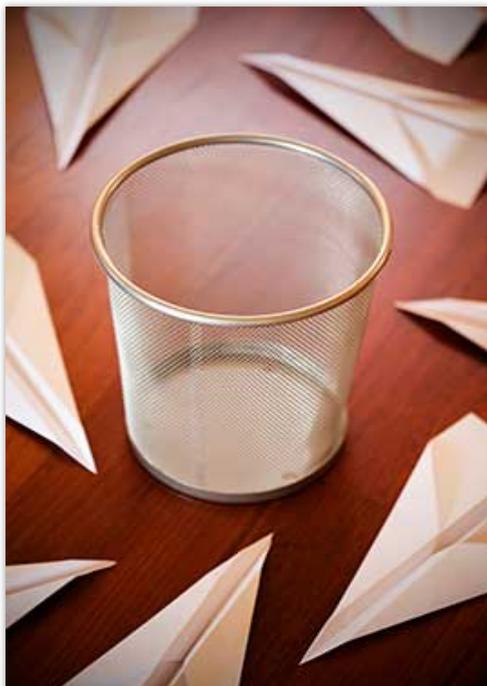
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

Editorial

Take Advantage of My Work

Karl Low



After a small hiccup, we've got the Council report for the June meeting, the last meeting before the by-election took place. It included the approval of AUSU's new indigenous circle's terms of reference and the equity, diversity, and inclusion policy, as AUSU continues to concentrate on becoming a more inclusive organization recognizing the breadth of students who attend.

But what I've chosen to feature this week is actually an article supplied by the Graduate Student Research Conference, an annual conference where Graduate Students get to present abstracts of their current or planned research to a wider AU faculty and graduate student audience. They also give cash prizes to the top three submissions.

Why am I featuring something for graduates? Because this year undergraduates are also invited. If you're interested in further studies after your bachelor's degree, want to have a supportive audience to attempt to beef up and demonstrate both your public speaking and research skills (something vital for the future CEO and executive officers out there) or simply

want a nice extra on your resume or CV that most undergraduates won't have, this presents a great opportunity.

Back when I was an undergrad, I was fortunate enough to get engaged with a small team of other undergrads and we conducted our own research into the nature of distance education students. We weren't invited to the GSRC at that time, so we didn't get paid (we even ended up paying a little bit ourselves as we pooled money from our own pockets to buy a prize as an incentive for people to take our survey.) But the experience was invaluable, in part because our research actually went through the peer review process and was eventually published in the International Review of Research in Open and Distance Learning.

Part of why we did this was because we wanted to demonstrate to AU that undergrads are fully capable of putting together solid research, and if we could do that on our own, what might happen if AU began to put more emphasis on finding ways to bring distance students into the research processes of their faculty.

It's been over a decade since then, but when I now see things like the GSRC accepting undergrads (in part because of continued pressure and support from AUSU for doing this) and AU's own call for undergraduate research assistants through the new IDEA Lab (which you can find more details about the AUSU Update), I like to think that some small part of that is because of our initial push for more research opportunities.

So do me a favor and take advantage of them! Show them how much this is needed so that they do it even more. It can help if you find a small group of people you like to chat with who are all on the same page, because then it feels less like work and more like the thing you do while chatting and enjoying each other's company.

And who knows, unlike us, you may even get some cash from doing so. And I won't even ask for a cut. Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is stylized and cursive.



Call for Abstracts The Graduate Student Research Conference

GSRC

Call for abstracts open until July 27!

The Athabasca University Graduate Students' Association (AUGSA) and the Faculty of Graduate Studies (FGS) are excited to announce the call for abstracts is now open for the 2021 Graduate Student Research Conference (GSRC), taking place virtually on October 1-2, 2021.

The theme of this year's conference, "Then, Now, and Expanding Possibilities," marks the 10th anniversary of this event, and celebrates its past achievements, while opening new horizons for a bright future for graduate student research at Athabasca University.

Current AU graduate students and recently graduated alumni are invited to submit an abstract for the conference. We are also excited to announce that this year we will be accepting undergraduate abstract submissions with the top three being invited to present at the conference. Cash prizes will be awarded to the top three graduate submissions and the top three undergraduate abstract submissions.

Over the last ten years, many AU students have expressed that this conference has given them the opportunity to present their research to a broader academic audience, receive relevant feedback, and improve their public speaking skills.

"Participating in the research conference was a great opportunity to build confidence in my presentation skills and also gain buy-in for my research. It also gave me the opportunity to network with other researchers where I was able to ask questions and learn from other students," said Brittany Hollett, 2021 GSRC People's Choice Award Winner.

The GSRC is an opportunity for students to share their ideas and receive critical reviews of their work in a supportive, yet scholarly, environment. The conference typically hosts over 100 registrants which includes students, faculty, and team members from across AU.

True to our tradition, once again this year, we encourage submissions from all disciplines, whether the research is completed or underway. We also strongly encourage new graduate students who have not started their own research to attend and join in on the fun.

Abstracts can be submitted in the following formats:

- Virtual paper presentations: 15-minute presentation, followed by a five-minute question period.
- Virtual poster presentations: 5-minute presentation followed by a question-and-answer period.

The abstract submission deadline is **July 27, 2021**. [Visit the 2021 GSRC website](#) for more information about the conference or how to get involved.



Council Connection

June 17, 2021 AUSU Council Meeting

Kent Provost



The meeting was called to order at 6:35 pm with the announcement of Executive Director Jodi Campbell taking on the role of accessibility officer. This change in the usual proceedings was implemented to allow anyone in need of accommodations to request them discreetly at the beginning of the meeting.

The council members then acknowledged their presence on traditional lands of Indigenous Peoples. VP of Community and Wellness Natalia Iwanek took time to reflect on the difficult month for the Indigenous and Muslim communities, referring to the discovery of the remains of 215 children near the Kamloops Indian Residential School, and the killing of four Muslims in London, Ontario. She wished for everyone present to take some time to reflect on the byproducts of colonialism still existent and to

reaffirm the AUSU's commitment to support affected members of these communities and advocate for them in the post-secondary system.

