



# THE VOICE

Vol 29 Issue 35 2021-09-03

**Surviving Studying with Children**  
Quick Tips to Make It Work

**The Human Cellular Connection**  
Staring into the Void

**Good Intentions**  
The Final Destination

*Plus:  
Peaches and Crepes  
Music Review  
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](http://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

### The Destination of Good Intentions

Karl Low



This editorial should have been done sooner.

It should have been done before today's announcement by the Alberta government of the new measures that are being put in place. If it had, it would have been a fairly light frothy piece about some of the articles we have in this issue and some of the things I'm looking to publish in the near future (including some reporting on the post-secondary policies (or lack thereof) of our federal parties for the upcoming election).

Instead, I got sucked in to watching the announcement and a lot of time disappeared as I attempted to comprehend just how we'd managed to get here. For those out of province, our case load of COVID-19 people is getting very high. More concerning, the expected disconnect between case counts and hospitalizations/ICU occupation never showed up. ([I wonder why?](#)) With ICU occupation nearly doubling over a single week, the government has decided that, contrary to its last announcement on the subject, COVID is not actually over, and by gum we do need some restrictions in place because personal responsibility doesn't seem to

be cutting it.

So where is "here" now? Hospitals in Alberta are cancelling any non-vital surgeries so that they can keep ICU beds free for COVID patients. Mask restrictions are coming back, all indoor public spaces, all indoor workspaces that aren't kept at least 2 meters apart from others. Liquor can no longer be served after 10pm.

And, that's about it.

Those in close contact with those diagnosed with COVID have no duties or restrictions placed on them. No restrictions on store occupancies, no requirements for distance other than the masking restriction, those who are unvaccinated are just as welcome to go to crowded pubs or long-term care facilities as the rest of us.

But, on the bright side, if you're one of the people who hasn't gotten vaccinated—and so are now part of the reason why surgeries are being cancelled—the government plans to reward you with \$100 gift card if you sign up for a vaccination between September 3 and October 14.

Now, don't get me wrong, if this gets more people to vaccinate right now, that's probably a good thing, and honestly will save money for the taxpayer given the standard costs of an ICU bed for a COVID patient. However, it's still a slap in the face for those of us who did the right thing because it was the right thing to do.

More concerning, I fear what message this sends to those who were hesitant, but in the end decided to get the shot because it was the right thing to do. What happens when another booster shot is needed? This new policy may well encourage those "on-the-fence" people to try to hold out until the government is willing to pay them. Future vaccine uptakes may be even slower than this one, with the accompanying results.

I'm having real difficulties just processing the weakness of this government to stand up for the majority of its citizens in the face of a vocal minority who have nothing but rage and fear to back them. And, honestly, I'm starting to feel some real rage about it myself.

Still, this issue is decent, check out our feature on studying while having kids, and make yourself some peach crepes. Plus other good stuff. Enjoy the read!



## How to Survive Studying with Children

Jessica Young



Distance learning is hard. Studying from home takes enormous amounts of self-discipline, motivation, and perseverance—even more so for those of us who have children. As an AU graduate with two children, I discovered some tips and tricks along the way to manage the chaos of studying at home with kids.

### Plan Ahead

This is probably the most important lesson I have learned during my time as an AU student. Having kids can be unpredictable, especially if you have babies who follow their own schedule, so plan for disaster! Don't leave anything until the last minute. Acknowledge that your baby may be up all night crying the night before an exam, or your daughter may be home sick for a week while you're working on your final research essay for a course.

When selecting your courses, consider your schedule. For instance, summer vacation may not be the best time to take on multiple challenging or time-consuming courses. Then review the suggested study schedule for

your courses and make your own schedule, allowing yourself extra time to complete each section in case of emergency.

### Designate Study Time

Schedule a time every day to study, ideally when the kids are sleeping or out of the home. Think about when you are most productive—and be realistic. I always fell into the trap of telling myself that I would study after I put the kids to bed. Of course, once they were asleep and I finally had some time to myself, exhausted from the day, I rarely actually studied. I eventually learned to schedule study-time for when my children were both at school in the mornings, or after dinner when they were usually content and playing quietly.

If you have no choice but to study when your children are in the home, set yourself up for success. Set your child up with a quiet, independent activity that will keep them busy for the hour or two you'll be focused on your books. Utilize technology if you have to—there's nothing wrong with allowing your kids to watch a movie or play on a tablet with headphones if that is what you need.

