



# THE VOICE

Vol 29 Issue 39 2021-10-01

## Clare's Law

A First Step or a Bandaid against Domestic Abuse?

## The Smell of Workplace Culture

Being Concious of Your Organization's "Smell"

## The Reading List

Student Selected Books!

*Plus:*

*Tough Issues*

*Perfectionists are my Role Models  
and muchmore!*



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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 Tough Issues

Karl Low



A difficult issue this week. Our feature article is a look at the Alberta Government putting into place an Alberta Equivalent of “Clare’s Law”. It’s a law that is about domestic abuse, in a fashion. I hate these types of articles, even though they’re needed, in part because they’re needed, but also because they force me to seek out images appropriate to the subject matter.

You’d probably be surprised at just how disturbing images under the term “domestic abuse” can be, even on a relatively corporate stock image delivery site. I have no idea how moderators responsible for open forums such as Facebook and Youtube can handle what must be posted there.

It’s also difficult because I just started a new course of medication. Long story short, I am now officially diagnosed with Attention Deficit Hyperactivity Disorder (combined) as a verified medical condition. The “combined” is because there’s two general types – one that leans more toward the attention deficit and the other that leans toward the hyperactivity, and, lucky me, I’ve got both—which is apparently the most common.

Over the years, I’ve of course developed my own coping strategies for this (as an editor, I’ve absolutely had to) even if I didn’t know that’s what I was doing at the time. But there’s always been the sense that perhaps things should be better or easier somehow. Now I understand where that sense comes from.

And in some ways it’s a good thing. It’s nice to finally have reasonable answers to questions like “why do you have just a part-time job at your age, with your credentials and abilities?” beyond me being a bit of a flake or odd duck. (Though if I’m being honest, I have to admit that I’ve gotten to the point where I consider being an odd duck as a point of pride.) Also, there are a number of medications that can supposedly help with my condition.

But I don’t really know what that means. “My condition,” after all, is part of how I live my life. The one I’ve been living since I’ve been born. It’s tough to describe how it feels when you start thinking that you may have been living it somehow “wrong” since the day you were born. I have no perspective to know what “right” is going to look like. And it’s weird to think that a drug could change that.

But I’m trying one now, and we’ll see how it pans out. They start you off on a low dose, and I can’t say I’m noticing any positive effects yet, though I have noticed a killer head-ache, hence the timing of this issue, my apologies.

In the meantime, this week, we also have a student chosen reading list for October, a look at why your corporate culture smells, music reviews, recipes, events, scholarships, what’s going on around the various AU related social media, and, of course, advice ranging from how to get meaning out of that massive text-book you’ve been trying to read to what it means to be friends as we get older and further on in our careers and lives. Plus some interesting thoughts on perfectionism and also how video games can effect our learning and what it means in the larger sense.

Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.

## Clare's Law—Help or Hindrance?

Jessica Young



On April 1<sup>st</sup> 2021, *The Disclosure To Protect Against Domestic Violence Act*, or “Clare’s Law”, came into effect in Alberta. According to the [Government of Alberta’s website](#), this law gives people who feel at risk of domestic violence a way to get information about their partners so they can make informed choices about their safety.

Alberta’s version of Clare’s Law is modelled after UK legislation implemented in 2014. That law was named for Clare Wood, who was killed by her former partner in 2009. She was unaware of his violent past, which included a six-year sentence for holding a woman captive at knifepoint for 12 hours.

Clare’s Law allows Albertans of any gender or sexual orientation to find out if their current or former partner (dating, common-law, or marriage relationships) has a history of domestic violence, stalking or harassment, breaches of no contact orders, or other relevant information. The law also allows police to proactively provide people with information of those that they have identified as at risk of domestic violence. The Person of Disclosure (the person whose information is being requested) will not be informed of the request, with stipulations that

the at-risk party must meet in person with the police to receive the information verbally and sign a confidentiality agreement.

A long time ago I was a victim of intimate partner violence. I would love to be optimistic and think that Clare’s Law will make a real difference in the lives of those who are at-risk of domestic violence. However, I think this legislation is an easy, band-aid solution to a problem that is deeply rooted in systemic inequality and inadequate supports for the most vulnerable.

Critics of Clare’s Law cite many concerns, including the potential for victim-blaming. If a person obtains disclosure about their partner’s violent past but does not leave—will they be blamed if they later sustain abuse? Will police take the cases of those who (in theory) should have left and chose not to? Will victims who didn’t leave be at risk for losing custody of their children? I especially worry for Indigenous, racialized, or LGBTQ+ victims, where there is a history of maltreatment from our justice system. Many at-risk individuals may distrust the police and be afraid to reach out. Furthermore, due to the requirement to identify yourself and speak to the police in person, victims with outstanding criminal charges may not want to risk being arrested.