Councillor Iwanek added that, with June being Pride Month, AUSU is continuing to work toward advocacy initiatives, scholarships, bursaries, and safe spaces. Some of the major projects included under this umbrella are the formation of the Indigenous Circle; the newly formed Equity, Diversity, and Inclusion Committee; the establishment of a Discord server focused on 2SLGBTQIA+ issues; and a food assistance program. For the uninitiated, Discord is a free voice over internet protocol software for voice, text, and video chat, as well as file sharing and distribution. She concluded with the remark that AUSU is constantly striving to improve and input is welcomed from council members and members-at-large alike.

All council members were in attendance. The previous meeting's minutes and the current meeting's agenda were passed.

New Policies and Updates

Several new policies were approved and discussed. The first was on procedural rules for student council meetings. The two main points were the adoption of the most recent edition of Robert's Rules of Order and the previously mentioned offer of accommodations by the accessibility officer at the start of the meeting. President Stacey Hutchings said that the accessibility portion in particular was a good addition. Other student councils have this sort of structure in their meetings and the AUSU felt it would be an improvement to adopt something similar.

The second was a policy on Equitable Access and Inclusion for 2SLGBTQIA+ Students. Councillor Iwanek stated that it had been worked on for a while because of it encompassing so many different experiences and identities. She noted that AUSU as an organization thought it is important to involve the wider community in the formation of such policies for thoroughness. The committee reached out to AU Women's Studies Assistant Professor Tobias Wiggins and AU student Grayson Thate for advice in developing the policy. The Councillor added that the committee tried their best to use definitions with the most current language, commenting that it

can be a difficult task as the language evolves quickly and that the policy will have to be revised to keep up with changing times. A lot of research was put into detailing why the policy needs to exist and what barriers the students in the community are facing. She concluded by saying that as an organization AUSU wants to use affirming language and the pronouns preferred by those addressed, and pointing out the complexity involved in the formation of such a policy in comparison with other post-secondary institutions with similar policies that mainly operate in person, given that AU has a digital campus.

The election conduct policy received grammatical corrections and the removal of a fee for a running candidate to make a complaint. Previously, if the candidate wanted to make a complaint or ask for a recount they would be charged \$100. President Hutchings noted that this change makes the election process more user-friendly and equitable, since it's possible the fee would be a barrier to fairness in the election process for some participants.

The council also passed an initial formulation for the terms of reference for the Indigenous Circle at AUSU. President Hutchings and VP of Finance and Administration Almigdad Eldoma emphasized that the council wanted the Circle to not see this formulation as a set of rules set in stone, and that it would be open for them to propose changes moving forward. "It's a step toward decolonization," the President said.

Councillor Eldoma added, "It's not just a concrete set of rules. We want them to redo the policies as they see fit. It signifies doing what is demanded and right by those around us and the country. It's a really cool way to push forward what we've been advocating, and it counts as evidence that we're moving toward what we say, not just saying it." VP External Karen Fletcher wanted to know about the process for becoming part of the Circle. The President responded that for the 1st year it will be by appointment, however the 2nd year's circle will be determined in a general election process.

Member Engagement and Communications Committee (MECC) Appointment

Lorie Tran was appointed as the member-at-large for this committee. Executive Director Jodi Campbell said that she stood out among the applicants for the role, and that the decision for her appointment was unanimous. The Director was happy with overall engagement, remarking that it often feels like a mystery at the beginning of a search like this. Three candidates stepped forward and they were deliberated over extensively.

Ms. Tran was chosen because she has several years of experience, and in her interview process she talked a great deal about the importance of community development. It was felt that she would be a great fit for the committee because of, among other reasons, her active Psychology Association membership and her substantial volunteer experience. Councillor Iwanek added that she's excited for the first meeting and that it's fantastic to have a full committee with a member-at-large. President Hutchings noted that what stood out for her about Ms. Tran's application and interview process was that she seemed to understand well what MEC does, that she has relevant work and volunteer experience, and that she fits well with what the committee wants to accomplish.

Reports, Reports, Reports!

The main point from the President's Report was that she was elected to the board of the Canadian Alliance of Student Associations as treasurer. She said that it's good to have somebody from AUSU on the board in such a position because it allows for advocacy in finance and other domains. "I'm excited about the opportunity to advocate for SU members as part of the board. It's a space to advocate equitably for all students."

VP External Karen Fletcher was elected to the Equity, Diversity, and Inclusion Committee. She expressed that she was thrilled with this appointment, particularly because AU likely has more students of different demographics than many other post-secondary institutions (eg. working, older), and she feels that members of these demographics are forgotten in some student councils.

In his report, VP Finance and Administration Eldoma commented that much of his time in the previous month was spent in relation to the search for new deans for the health disciplines, business, and humanities and social sciences faculties. He stated, “it’s great that student executives have the chance to meet candidates and voice concerns. It’s a wonderful advantage. I want to thank AU for giving us this opportunity. A lot of schools don’t broker it. It allows us to get feedback from different candidates and provide feedback in the search.”

For her report, VP Community and Wellness Iwanek wished to highlight the ‘virtual student social’ that she was piloting. It is the first one available to all AUSU members. It is usually constituted by her and other councillors for students to drop-in and discuss anything AU or AUSU related. She has also started a 2SLGBTQIA+ drop-in hour, and she’s pleased with the initial engagement and success she’s seeing on that front.

The VPCW also remarked that for the MECC report much time was spent reviewing services and that several podcasts have been recorded and are now available at <https://www.ausu.org/services/ausu-podcast/>. She concluded with the comment that the Equity, Diversity, and Inclusion Committee is still looking for members-at-large. Eligible candidates are encouraged to submit applications.

In his report, Director Campbell noted that after seeing an enrolment increase over the past few years, it was interesting to observe dips in enrolment for April and May, below numbers for 2019. He also wished Social Media Coordinator Tim Hanson bon voyage as he will be moving on from AUSU to pursue another opportunity. “He set the groundwork for what the role is going to be AUSU and we want to wish him nothing but the best and to thank him for the time he’s been with us,” the Director said.

Recognition and Acknowledgements

The President said that AUSU had done an event on Facebook Live and it was felt to have been a great engagement piece. She expressed how helpful it was to have Mr. Hanson and Communications and Member Services Coordinator Ashley Janes for their assistance.