In *Peaceful Parent, Happy Kids*, Dr. Laura Markham suggests scheduling ten minutes of special time with each of your children every day. Let them choose the activity, put your phone away, and put 100% of your focus on them. Doing this right before my designated study time made a *huge* difference for me and my kids. They felt good that Mom had given them some undivided attention and I was able to study without feeling guilty for “ignoring” my kids.

### Use Your Support System

Don't be afraid to ask for help! If you are lucky enough to have the support of a partner, make sure they understand the difficulty of juggling your education, parenthood, and whatever else you have on your plate. Divide household and parenting duties appropriately so you have time to focus on your studies. Enlist family and friends to watch your child while you study or take exams.

Unfortunately, I had very minimal support while I completed most of my degree. While this can definitely make everything much harder, I promise it's not impossible. Look into community supports in your area, reach out to your church, or even hire help if you're able to.

If you're really struggling, reach out to your professors or [Learner Support Services](#).

### Give Yourself Grace

Remember that you are trying your best. You are not perfect; there will be times that your schoolwork suffers because you put your children first—and that's okay! Know that you are setting a wonderful example for your children by pursuing your education. Know that you are working towards giving your children a better life. You can do it!

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



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

On the heels of the withdrawal of U.S. troops from Afghanistan, we glance back at two views on conflict and terror.

**Back to the beginning.** Dru Oja Jay Argosy examines the motivations behind U.S. military action in Afghanistan. "How, exactly, does one declare war on a concept, on a tactic, and how would such a war be won?" The "War on Terror":

Sense and Nonsense, March 27, 2002.

**Making the news.** Wanda Waterman reviews A Thousand Times Good Night, a movie with a backdrop of journalism in conflict zones. "You soon realise that this isn't a story about extremism, martyrdom, or the Islamic world, but rather the story of a woman struggling to maintain selfhood..." The Mindful Bard – A Thousand Times Good Night, August 14, 2015.

## Scholarship of the Week

### Digging up scholarship treasure for AU students.

**Scholarship name:** 2021 AES Scholarship

**Sponsored by:** AES Engineering

**Deadline:** October 8, 2021

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be high school seniors or students attending a post-secondary education facility.

**What's required:** An email with contact and school info and your plans for next year, along with an essay of 500 to 1000 words describing your life as you might look back on it 30 years from now.

**Tips:** Applicants are not required to be taking Engineering courses.

**Where to get info:** [aesengineers.com/scholarships.php](https://aesengineers.com/scholarships.php)



## Fly on the Wall

### The Human Cellular Connection

Jason Sullivan



The oldest neighbour in our neighborhood, Jim, the only one who precedes my family arriving in this bucolic British Columbia valley in 1985, just passed away. So will us all, like wisps of breeze and leaves on the trees. Our studies and our lives equally mean nothing or everything depending on how they make us feel. How to live our best selves is something we can't expect to learn in school; hints and glimmers might shine through our studies, but academia has its limits.

We *can*, however, learn at AU, as in life, how to have respectful discourse with others. Jim, right up till our final conversation, was neither brash nor harsh nor judgmental of those who were. Anyone can be placid when they feel ambivalent about their interlocutors but to feel

peace towards those who are perpetually aggrieved by the world, that embodies a fine art of living. His education in class was far less than the decades he spent in his trade, and unlike some folks who extol their life smarts rant against the purported inanity of book smarts, Jim seemed simply to live in a glorious eternal present, as though there were no absolute deadlines to the enjoyment of life itself. Probably we all know a few older folks, or have done, that taught through their demeanour as much as through their words.

At AU, the one thing I glean from my scholarly elders, including past Athabasca tutors, is that what we have most to learn from school is how to place ourselves into a better harmony between our inner and outer realms. It's worth making a point of finding out what your tutors do for fun. How do they unwind? After all, there is no *outside* of studies for lifelong learners, and that's what *scholardom*, the fandom of bookishness if you will, is about.

### A Thought from Thoreau's Pond

Henry David Thoreau, that placid inhabitant of a cabin at Walden Pond, Massachusetts, a few years prior to the American Civil War (the biggest bloodbath in history until that point), reminded his readers that "The fault-finder will find faults even in paradise." (Thoreau, 287). Jim wasn't a fault-finder, to his credit. Lo, though the surroundings had changed.

Well, the other day as I was delivering farm eggs, like some rustic character out of an old Norman Rockwell painting, I noticed four scenes. This was among my usual tipping of the hat in jest to friends, polite smiles to strangers, and the dispensation of general pleasantries to everyone in town.

There was a Syrian refugee with her head scarf on as she watered her lawn; hose in one hand, cellphone in the other.