I also wonder about the many abusers who do not have a recorded criminal history. Will Clare’s Law give a false sense of security to potential-victims? Will they ignore the red-flags and gut-feelings because their partner has come back “clean” on a disclosure request? “Clare’s Law” is based on the assumption that people would make safe choices about relationships if they were



better informed. Yet the reality is that most victims of abuse are trapped—financially, culturally, out of fear of losing their children, or caught in a cycle of abuse due to trauma.

While Clare's Law could be a helpful tool in ending domestic violence, it is not the stand-alone solution. The focus needs to be maintained on how the police and other agencies respond to people who ask for protection, creating exit routes and ongoing support for those ready to leave abusive relationships, as well as addressing systemic inequalities that contribute to the cycle of abuse in the first place. Clare's Law is a good start, but it is certainly not the end.

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

## The Smell of Workplace Culture

Alek Golijanin



The fight for workforce talent is real, organizations are in a battle to hire and retain top talent and it has been a major cost driver across all industries. In the tech space, organizations competing for talent have bent over backwards trying to implement favorable working circumstances including providing daily free lunches, unlimited vacation time, on-site childcare, and monthly housecleaning services. Two groups that may be responsible for these outcomes are Millennial and Gen Z workers, who often commit to organizations for three to five years before moving to other organizations as they try to move up the corporate ladder.

Many organizations have been forced to shift their recruiting strategies to emphasize opportunities for professional development, an emphasis on workplace benefits, and offering more competitive wages, but the short-term employment patterns have not changed. If these superficial attempts at retaining talent have not worked, it might be time for more profound organizational shifts that focus on workplace culture and emphasize “why us”.

### Workplace Culture – The Smell of the Place

One of the simplest ways to think of workplace culture is to look at it as if it was the organization's character and personality. The personality of an organization can be influenced by everything in the organization, including leadership, management, policies, and people. When workplace culture is further explored, the focus is often on values, traditions, beliefs, interactions, behaviors, and attitudes. It should also be noted that every organization has a workplace culture which can have both realized and unrealized elements to them, good and bad.

The late Sumantra Goshal, who was a Professor at the London Business School and consider a expert in the field of management, described workplace culture as “the smell of the place.” The idea behind this statement was that revitalizing people had less to do with changing people and more to do with changing the context that organizations create for their people. He argued that top management should be responsible for creating an exciting set of values rather than controls

and trickle-down strategies, which would in turn create the context that would shape behaviors and build norms.

### Defining the Culture – The Importance of Authenticity

Today's organizations are embracing activism, involving themselves with local communities, and making major efforts to ensure overall diversity. The statements of support can be seen across brick-and-mortar locations, but it is particularly evident over social media.

However, a serious argument can be made that some of these organizations do not actually support the rights and freedoms of all people, across all lines of difference, and that they are inauthentic about their beliefs. The most recent example of this could be seen over social media, where some organizations changed display pictures and bios of profiles in support of equality, but only did so for their accounts in markets where equality was a societal value, and not the accounts that were designated for markets where human rights violations are still a major concern.

The importance being authentic is essential for organizations that want to be seen as leaders and to leverage workplace culture as a competitive advantage. If the talent that organizations are trying to recruit and retain do not buy into the organization's values, or even worse, see the contradictions play out over social media, their full cycle recruiters should expect to stay busy.

### Getting Workplace Culture Right

When organizations get the workplace culture right it attracts talent, improves workplace satisfaction, affects performance, and drives retention. That is why it is important to define culture rather than letting it come about naturally and bring unfavorable aspects with it. The instances of organizations posting online about how equality matters but only in markets that already protect human rights and not in those that still violate human rights is how you become the butt of the joke. Quite frankly, I could see the leaders within these organizations getting inspiration from the hit show *The Office*, a scene on improving customer satisfaction and a management-led meeting for staff to improve performance scene, when it comes to doing better.

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

## The Reading List

**Karen Lam**



September was the beginning of a new school year and the start of fall; many students across Canada returned to in-person classes including University students. However, I know many university students are still doing online classes—my brother is one of them. Most of us are either busy studying ourselves, preparing children for in-person or online classes, or both! It's been busy. But now October's started, so I recommend grabbing one of these books to read!

### A Slow Burning Fire by Paula Hawkins

Calling all fans of "The Girl On the Train"!