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

Learning to Learn Online Express MOOC

Jul 19 to Aug 15

Online

Hosted by AU

news.athabascau.ca/events/learning-to-learn-online-express-mooc-summer-2021/

Register through above link

Faculty of Business Undergrad Program Orientation for New Students

Thur, Jul 22, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20210722/

RSVP through above link

The Grad Lounge

Fri, Jul 23, 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.

Councillor Eldoma joined in thanking Councillor Janes and Mr. Hanson. "It's been a cool thing to see you be proactive about keeping everything up to date and the various campaigns you guys have been helping with," he said.

Director Campbell said that May and November are very heavy lifting months for the award committee. "With us essentially doubling the awards being distributed, there were many applications the committee had to review. I'd also like to recognize [Councillor] Regan [Johnson] for her work on awards," he said.

Councillor Katy Lowe thanked Director Campbell for his quick responses to concerns and thoughts she had to express, even outside of normal working hours. She said, "I don't want my saying this to set a precedent of any kind, but I just want to say that you're really going above and beyond."

Next Meeting

The meeting ended at 7:24 pm, and the council reconvened, with six brand new members, on July 15, 2021 at 6:30 pm MST. The report on that meeting should be available in the next couple of weeks.

The next meeting will be on August 19, 2021 at 6:30 pm MST. Please write governance@ausu.org if you wish to attend, if you want other information about the council and their activities, or if you want information about the virtual events discussed above.

Kent Provost is a Philosophy graduate taking his second degree from AU.



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Altered Expectations. One student wonders if other students actually read all three novels covered in ENGL 211. Some read once, some read twice, some did audio books or watched the movie version, and some skimmed or skipped (mostly likely to be given short shrift: Great Expectations by Dickens.)

Discord

Library meet-up. A discussion in the [#general](#) channel leads to a scheduled study-group meet-up at the Stanley Milner Library in Edmonton for July 21, plus the creation of a new [#irl-study-meetups](#) channel.

Twitter

[@AthabascaU](#) tweets: "***Register for this free course by Sunday** Struggling with online learning? It can be a whole new approach to learning and a bit overwhelming. This free four-week course, designed especially for youth aged 14 to 22, will help: t.co/6xS6n53HMe."

[@austudentsunion](#) tweets: "AUSU provides all members with FREE access to LinkedIn Learning! Just sign up using your student email address for your free account. For more check out <https://bit.ly/3Ackax6>."

The Struggling Student Rants When the Going Gets Tough

Angela Pappas



Wiser I started working on a different piece for this issue of the Struggling Student Rants. However, someone said something to me a few days ago which got under my skin.

I recently found myself exploring career options at 40 and, while discussing my options with someone, they told me to go deliver pizzas. This got under my skin. It's not the pizza delivery itself that set me off; work is work and pizza delivery persons can make great tips! It was their condescending tone is what did the trick.

My initial reaction was anger. A few days later, their comment and tone turned to hurt. Fast-forward to the present day; the anger and hurt have turned into hell-bent resolve. Knowing myself and my reactions,

however, this will serve me well—they did me a favour.

Five years ago, I was lacking the confidence but managed to talk myself into signing up for my first AU course. I was also considering a part-time undergrad program, so I disclosed my thoughts and my excitement to a friend at that time. They laughed in my face and told me to be realistic—I hadn't been in school for over 15 years, and they thought I should act my age rather than play "teenager." The same sentiment came over me then as did now; I was initially angry, then hurt, and, soon enough, so determined to prove them wrong that I became obsessed. So, thanks, *friend*.

I was too young back then to understand that your biggest haters just might be your closest friends. We've all been there. We disclose our deepest, most embarrassing aspirations to someone, who then turns around and bursts our bubble. They do this consciously or subconsciously, maybe out of spite or out of concern; but they do this regardless. This is outside of our control, it's not a reflection of you, but a reflection of how they feel about themselves.

Freud called this "projection" which is just a quick way to note unconsciously taking unwanted emotions or traits you don't like about yourself and handing them over to someone else. Ornstein and Ganzer (2005) explain how projection is, in essence, a defense mechanism. By projecting an undesired trait onto someone else, the bully disowns that trait in their own subconscious. Psychology always fascinated me and freaked me out a bit at the same time; nevertheless, it's comforting to know that throwing negativity unto others is just a power play—something to sooth a wounded ego. Now, what is within our control is how we react to these naysayers.

So when someone tries to shame you or make you feel incompetent, this is where you get to prove them wrong and come out on top; it all depends on how you look at it.

First, don't be afraid to break the rules. Being the underdog can be your secret weapon. If you're reading this, you're either an AU student or considering AU—unconventional by typical standards. You aren't afraid to try something outside the norm to get where you need to. You make your own path. In contrast, most folks don't take any path at all. Those that do take a path

and make it through to the other side, tend to choose the path already laid out in front of them. The few obstacles that do exist on these paths are easy for them to get through, since these individuals will either have the skill set or the help to do so, including the cheerleaders. These marathoners will get to the finish line faster and with less effort, there is no doubt in that.

On the other hand, if the underdog plays by the same rules and takes that same path, you can bet your bottom they may not even make it to the end. The odds are stacked against them. This is similar to a cartoon I've come across in the past where some type of coordinator tests the IQ of a crow, a monkey, a penguin, an elephant, and a dolphin, by asking them all to reach the top of a tree! Does this mean monkeys have a higher IQ than dolphins? I'll let you answer that question.

What I do know is that, aside from the crow and the monkey, if any of the others want to succeed they have to be unconventional and embrace divergent thinking. It is terrifying to ignore everyone and follow your dreams but deciding to not play by the rules can open a whole new world for you. History has plenty of unconventional leaders we can borrow examples from, all of whom, during their struggles, were either ridiculed or shunned for daring to not do what most did.