There was the burly backhoe driver, tractor chair swivelled to the side while he took a break and pondered his cellphone.

And there was the newlywed neighbour, her ring on display as she strolled facing the south wind with a ponderant gaze on her face as she gazed into the depths her phone.



Finally, there were the two African exchange students, one male and one female, their hair catching the light as they walked together swinging their arms and looking around like they'd arrived in the best place on earth.

The cellphones seemed like a barrier to all but the last people enjoying their life. What were these people with eyes locked into their phones dreaming about?

Michel Foucault addressed this when he visited revolutionary Iran in the late 1970s. Surely, he thought, there must be more going on than a bunch of brainwashed terrorists or simpleminded peasants. His conclusion was that the people of Iran simply wanted a government where their heartfelt beliefs, in their case centred around Islam, would match their external lived conditions. Sounds like every call to morality of our culture; can you hear those Salvation Army bells ringing? Anyway, we might as students feel the desire to judge those of our peers who seem to just wile away their leisure (and work!) hours playing on those smartphones. We might even think that our cohort, our generation, is fraught with decadence.

Foucault, for his part, took into account what experts and pundits and scholars often say about those who envision a life other than the dominant strain of global culture. "The nature of this current has intrigued me since I learned about it a few months ago, and I was a little weary, I must confess, of hearing so many clever experts repeating: "We know what they don't want, but they still do not know what they want" (Foucault, online).

Connection with others, the mantra of every social movement, seems the fundament of cell phone culture where apps and chats and snaps all link up. "one dreams [*songe*] also of another movement, which is the inverse and the converse of the first. This is one that would allow the introduction of a spiritual dimension into political life, in order that it would not be, as always, the obstacle to spirituality, but rather its receptacle, its opportunity, and its ferment" (Foucault, online).

Finally, what if an ineffable element linking humans to one another exists on this most odious device? Foucault seems to speak truth when he considers how limited the vulgar view of enlightenment is; why must books and learning be key to epiphany? "The other question concerns this little corner of the earth whose land, both above and below the surface, has strategic importance at a global level. For the people who inhabit this land, what is the point of searching, even at the cost of their own lives, for this thing whose possibility we have forgotten since the Renaissance and the great crisis of Christianity, a *political spirituality*. I can already hear the French laughing, but I know that they are wrong."

All Foucault was sure of, it seems, was that when we judge others for what appears so mindless we are perhaps forgetting that our own minds are formed based on beliefs with their own historical antecedent. Who knows how the future will judge us? All we can do at AU is study and learn and question authority as thinkers and scholars and students have always done. And if you must have your cell phone as your constant companion, at least you will be getting an education from Athabasca while you scroll, scroll, scroll your life away! And judging others less leaves open our minds the most.

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- Foucault, M. (1978). 'What Are the Iranians Dreaming About.' *Le Nouvel Observateur*. Retrieved from <https://press.uchicago.edu/Misc/Chicago/007863.html>
- Thoreau, H. D. (1854/1996). *Walden*. Konemann Verlagsgesellschaft: Bonner Strabe.

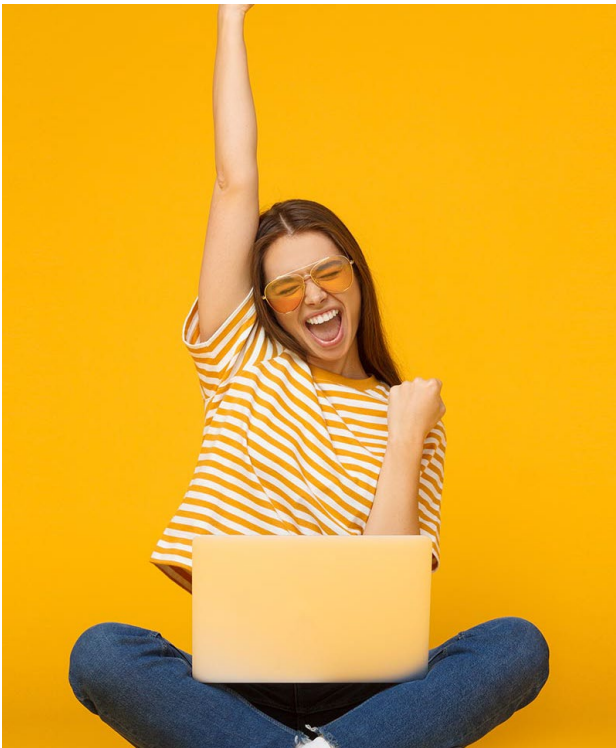
*Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.*





## Five Ways to Problem Solve for Academic Success

Marie Well



I' We all have problems. There exist both logical and irrational ways to solve them. There exist emotional or loving ways to solve them, too. Perhaps the best way to solve problems is with a model. Models are tried and true and lead to a higher probability of success.