Second, despite being an overused cliché, if you've reached the bottom, cheer up! There's no other way but up. It's much easier to take risks and chase your dreams when you have nothing to lose. Believe it or not, you now have the upper hand. As Gracián (1982) put it, "Never contend with a Man who has nothing to Lose; for thereby you enter into an unequal conflict." If you prefer plain English:

Why don't people with money and power realize that when they screw around with the little guy when they don't have to—especially when it's a little guy like me with not a damn thing to lose—sometimes the little guy is just going to get pissed off and stubborn up? (Anderson, 2016, p. 128)

I'm certain you've all lived through a situation where someone didn't expect you to come out on top or cheer for you. Maybe your significant other doesn't think you can quit smoking after the 17th billion try. Maybe your parents don't believe you will follow through on that undergrad or MBA. Maybe your colleagues don't believe in you when you tell them you will bring a critical project to successful completion. Whatever the low expectation, it is disheartening.

But don't fret! Samir Nurmohamed, an assistant professor of management at the University of Pennsylvania, explains that "underdog expectations" tend to have the opposite effect (2020). To find out why anyone who is undermined performs better than their projected performance, he ran multiple experiments—in work settings, online settings, and lab settings. The results showed that, "as opposed to having greater self-confidence or being more assertive, the desire to prove others wrong was what explained why those experiencing underdog expectations performed better."

There was a catch to what Nurmohamed found, though, so beware. It turns out that we tend to only perform better than expected when we don't think very highly of the person critiquing us. Plain English, we don't give a rat's ass about their opinion. Something to perhaps make you want to reconsider your relationship with the *friend* giving the opinion. When we do, however, value and respect that person's opinion, be careful. Being undermined and trying to turn the rage into fire can backfire. It can cause anxiety, pressure, and perhaps even a lower sense of self-esteem.

At the end of the day, remember what you're made of and why you're here. Remember why you're doing another job than what you'd dreamed of, as well as what you're getting out of it. Remember there's a reason for it all, whether that's to pay the bills or gain the experience. Whether you're a

cleaner, a fast-food worker, or whatever else you decide to do while you work on your dreams, realize that you are also a planner, an achiever, and are courageous enough to do what has to be done to make sure your dreams don't stay dreams but turn into reality. Unlike others. Be grateful for this grit. Many lack it and stick to complaining. Life is too short to sit there crying over the hand you were dealt. Deal with it; embrace the cards; and reshuffle them.

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



Fly on the Wall It's 4AM, Do You Know Where Your Hegel Is?

Jason Sullivan



The Athabasca River winds over a greater span of our planet than the distance a crow'd fly from London, England to Ljubljana, Slovenia (Travel Alberta, online). Just as for myriad organisms the river is always there—always nearby and available. Athabasca U, too, is always on demand to we students. Our coursework is there when we're ready to learn.

The Athabasca river more or less depends on the cycles of the seasons just as how for us our course deadlines define the rhythms of our academic existence. Sometimes, to our discomfiture, we realize that class is never really *out* for us. Learning to manage time, those moments that had hitherto wandered into the ether of lunatic whimsy (like

ocean tides drawn to and fro by the moon's pull) is part of our success. Each hour is what we make of it as we unfold our inner selves. The processes by which we become who we are, and the personal history that abides within our actions, are themselves philosophic terrain.

And Now A Word From the Wheel of History

And so it was that many years ago I realized that I'd better not leave my cell phone ringer on while sleeping *after* studying and *before* a shift at work. Sometimes it's the between times that matter the most.

The factory-preset ring tone woke me up with dull familiarity; no radio jingle could be more annoying, but I didn't care to change it. Rarely does my phone make a peep overnight. But I was a bit more of a social butterfly in those days, tech-wise. That ringer tone clang right into my dreams like an angry bear at the window of a log cabin. A friend had a critical 4 AM plea; she'd met a German exchange student and the young Fraulein, new to Canada and straight off the plane, was excited to hear of a fellow traveller in the mysterious realm of Hegelian metaphysics. I was put on the spot; could I summarize George Wilhelm Friedrich Hegel's dialectic in a few sentences?

I could not. But I gave it a shot. As you do, right? I warbled of Hegel's dialectic whereby a thesis meets its natural and inevitable antithesis (not unlike sleep meeting an abrupt awakening). And I continued by proclaiming how that meeting of opposites leads inexorably to a synthesis that itself rolls onward to bring forth an antithesis of its own. And on and on, like snoring. I think I even added something about how Plato had fabled a poetic yarn about how humans had once been made up of twice the number of arms and legs and had rolled around in attached pairs before being split, rent asunder like a dream from its unconscious substrate, at the dawn of Ancient Greek Time.

Shortly the conversation terminated, though, and I attempted to sleep further before my rude dawn wake up call. So I dawned my light of awareness the next day and was off on the wheel of fortune that is the dog life existence. A privilege to wake up and have work to go to, though, and I felt pleased with myself that morning.

Post-Hoc Thoughts

Now, over a decade later and a little calmer and more quiescent in the academic fortress of my brain, I wonder if I'd have been better to summarize Herr Doktor Hegel with a few quotes. Staircase wit; *l'esprit d'escalier*, takes over even when years have flowed by like driftwood down a tight river gorge. So here they are, some explanatory lines, and I hope each imparts as much (or as little) elegance and detail as required to garner a passing interest or satisfaction about the gist of this most challenging, yet historically prescient, of all thinkers.

Hegel In A Nutshell, Or River Rock

Hegel believed that the mind is a terrible thing to waste by considering its limitations; instead, for him infinity and mind co-terminated on an endless expanse of historical possibility.

Noting the mysteries of humanity's mental peregrinations and perambulations down through recorded time, and even as a timeless gesture of majesty in the preliterate consciousness of our race, Hegel stated that

"The plant begins with the seed, but the seed is also the product of the plant's entire life, for it develops only in order to reproduce" (Hegel, 36)

Unlike humanity, to Hegel all of nature flows along incapable of surpassing its banks except when thrust to do so by other predetermined natural events. There are no intentional floods of rivers, he'd have said.

Next up, perhaps, we have the key ingredient to a successful post-secondary experience.

"Man can only fulfill himself through education and discipline; his immediate existence contains merely the possibility of self-realization (ie. Of becoming rational and free) and simply imposes on him a vocation and obligation which he must himself fulfill. The animal's education is soon complete; but this should not be seen as a blessing bestowed on the animal by nature. Its growth is merely a quantitative increase in strength. Man, on the other hand, must realize his potential through his own efforts, and must first acquire everything for himself, precisely because he is a spiritual being; in short, he must throw off all that is natural in him. Spirit, therefore, is the product of itself" (Hegel, 36).

While life may feel nasty or brutish or short or dull, ground to a fine blankness like driftwood on a shore; and our sensory relations and compulsions equally fleeting, it's certain that at AU we will, if we work at, surpass our hitherto concretized sense of the natural order of our lives and our minds.

The being of our being, as human beings that think and breathe and above all inhabit magical realms far removed from the rote disciplines of our mortal coils, interested Hegel too. He saw it as embodying a dialectical process where we constantly surpass while maintaining our sense of self and our sense of our historic time and place within it.

There are no clean breaks, from relationships or schooling or life itself. Instead, we unfold like flower petals and we churn ourselves forward. For this process, where growth and preservation combine to further impetuous evolution, Hegel here utilized the German term *aufhebung*. He wrote that “Being is *Aufhebung*. *Aufhebung* is being, not as a determinate state or the determinable totality of beings, but as the ‘active,’ productive essence of being. So it cannot be the object of any determinate question. We are ceaselessly referred to it, but that referral refers to nothing determinable” (Hegel, 43).

Take that, identity essentialists! At the least, the process and flow of life, like the river that is our university’s namesake, belies simple understandings and hastily wrapped bundles of certainty.

Finally and crucially, when we consider the role our education plays in us becoming more conscious and well-rounded citizens, capable both of critiquing and understanding our contexts and our times, our culture and its dalliances, Acton describes the key pedagogical theme whereby Hegel translated his description of the process of awareness of self and place and history into a prescription for mindful (now there’s a useful deployment of the term) action.

“A fundamental feature of mind, according to Hegel, is freedom, and nothing that is partial or finite can be wholly free. The mind that is the only reality is therefore infinite. Furthermore, no one is free unless he is conscious of what he is doing, and infinite mind is therefore self-conscious mind. Artists and statesmen, merchants and saints, all busy themselves with their more or less partial tasks without necessarily concerning themselves with what it is that they are doing. According to Hegel, it is the function of the philosopher to make men conscious of what art and politics, commerce and religion, are, so that mind can exert itself to its utmost range and thus become absolute” (Acton, 436).

For in a decade where everything seems cancelled, blinkered, quarantined, and generally topsy turvy and tail-over-teakettle, it helps to remember that, in the end, Hegel was about one thing: explaining how the world proceeds apace, rolling and gushing ever-onward like the river and its rocks and the trees caressed by the breeze. And for us in Canada it’s a magical wind, one of liberty and freedom that we in mind throughout our education here in the Great White North.

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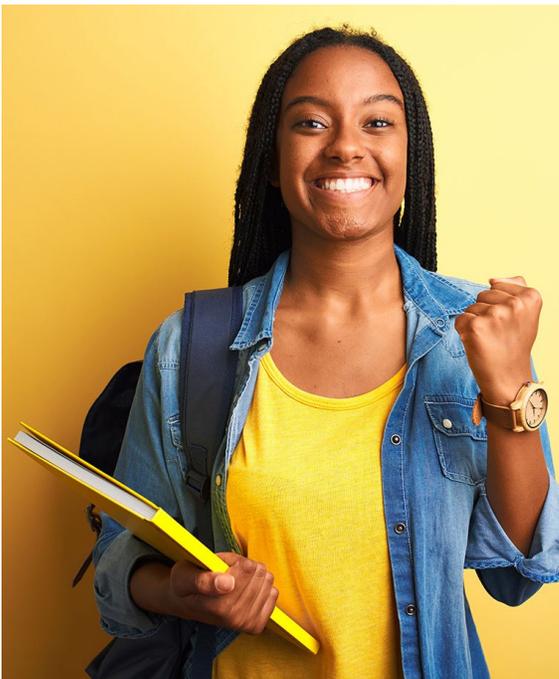
Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.



The Study Dude

Five Signs of a Great Essay

Marie Well



Good writing can jump a grade from a D to an A—and fast. The guy who just can't get a C could easily get an A by taking action on tips for writing great essays.

With that said, here are five signs of a great essay that can bolster GPAs:

**Great essays have a variety of punctuation. **

When we read a grammar book cover to cover, ideally before our first semester, we discover possibilities for improving our writing. And in many soft science faculties, grammar can make or break us.

If we want to take our essays to a higher plane, consider reading books on academic writing by Helen Sword, Joshua Schimel, Roy Stuart, Steven Pinker, and others. If our writing currently doesn't get straight A's, then reading a grammar book plus these authors' books can boost our grades to the promised land.

Great essays use at least thirteen references inside the bibliography.

Thirteen is the breakeven number, luckier than ever imagined. Gather mostly articles with a several books thrown in.

A friend of mine was on the wrong track. She signed out one book and read the entire book. She ended up with one reference in her essay—and bombed.

Instead, sign out at least five books on the topic. Ten is better. Better still, sign out every book on the topic, but be sure to hit the library on the same day the paper gets assigned.

And be sure to download at least thirty articles on the topic. Some of these articles won't enter the bibliography as they won't have anything directly relevant to your topic. Remember, you need at least thirteen bibliographic references.

A+ essays have quotes from a variety of sources within each paragraph.

But how do you do this? Learn how to skim or speed read articles. But be sure to highlight and add a one-to-three-word description to every relevant point. These descriptions will help you group similar descriptions together, which work to create paragraphs on a common theme. These common themes end up as part of the three-point thesis statement. But make sure each of these three points within the thesis statement are somehow related so they can be tied together into an argument.

Great essays use book indexes for vetting topics.

Books are great for searching the indexes for topics (or should I say, "Subtopics?") with a lot of page references. A lot of page references means the topic has enough meat for an essay. We can combine three or more related topics into a thesis statement. The key is to tie together these topics into a single argument.

For instance, we could write, "poverty, sanctions, and a food crisis were the motivating reasons for voting in the tyranny of Adolf Hitler." I don't know if that's the case, but if at least one book

has substantial references to each of these subtopics (poverty, sanctions and a food crisis), you might have a decent essay thesis.

Great essays answer the “so what” question.