Let's use the problem-solving models from [Life Hacks](#) to illustrate how we can become better academics. These models begin each numbered section below, modified to include my own biases toward positivity and love.

### **Model #1: Focus on the solution, not the problem. (But focus on the solution that brings us to a loving state.)**

I read we should look at problems with the end solution in mind and work backwards through steps.

For instance, if we want to be relaxed and achieve great grades during an exam (which is the end solution), we should never cram, but rather work long and steady hours each day (which is the step to achieve

the end solution). We could also gently laugh off moments of stress prior to the test (which is another step to achieve the end solution).

In general, we could develop a life philosophy of not blaming others, of forgiving others easily, and of seeing the best in everyone and every situation (which are some steps to achieve an end solution). That way, come exam time, we are not stricken with the fear of failure, but roll with the possibilities for success (the end result).

### **Model #2: Adopt five why's (using "I" statements).**

This strategy can be a great reflection tool. For instance, "Why did I not get an A on the exam? Because I was stressed." "Why was I stressed? I drank a cup of coffee before the exam and my hands were shaking so hard, I could barely hold my pencil." "Why did I drink coffee before the exam? Because I stayed up all night cramming." "Why did I stay up all night cramming? Because I was too busy with my career to focus on studies." "Why was I too busy with my career? Because I haven't resolved to request reduced overtime hours so I can properly attend to my schoolwork."

Despite this model's effectiveness for reflection, the five why's method can be tricky and lead to nowhere. I think it should be endless why's (and not just five why's) until we come up with possible solutions for as many of the why's as we can find. For instance, the solutions for each of the above why's could be as follows: don't drink coffee before an exam; don't cram; make more time for studies (and/or become more efficient with the time available).

The five why's, while they often don't conclude with a zinger solution, do expose many of the problems we are facing, enabling us to resolve each of them.

### **Model #3: Simplify things.**

Simplification can mean breaking down tasks in chunks and tackling one chunk at a time. Simplification can mean setting a time allotment to achieve a task. It never fails to amaze me

when I set a deadline for a task, such as spending an hour to write a section of article, when two minutes before the deadline, the section is complete. Better still, set challenging deadlines and watch a time-consuming project get done in half the time without losing, but with gaining, quality.

But simplification can also mean creating systems. For instance, you could start a paper the day it gets assigned, break it down into research, writing, and editing phases, and allot a 3:2:1 time ratio for each task before the final exam. In other words, spend three weeks researching and outlining, two weeks writing, and one week editing for a six-week submission deadline. Systems become automatic and bolster efficiency, especially when continually refined.

#### **Model #4: List out multiple solutions.**

Multiple solutions for academic anxiety exist and I'd recommend tapping into as many as possible until the right "blend" is found.

For instance, I've cut out all caffeine and what a difference it makes for anxiety and restful sleeping. I also began journaling my work tasks, and I'd highly recommend everyone journal their academic progress. Journaling can help combat anxiety, especially when journaling with a positive bias. I also do a lot of positive self talk and laughter therapy so that any negative than happens to me doesn't stick. And a strictly healthy diet helps, too.

#### **Model #5: Look for the opposite solution (preferably a love-filled one).**

Instead of worry and stress, seek happiness. In another article I wrote that happiness is a choice; happiness is not conditional on outer circumstances. And happiness can make the grind of academics a fulfilling endeavor.

Find joy in learning. Make learning fun. Say often, "I love to learn," even when we don't feel the love. The reality is we can feel intense love for anyone or anything in any instant. Nothing holds us back from feeling love, even when it's not returned and even when we feel bad. So, find the love in studies, no matter the outcome. Even if we've failed our last exam, we benefit from making academic success a game we love to win.

#### **Model #6: Use "What If" language (that sees the best outcomes).**

Academic settings are ideal for "What If" language. "What if I pass my test?" "What if I get an A?" "What if I score better on my next exam?"

But shoot high. "What if I get a degree?" "What if I win an academic medal?" "What if I earn a graduate degree?" "What if I take home a big scholarly award?" "What if I turn my performance into straight A's no matter what I perceive my competence to be today?"

(An NHL hockey star once told me to always frame things in the positive. And he served as his NHL team's captain, rightfully so.)