In other words, they reveal how they better the world. For instance, the World War II essay thesis above could add another sentence to read as follows: “Poverty, sanctions, and a food crisis were the motivating reasons for voting in the tyranny of Adolf Hitler. Thus, the reigning governments of today must ensure at least a livable per capita income to avoid the possibility of replacement by despots waging war against the world.”

Alternatively, you could write the thesis, “the poverty, sanctions, and world crisis that motivated WWII have implications for leadership today,” and you could end your essay with the concluding remarks, “Poverty, sanctions, and a food crisis were the motivating reasons for voting in the tyranny of Adolf Hitler. As desperate times lend to desperate measures, a minimum per capita income is required to prevent despotic takeover bent on global warfare.”

So, what's the “so what” of this Study Dude article? It's the A+'s bound to dominate our transcripts, if not already!



Karen Lam

Course Exam

AU courses, up close

Course Exam

Karen Lam

WGST 266 (Thinking from Women's Lives – An Introduction to Women's Studies)

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.

WGST 266 is an introductory course to women's studies that explores the turn of the 20th century. The course “sets out to demonstrate the value and relevance of feminist thinking and activism in Canada today. It provides an overview of the history of feminism as well as a critical examination of the ways in which different groups of women experience marginalization and oppression in the Canadian context. The intersection of gender with race, class, and sexuality is highlighted throughout the course.” The course has no pre-requisites and is available for challenge.

Who Should Take This Course and Why

For this course we had the opportunity to interview Morgan James from Winnipeg, Manitoba. Morgan is a full-time radio host and music director by day, full-time Psychology B.A. student by night. When we asked Morgan why she decided to study at AU, she stated, “I decided to enroll in the program at Athabasca University after years of searching for meaning in my life. I have always been fascinated by the human mind and behaviour and how people interact; I also desire to help others. The psychology program and courses offered were the perfect fit.” Morgan also elaborated on the challenges she faced, “However, I first enrolled in courses tailored more to

academic education rather than learning about myself and others around me. I struggled initially and found it challenging to connect with the material, so I took a short break, regrouped, and decided to refocus my attention on learning about what matters most to me: people. I rearranged my program and chose courses that would better reflect my intention, starting with WGST 266 – An Intro to Women’s Studies.”

When we asked Morgan what WGST is about she mentioned, “WGST 266 – An Intro to Women’s Studies is a course for those who desire to learn more about our society and the people who have and continue to struggle to find their place or role in it, people like myself. The focus of the course is on the inequality different groups of women face in Canada; what I gained from the material is a deeper appreciation for humanity as a whole and a renewed desire to understand my roots and what has influenced me as a woman in this country. With this understanding, I am more prepared to continue my academic journey and beyond.”

Morgan also recommended to all interested students, “If you are deciding whether or not to take the WGST 266 course, ask yourself two essential questions: who am I, and who do I want to be. If you cannot answer either of these questions without hesitation, take the course and continue to ask yourself these questions as you work through it. Not only will you succeed, but you will also complete the course appreciating the world around you and, more importantly, who YOU can be in it.”

Course, Assignments and Final Exam Details

The course consists of eight units including the history and overview of feminist thinking and activism; theorizing women’s lives; feminism, diversity, and difference; bodies and representations; violence against women, wellness, and health; and, lastly, feminism across borders. The course also consists of four assignments with the first one being an oral review worth 20%, second assignment is a research essay plan worth 15%, third assignment is a research essay worth 25%, and finally the last assignment is three short essays worth 40%. There is no midterm or final exams, and all assignments are open book.

When we asked student Morgan about the course she stated, “The WGST 266 course introduces feminist theories and activism while focusing on the background of different groups of women. Topics covered in the course include relations (unequal) in race, gender, class, and sexuality today and throughout history.” Morgan elaborated that she felt “the issues covered were emotionally heavy but enlightening in the way that challenged my view on social relationships between men and women, particularly my role as a black woman in a patriarchal Canadian society. Learning about the history of women who fought for and continue to fight for equal rights in Canada provided a deeper understanding of how our society was built and what changes are needed for a more inclusive and respectful one. While the course is emotionally challenging, it is structured to combine academic learning with personal reflection.”

How to Be Successful in the Course

Course Coordinator’s Advice for the Course – Dr. Rhiannon Bury

Dr. Rhiannon Bury has been a faculty member of WGST since 2007, at which time she took over coordination and tutoring of WGST 266. Dr. Bury has done two major revisions to keep it current. She hopes to do another minor revision in the next year or so. To learn more about Dr. Bury’s research and teaching, you can look at her [faculty profile page](#).

When we asked Dr. Bury for her advice for the course she stated, “WGST 266 is a great course for any student who is interested in social justice and the impact of not only sexism but racism, ableism and homophobia on the lives of women in Canada today. The course takes an intersectional approach, recognizing that certain groups of women—Indigenous women and women of colour in particular—face barriers that many white, middle class women, around which the original Women’s Liberation Movement was built, do not. WGST 266 is one of my favourite courses because it provides the opportunity to engage directly with students through the Oral Review, not just grade written assignments. Some students are understandably nervous when they see this first assignment on the syllabus. I assure them in the instructions or if they contact me directly with questions that it is designed as a teaching and learning opportunity, not just a “test”. They prepare their answers in advance and they have access to their course materials. Once we get going, it usually turns into a dialogue. Once students establish a connection with their tutor in this way, they are more likely to approach them for support over the course of their contract. I have just returned to tutoring after being on administrative leave and I am very much looking forward to these conversations!”



Student’s Advice for the Course – Morgan James

When we spoke with Morgan about her experience with the course content and assignments she stated, “The five units that followed the oral review covers bodies and representations, violence against women, and health. All topics were easier to understand after the introductory units and oral review. The research essay plan assignment was a helpful step in preparation for the research essay in which the tutor provides feedback on the essay topic chosen and submitted outline.” In addition, Morgan mentioned, “there is no final exam for this course; instead, it is required to write three short essays to demonstrate understanding of the central ideas presented in the course for the final assignment. Based on feedback provided by the tutor from the previous assignments, it was easier to complete each of three short essays. In addition, it was a valuable tool for summarizing, in my own words, the knowledge gained throughout the course.”

When we asked Morgan about her experience with the course tutor, she said, “My tutor was Melanie Cook, who began the oral review with a few minutes of getting to know each other, which helped me relax and feel like I was sharing opinions and ideas with a friend over coffee. As our conversation continued, Melanie Cook asked questions based on topics already covered in the course and theories that came up at the beginning of our friendly conversation. At no time during the oral review did I feel like it was an assignment; instead, Ms. Cook provided further insight into the theories I struggled to articulate. The oral review further motivated me to continue the course and better understand what I had learned and the material ahead.”

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at rbury@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



Homemade is Better Beer Can Chicken

Chef Corey



This week I chose a popular recipe that most YouTube or TV cooks will make. It is easy and typically turns out moist and delicious. Beer can chicken is incredibly simple, and you don't even need to use regular beer. I chose Coors Original, but non-alcoholic beer also works. The idea behind this dish is that you're steaming the inside of the bird and roasting the outside. There is some debate about whether the beer reaches a boiling point to create steam, but I've never put much thought into the specific science behind it. I just know that I love it!

Let dig into the science slightly; it might be interesting to consider the possibility that the beer does boil. If we consider that water boils at 100°C or 212°F at 1 atmosphere or 14.7psi, it takes approx. 3-4 minutes to boil 1 litre of water. Pure grain alcohol boils at a lower temperature of 78.37°C or 173.1°F at 14.7psi. Edmonton, where I live, is at approximately 14.79psi, so slightly higher than sea level, around 668m above sea level. Water in Edmonton boils at 97.8°C or 203°F, which means that pure grain alcohol

would boil at a lower temperature as well. For simplicity, let's suggest that beer would boil at a slightly lower temperature than water and if we lower the temperature by the same reduction for water, +/- 2.2°C, we get 76.17°C. Average out those two numbers, and we get 86.985°C. So, with this information, we can say that it might take a similar amount of time for our beer to boil. Let's say it will boil at 4 minutes. We also need to consider the vessel in which the beer is contained. Aluminum has a high conductivity of heat, so it is plausible that beer would boil at a temperature above its boiling point; at the very least, enough energy is transferred, so it gets to a point where it starts to steam. I heated my grill to around 350 – 375F, and the chicken cooked for approximately 20 minutes. I used my trusty Meater+ thermometer to measure the temperature in the grill and the chicken. If you don't know what this device is, see my last article.

I had bought a reasonably standard chicken from my local grocery store. It had been frozen, so I thawed it over 3 or 4 days in the fridge. Then seasoned it with my "Big Daddy's" Meat rub; see my article for smoked pulled pork for the recipe. I made sure to season the chicken liberally. The next thing you need to do is remove about 1/3 of the beer... If you're not a drinker, pour it down the sink; otherwise, the cook will need to consume some of it. I always make sure I have two cans available for this recipe... one for the chicken, one for the cook. Then you'll need to carefully maneuver the beer can into the rear of the chicken. The chicken should be standing up. Cook your chicken until you reach 170°F, it took me about 20 minutes, but I always rely on temperature to make sure it's cooked.

I hope you enjoy this recipe!



Beer Can Chicken

Ingredients:

1 whole chicken
1 355ml can of beer (non-alcoholic is fine)
Big Daddy's seasoning

Directions:

- 1) Heat your oven or grill to 350°F.
- 2) Open the can of beer and remove 1/3 of the liquid.
- 3) Pat your chicken with a clean paper towel to remove any extra moisture.
- 4) Season the chicken liberally with the seasoning, rub it into all the skin. Make sure you get the front back, top and bottom, wings and legs.
- 5) Fit the chicken onto the top of the beer can.
- 6) If cooking in the oven, use a baking sheet; if using your grill, make sure the top shelf won't get in the way and put the can with chicken right on the grill.
- 7) Cook the chicken until it reaches 170°F, then remove from the heat.
- 8) Cover the chicken with aluminum foil, just cover it loosely; you don't need to wrap it.
- 9) Allow the chicken to rest for 5 minutes and use an oven mitt to remove the beer can carefully, it's going to be very hot.
- 10) Carve your chicken up how you like and enjoy!



How to Be Super Positive for Your Loved Ones

Marie Well



We all want to be happy, loving, and loved, especially with our families and friends, despite the world's challenges. Here are a multitude of ways to stay super positive so that not only us, but our loved ones, feel the joy.

First, learn how to smile and laugh all throughout the day. Everyone loves to be around a happy soul. Start by recording yourself laughing loudly and happily. Then practice smiling and laughing out loud randomly throughout the day. If people start calling you “giggles,” you are on the right path.

Second, tweak your laughter so your giggles feel as uplifting as a kitten's loud purr. If no-one else loves your laughter, I guarantee you will. The massage on your organs and the released endorphins feels euphoric.

Third, when you go to restaurants or stores, smile and laugh happily with the cashiers. You'll make their day, and you'll condition yourself further into a happy state.

Fourth, if others don't respond well to your good intentions, keep smiling but attempt to improve yourself. There is always room for growth within a happy soul.

Fifth, the minute a negative emotion washes over your face, let out a happy laugh. It helps reset. And you instantly look and feel better. And the minute a negative thought arises about another person, even about an enemy, say a thoughtful prayer for that person. A prayer or a kind well-wish removes all anger.

Sixth, deepen your spiritual awareness and everyday philosophies. In other words, learn how not to judge, blame, criticize, condemn, complain, begrudge, or worry. In other words, don't try to change others, but work only on improving yourself. This also involves not allowing jealousy, anger, or demands to enter your psyche. Give love, not negativity, every chance you get.

Seventh, change even your thoughts into bubbly laughter, relishing the singing birds, the feel of the floor on your toes, the sunshine on your face, the life-force of the trees and insects, the water spraying on your shoulders. This world has millions of marvels within our reach every moment of the day.

Eighth, expect nothing from your loved ones, but give them all they need for real happiness. Serve them. Be generous with them. Support their dreams and goals. Help foster their talents. Bring them comfort. Find every little way to lift their spirits.

Ninth, see only the best in others, closing our eyes to their faults. See no evil. Hear no evil. Feel no evil. Do no evil. See only love. Hear only love. Feel only love. Be only love.