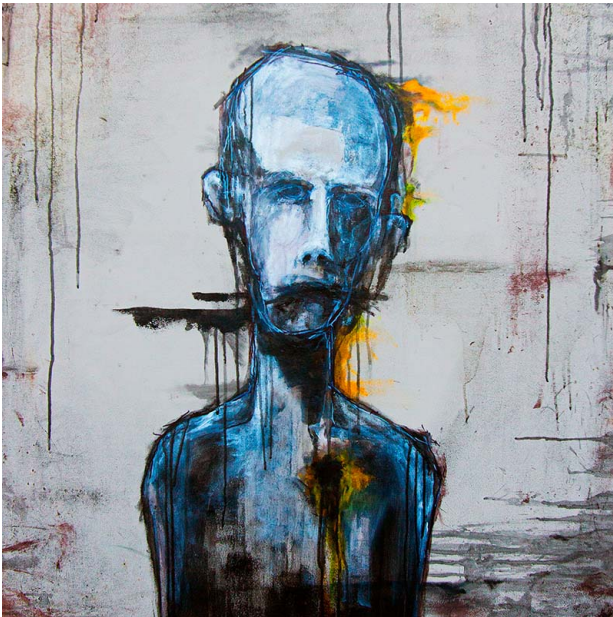
Problem solving helps us to grow into better academics and more fulfilled people. So problem solve every chance. Problem solving fires up the brain and gears us for enhanced academic success.

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## Music Review—The Dandelion Child

Jessica Young



**Artist:** Franklin Zoo

**Album:** *The Dandelion Child*

On October 1, 2021, progressive rock quintet Franklin Zoo will be releasing their third full-length album, *The Dandelion Child*.

According to Franklin Zoo, *The Dandelion Child* offers a fresh and uncompromising sound, emotion of life lessons, and existential noise. “The album consists of six long, progressive songs,” reads the press release, “Each song respectively, musically, and lyrically expresses different phenomenological processes and the stages of life described by Danish philosopher Soren Kierkegaard—the aesthetic, the ethical, and the religious.”

Of the album, the band says: “Our new album aims to transcend the ordinary ‘next album’. In many ways it’s more an interpretation of life as a personal project, and it is also a metaphor for a band’s exploration of its immediate identity. We have now existed as a band for more than 12 years, and the creation of the music mirrors our development as individuals as well as a creative collective. It represents vulnerable but necessary self-insights in the task of becoming one self, and thus the songs are images and narratives of personal, mental origins in the light of something as universal as the philosopher Soren Kierkegaard’s existential and conceptual analysis of individual becoming as well as psychological theories on resilience”.

And, after listening to the album, I’m not a fan.

*The Dandelion Child* consists of six tracks: The Dandelion Child, The Void, The Cynic, The Chameleon, The Fugitive, and The Abandoned. “The Cynic” is the shortest song on the album at five minutes and fifty-three seconds, with the longest song, “The Abandoned” clocking in at twelve minutes and nineteen seconds. The rest of the tracks are sitting somewhere in-between. I love “Stairway to Heaven” as much as the next person, but it’s completely unnecessary to have every song this length. Even Rush’s iconic album 2112 balanced out the twenty-minute title track by ensuring the rest of the album consisted of songs around the two- or three-minute mark.

*The Dandelion Child* reminds me of System of a Down—it’s heavy, noisy, and has those long, drawn-out vocals. The tracks are a mix of fast, aggressive, slow, and sad; with some tracks like “The Chameleon” changing its pace and tone mid-song. Unfortunately, this means that all of the songs blend into each other, and they all begin to sound the same. While the lead singer has a nice voice, protracting every syllable makes the lyrics extremely difficult to understand.

Overall, I found that *The Dandelion Child* just feels pretentious. I think Franklin Zoo really wanted to share something impactful with the world. Instead, they ended up trying so hard to seem “deep” and unconventional that it comes off as artificial. That being said, Franklin Zoo is obviously made up of a group of very talented musicians—the lead singer has a powerful voice, and the instrumentals are very technical and complicated—but their sound and vibe isn’t for me.

Check out Franklin Zoo for yourself on [Facebook](#) and [Instagram](#).

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



## Homemade is Better Peaches and Crepes

**Chef Corey**



I have been looking at doing more desserts as my after-dinner delights are lacking. With peach season in full swing right now, I was looking at some different ways to utilize fresh peaches while they are available.

I have not made crepes in a long time, but it is not difficult. You need medium heat and a pan just big enough, maybe around 10 inches, to form the crepe. There is a small list of ingredients in making crepes, and the key is letting them cook a little slower than pancakes. Tradition dictates that you use a whisk and add ingredients one at a time, but, honestly, who has time to do that? Kitchen gadgetry has evolved so much since the first crepe was thought to have been made, so I put everything into my blender and pulsed it for about ten seconds. The result is still a great batter.

The history of crepes is pretty interesting. Interesting in that it is mostly a guess as to when crepes were invented. Legend has it that a 13th-century housewife made porridge one day, and some of it spilled on her hot flat iron cooktop. The result was a thin crispy pancake-like accident, thus the birth of crepes. While it might be true or it might be made up; the results speak for themselves. Crepes, no matter what you have them with, are delicious! I might have to make a few recipes so that I can make them more often.

Let's get to our recipe!



### Peaches and Crepes

#### Ingredients:

2 eggs  
½ cup milk  
½ cup cold water  
¼ tsp fine salt  
2 tbsp canola oil or melted and cooled unsalted butter  
1 cup of flour  
4 – 5 peaches – seeded and diced  
¼ cup brown sugar  
¼ cup butter  
2oz rum or whisky (optional)

#### Directions:

- 1) Mix the eggs milk, water, salt, oil or butter, and flour into a blender.
- 2) Pulse for 10 seconds to make a smooth batter
- 3) Preheat a 10" – 12" non-stick pan over medium heat.





- 4) Pour a thin amount of batter into the pan and swirl the pan to cover the bottom. It should come up the sides slightly.
- 5) Cook until the top looks dry, then flip with a plastic spatula.
- 6) Cook the other side for 30 seconds to 1 minute.
- 7) Meanwhile, heat another pan over high heat.
- 8) Add  $\frac{1}{4}$  cup of butter.
- 9) Once the butter is melted and slightly add the peaches.
- 10) Cook the peaches for 2 minutes.
- 11) Add the brown sugar and let it come to a boil.
- 12) Reduce the heat slightly and add the whisky if you want.
- 13) Allow it to cook for 10 seconds and light it with a lighter.
- 14) Allow it to flambe and swirl the pan gently.
- 15) Fold your crepe into quarters and top with the peaches.
- 16) Add some whipped cream or ice cream on top and enjoy!



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

## The Study Dude The Cookbook Continues

Marie Well



### Writing Exams

You're in the midst of an exam. The studies and time leading up to this point are over. It's just you and the test. What can you do to increase your chances of a top grade?

Over the last several weeks, I've written cookbooks for writing essays and for memorization. Today, it's time to focus on the exam. After all, exam time itself is a strategic game, when you know the rules.

If you are striving for an A+, tricks and tips for taking exams matter.

The only ingredients needed for this recipe are multiple sharp pencils, a pencil sharpener, two or three high quality erasers (the white rubbery ones), a ruler, lots of scrap paper, a watch, (for science classes) two cheap calculators, an exam, and, of course, these tips:

- Well before the exam, sharpen at least five high quality pencils. Put them aside to be used exclusively for the exam.
- Also bring high quality erasers, typically a white flexible one. Poor quality erasers that leave marks can impact your grade adversely, especially during multiple choice exams. Always have at least two of these packed, and make sure they aren't stained with pencil markings.
- Get at least forty pages of scrap paper for working out problems, essay outlines, etcetera. If you aren't allowed external scrap paper, ask, in advance of the exam date, for multiple scrap paper booklets. If given these booklets, hand them in along with your exam as your scrap paper ideas may convert into a higher exam score. That happened to me.