Tenth, if we all have guardian angels, then truly everyone is loved to the nth-degree by another entity. Become that entity giving nothing but love, no matter what others do in return.

Eleventh, go the extra mile with every inch requested, never begrudging being of service to someone. Lend a hand any chance. Stay perky and happy when doing hard labor for the benefit of another being.

Twelfth, withstand even the greatest abuses. Negativity is a gift. If handled with love, negativity can make you an improved person. If you can smile and laugh in the face of an uproar, you're on the right track.

Finally, if we lack a trait needed to make a loved one truly happy, we can always develop that trait. And if we have a trait that brings suffering to others, we can always do the opposite of that trait. For instance, if we are misers, we can compensate by going overboard with generosity. If we are jealous, we can give pure love to our competitor. If we are super strict, we can go rule free.

Are you ready to share nothing but smiles and laughter with your loved ones, no matter the circumstances? If so, you'll discover the true meaning of happiness.

It's true that this world can be crazy bad—for us and our loved ones. But it's pure heaven when we turn our sufferings into reasons to smile.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Jeremy Dias Scholarship

Sponsored by: Canadian Centre for Gender & Sexual Diversity

Deadline: August 30, 2021

Potential payout: not specified

Eligibility restriction: Applicants must be Canadian citizens or residents, and must be high-school or CEGEP students entering an accredited post-secondary institutions or students currently enrolled in a post-secondary institution.

What's required: An email including a cover letter, a resume, a reference letter, and a maximum 250-word essay describing your efforts to eliminate discrimination in your community.

Tips: Read the scholarship description carefully for information on the "ideal winner."

Where to get info: ccgsd-ccdgs.org/scholarships/





Dating on the Line

Dear Barb:

I was in a long-term relationship and, unfortunately, it ended last year. Since then I have been trying to meet people online and it doesn't seem to be working for me. I have been on a lot of dating sites and been chatting with a few guys. The messaging seems good for a while, and then we both seem to lose interest in getting together. This has happened many times and I don't know if it's me or them, but we just don't seem to click.

The times I have gone to the next step and actually met someone for coffee, the meeting seems to fall flat of my expectations. Usually, they don't look much like their picture, which was obviously photoshopped. Also, they seem to be much better at texting than having an actual conversation. I am rarely interested in having a second meeting. I feel I am ready to enter into another long-term relationship and possibly get married and have a family, but I just can't seem to connect with anyone. Do you have any tips for me? Maybe online dating is not for me.

Looking forward to your advice. - Carla.

Hi Carla:

There are many benefits to online dating. For example, you may meet someone that you would have never had the opportunity to meet any other way. As well you will meet people outside of your social circle, perhaps from another city or even country. However, online dating requires a different mindset than traditional dating. It's important to take the time to get to know someone before you eliminate them from your pool of prospective partners. If you get beyond the messaging phase and actually meet up, don't give up after one meeting. Just because there weren't sparks on the first meeting doesn't mean the relationship doesn't have potential. Take the time to go on a few dates before you cross them off for good. Often people are shy or uncomfortable at first, and it will take a few dates before they are able to allow others to see their true personality.

One of the reasons a meeting may fall short of your expectations, could be because the person felt more comfortable letting their guard down through messaging, whereas in person they aren't quite ready to do that, especially during the first meeting. Contrary to popular belief, connections generally are not instantaneous. They take time to develop and nurture before a person's true character will be revealed. Don't give up after one awkward date; give it at least two or three dates before you decide this is not the relationship for you. Best of luck Carla and remember the old saying "on every pot fits a lid."

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.

Chazz Bravado
Pinko Purge

Wanda Waterman

I hear Ron DeSantis
wants Florida's
university professors
to declare
their political
beliefs so their
funding can be
pulled if they're
too pinko.



It's about time!

If I want
to compliment
a chicky-poo
on the shape
of her butt ...



...I don't want
no bleeding heart
liberal philosophy
professor
shooting
me down.



**Or
getting
tenure.**



**Freedom
of speech,
chicky-poos!**



**It's worth
a little
academic
purge
now and then.**



Undergraduate Abstract Submissions Welcome at GSRC

The [Athabasca University Graduate Students' Association](#) and the [Faculty of Graduate Studies](#) are excited to announce the call for abstracts for the [2021 Graduate Student Research Conference](#) (GSRC), which will take place virtually on October 1st and 2nd.

Current AU graduate students and recently graduated alumni are invited to submit an abstract for the conference. **Undergraduate abstract submissions will also be accepted this year, with the top three being invited to present at the conference.** Cash prizes will be awarded to the top three graduate and undergraduate submissions.

True to tradition, submissions are encouraged from all disciplines, whether the research is completed or underway. **Read the full call for abstracts [here](#).** The submission deadline is July 27th, 2021.

[Submit an Abstract](#)



Read the latest [Executive Blog: Summer Updates & Good Things to Come](#) and learn what your executive team has on the go this summer. Get updates on advocacy efforts, newly formed committees, community initiatives, and more!

Check Out This Research Assistant Opportunity With AU

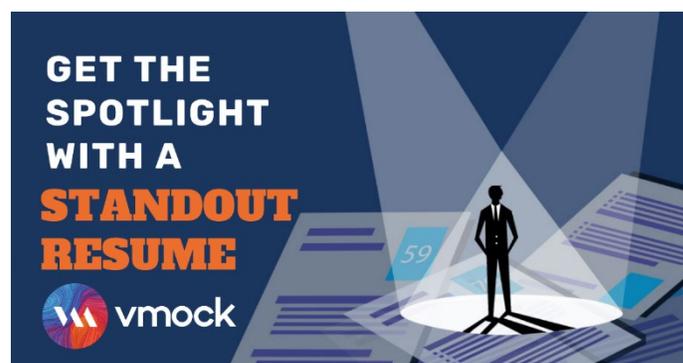


The IDEA Academy program is recruiting up to fifteen [Research Assistants](#) to be trained on cloud tech and tools so they can support, advance, and contribute to

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. **The application review will begin on July 23, 2021.**



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Sign-up for [VMock](#) using your @athabasca.edu email or whichever email address you have on record with AU.

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

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