- An absolute must is to bring a watch and scrutinize it often. More on this in a moment.
- When you first receive your exam, take a look at the title and the headings for each section. Next, go into each section and read the general instructions. After that, read the headings, instructions, and do a quick scan of the questions for each section.
- See how many points each section is worth. The section worth the most points should be what you start with.
- But don't stop there. If you have 60 minutes to write the exam, and the essay component is worth 25 points, the multiple choice is worth 10 points, and the fill in the blanks is worth 15 points, then focus on the following: first, finish the essay within the first 25 minutes, then focus on the fill in the blanks for 15 minutes; follow with 10 minutes spent on multiple choice; and end with 10 minutes for edits or to go back to problem areas or missing answers. In short, set your schedule based on how many marks each section is worth, and leave a little extra time at the end for revising or catching up on any sections that need it.
- If you finish your first section in advance and you feel good about it, go on directly to the next section and work on it for your scheduled time or until you feel it's up to snuff, whichever comes sooner. The more time for edits and revisions at the end, the better.
- Often your exam won't have easy to figure out mappings between the points each section is worth and the time you should spend on each section. Some math comes in handy where you take the total points on the exam and figure out what percentage each section is worth. But if math isn't your thing, no worries. Just "eyeball" it. Round things up. For instance, you might see that multiple choice and fill in the blanks section combined take the same time as the essay. Then just spend half the time on the essay section and divide the remaining half between, first, the fill in the blanks and, second, the multiple choice. But make sure you leave at least ten minutes at the end for revisions and double-checking.
- If you can write on your exam papers, put a question mark beside the questions you are not sure about and an "x" beside the questions that you didn't answer or that you likely answered incorrectly. Put a checkmark besides the questions you are certain you got correct. Don't place any mark beside the questions you think may likely be correct but aren't 100% sure. This makes it easier to come back to when making last minute edits during the last ten or more minutes of editing the exam.
- One friend of mine thought multiple choice meant multiple guess. In other words, she didn't think about the question or carefully work out the solution on scrap paper. No, she just randomly picked which answer looked sweeter without considering the solution. And she bombed that first exam. Instead, carefully work out solutions on scrap paper and briefly outline your essays on scrap paper before marking the correct answer or writing the essay.
- When writing an essay, try to put everything you memorized related to the topic in point form on scrap paper. Then group similar items together by placing the same number in front of them. Then subdivide each similarly numbered group into an order with small "a, b, c, d, etcetera." You can write easily once it's all in order. But try to use all the material you know about the essay topic/question as it will show evidence of your competence. For instance, you might have "1.a" in front of the entry you want to come first in your essay. But do try to sketch an introductory statement before each section on your scrap paper before writing the essay on the exam itself.
- For scientific essays, it's best to do all the questions once, and then rework every question from scratch until you get the same answer three times in a row. (That way, if your first and second answer for the same question don't agree, a third try from scratch can verify the accurate one. Simply erase your wrong answer if need be, but only after the third

verification.) But make sure you work out the solution quickly, even somewhat messily, first on scrap paper and then write the solution in super neat print onto the actual essay. If you don't have enough time to verify your answers three times, just make sure, at minimum, you use the full exam time. Never leave an exam early.

- If you are filling out bubble tests, bring a wooden ruler to cover up the rows immediately below the row you are answering. This minimizes the error of filling in the wrong row.
- Lastly, bring two calculators into the exam, if need be and allowed. Use the cheap calculators that allow you to enter the computations in the easiest way possible, including brackets, in the exact order you see on the question. There's nothing worse than expensive calculators that force you to restructure the question so that the calculators' overly complex computers can generate an answer.

Once you learn the tips for taking exams, you've got an edge.

But how do you take notes if you're attending a live lecture? That, my friend, is the subject of another Cookbook.

## AU-thentic Events Upcoming AU Related Events

### MBA for Executives Webinar

Thur, Sept 9, 10:00 to 11:00 am MDT  
Online

Hosted by AU Faculty of Business  
[news.athabascau.ca/events/mba-for-executives-webinar-20210909/](https://news.athabascau.ca/events/mba-for-executives-webinar-20210909/)  
RSVP through above link

### AUSUNights Virtual Student Social: Election edition

Thur, Sept 9, 5:00 to 6:30 pm MDT  
Online via Zoom

Hosted by AUSU  
[news.athabascau.ca/events/ausunights-virtual-student-social-election-edition/](https://news.athabascau.ca/events/ausunights-virtual-student-social-election-edition/)  
RSVP to [ausu@ausu.org](mailto:ausu@ausu.org) for meeting link

*All events are free unless otherwise noted.*

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

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

#### AthaU Facebook Group

Comma comma down dooby doo down down. An ENGL 255 student is struggling with comma usage in assignments; Grammarly is the most-proposed helper tool.

#### Discord

New class round up. In the #general channel, students share which courses they're beginning on September 1. A bit of a mix including COMP, ECON, ENGL, LGST, PHIL, and PYSC courses.

#### reddit

Size matters. A student's assignment file is too large to upload through the submission portal and they're looking for options; suggestions include compressing the file, or breaking it into smaller files.

#### Twitter

@austudentsunion tweets: "Have questions about the election? Love to win? Ask us anything by replying to this tweet and be entered into our weekly draw for a \$50 Amazon gift card! #ReadySetVote @casaacae For full contest rules go to <https://bit.ly/2WafCbz>."







Dear  
Barb

Barbara Godin

## The Family Dynamic

*Dear Barb:*

*I hope you can help me with my problem. I grew up in a very dysfunctional family, where everyone was arguing, fighting, not speaking for years, holding grudges, the whole gambit.*

*About 20 years ago I decided to try to change things and bring my family together. Initially it seemed some of the family members would come to the gatherings that I arranged, but as time went on, there were fewer people attending. I thought maybe the problem was that I was trying to accommodate too many people. Then I tried arranging smaller gatherings, BBQ's and whatnot, but people would always find a reason not to come. It seems I am the only one who wants to keep this family together and I just end up feeling hurt and let down.*

*I don't want to give up on them, but I don't know what else to do, as it's difficult for me to keep being rejected. Do you think I should just give up and move on?*

*Debra.*

Hi Debra:

This is not a black and white situation. You may be trying to create the traditional family and it's unlikely that will happen with your family. Since this dissention and estrangement has been ongoing, it is not going to change with a few family gatherings, unless this is something that everyone wants, and

that does not seem to be the reality in your family. It is commendable that you have tried to repair your family, but it takes more than just one person to accomplish that feat. You need not feel rejected, they are not rejecting you, they just don't seem to want, or need to reconnect with a family that has only been in conflict.

They may have been fortunate to have created families where they feel accepted and wanted and are happy, or they may be carrying on the family tradition of conflict and alienation in their own families.

My advice to you is to move on, spend time with the people who want to be a part of your life and let the ones go who don't. If there are a few family members that want to get together and be a part of your life, then spend time with them. There is nothing you can do to change this situation on your own, everyone makes choices in life and we all have to live our best life. If or until someone reaches out to you, I hope you can let this go.

Best of luck Debra.

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





## Chazz Bravado When Men Notice

## Wanda Waterman



LET'S FACE  
IT--  
YOU CHICKY-  
POOS  
INVEST A  
CRAPLOAD  
OF TIME AND  
MONEY  
IN YOUR  
APPEARANCE.



WHICH IS FINE  
BY ME!  
WHAT I DON'T  
UNDERSTAND  
IS WHY YOU  
GET SO  
WORKED UP  
WHEN WE  
NOTICE YOU!



IS IT SO  
WRONG TO  
SHOUT,  
"HEY, PUT  
THAT BIG  
BOOTY  
ON MY KNEE,  
BABY!"



WHY DOESN'T  
"YO, BRING  
SUMMA DAT  
OVER HERE!"  
EVER RESULT  
IN SUMMA DAT  
BEING  
BROUGHT  
OVER?



AND WHY DOES  
"HIYA, SWEET-ASS!"  
PROVOKE SO MUCH  
VIOLENCE?



SOMETIMES I  
THINK  
YOU CHICKY-  
POOS  
JUST DON'T  
KNOW  
WHAT YOU WANT.



The Federal Election is September 20 and your vote matters! The AU student body vote brings weight to issues your President and Vice-President External discuss with Members of Parliament and government officials. By voting, you make it easier to advocate for lowering interest on loans, increasing bursaries, expanding job programs, and more!

#### Important Dates

- **September 14: registration deadline to vote by mail.** Click [here](#) to sign up so you have time to return your ballot before the election.
- **September 14: deadline to request a sign language (ASL) interpreter** at your polling station. Call TTY at 1-800-361-8935 or click [here](#) to register online.
- **September 20: election day!**



Check out our election posts on social for more info and tips. Your engagement enters you into our AMAZING CONTESTS! We're giving away Apple AirPods, \$100 Amazon gift cards, and AUSU swag packs. See full contest details.

On September 9, we're hosting **AUSUnights Trivia: Election Edition** and a **Leaders Debate Watch Party** - AUSU putting FUN into the election! :)

[Email us](#) for the Zoom link.  
We can't wait to see you!



Fill out our Student Survey and be entered into a draw for **one of ten \$100 Amazon gift cards!** Your feedback will be used to help expand AUSU's Equity, Diversity, and Inclusion (EDI) initiatives by removing barriers to engagement and governance opportunities for those belonging to equity-seeking groups. The survey takes about ten minutes, and your time will make a difference.

Thank you for participating!

[Take Survey](#)



Originally proposed by AUSU, Athabasca University has announced they will move forward with a **Temporary Compassionate Grading Policy**.

As part of ongoing efforts to support students with mental health and wellness, and to address the impacts of COVID-19, a flexible grading option will be available for any **one course** per academic year.

The policy is open to both undergraduate and graduate students. It is temporary and will be applicable to courses taken between March 1, 2020, and December 31, 2021. A review of the policy will take place in November 2021 to determine if it will continue further.

[Full Press Release](#)

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# CLASSIFIEDS

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

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## THE VOICE

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Jason Sullivan, Wanda Waterman, Xin Xu and others!

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