This is a must read for you. "A Slow Burning Fire" is a story about a young gentleman who was

murdered and three women that knew him begin to question his death. Each of the women bring to the victim a mysterious connection. The novel explores revenge and how sometimes people who we think are incredibly nice may not be what we think. A thriller and page turner for all mystery and thriller fans!

### **Everything Beautiful in Its Time: Seasons of Love and Loss by Jenna Bush Hager**

A biography written by Jenna Bush Hager, the granddaughter of the bestselling author and co-anchor of the Today Show. Jenna shares stories and words of wisdoms passed on to her from her grandparents and how they changed her life. George and Barbara Bush were America's president and first lady, however, to Jenna, they were her grandparents who taught her everything about life ranging from kindness to simply how to live a life with meaning. Jenna brings to readers what she's learnt. A very beautiful story with lots of wisdom. Recommended to all!

### **In Five Years by Rebecca Serle**

I'm sure most of us have heard of the question, "where do you see yourself in five years?" Depending on what stage of our lives we are in, our answer would be different. When we were younger, we dream about what we would become when we get older. When we're in post-secondary, we dream of our dream career. And so on! This story is about a lawyer who gets asked the question "where do you see yourself in five years?" and her answer. Dannie's answer was her real plan for the next five years and life seems to be going as planned, marrying her boyfriend following through with her career. But one morning, she wakes up in a different apartment, with a different ring, and a different man. It's a great hook and makes it worth trying this book.

### **Real Life by Brandon Taylor**

A story about Wallace, a shy young man studying at Midwestern University working towards a science degree. Everything appears to be lined up against him—being introverted, black, and queer, the young man escaped his family to run away from his childhood. However, with an unprecedented event, Wallace's life suddenly changes as he faces hidden secrets within those around him. A well written story that examines the challenges in our current society.

### **The Relentless Moon by Mary Robinette Kowal**

Recommended to everyone looking for a science fiction novel! Climate change and climate disasters are a real issue, which makes this novel more powerful than it already is. The story examines earth almost at the boiling point because of a climate disaster and the increasing concerns it brings, however, there is a sticky situation. Politics, riots, and sabotage plague the space program and the program's goal of evacuating as many humans as possible from the planet before it becomes uninhabitable. Recommended for readers with an interest in politics and science fiction!

Happy reading!

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

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

#### **MBA for Executives Webinar**

Thur, Oct 7, 10:00 to 11:00 am MDT  
Online

Hosted by AU Faculty of Business  
[news.athabasca.ca/events/mba-for-executives-webinar-20211007/](https://news.athabasca.ca/events/mba-for-executives-webinar-20211007/)  
RSVP through above link

*All events are free unless otherwise noted.*



## Homemade is Better Sautéed Mushrooms

**Chef Corey**



Fall activities are in full swing in our house. Our kids are all into something, and life is busy again. Our son is in hockey, our youngest is trying out ringette, and all three are in scouting. Our oldest is still looking for a thing to try, and we are considering martial arts. Classes are in full swing again for us at Athabasca, and life is getting back to a somewhat normal feeling. I'm glad that we developed a meal plan for the week because it is harder for us when we don't. However, neither of us had a plan tonight, so I stopped at a grocery store after hockey practice and picked up some beautiful steaks. I sent my son to grab some mushrooms so we could make some sautéed mushrooms and grill the steaks!

I fired up the grill, lit the side burner, and grabbed my cast iron pan. After heating it for a few minutes, I melted some butter and added the mushrooms and seasoning. I cooked them for a few minutes and added some Triple Sec to flambe them. All while, I taught our son how to

cook the perfect steak.

Mushrooms are one of those foods I have found people either like them or don't. There is rarely an in-between. For example, our oldest has tried mushrooms many times and still cannot eat them, but the rest of us enjoy them. Raw or sautéed mushrooms can be a delicious addition to your meal. We chose button mushrooms, but there are many mainstream varieties. You might even find some in the forest that are edible, but don't do this unless you're sure you know the difference between good mushrooms and dangerous mushrooms. And even then, you're probably better off just buying them for the effort they take to find and pick.

Interestingly, Mushrooms contain vast nutrition values. I've discovered that in 100 grams of mushrooms (brown to be exact), there are 4% carbs, 2% protein, and under 1% of fat, but over 90% of the mushroom is water. There is also a wide range of vitamins and minerals in them and they are of course used widely in Asian and European cooking.

Mushrooms might be in the minority of plants (well, really fungus) that can be poisonous, edible, or psychoactive. Not many foods can use that claim. Since I bought mushrooms from a store, I know they are safe for eating, so let's get to this week's recipe!



## Sauteed Mushrooms

### Ingredients:

¼ butter  
1 lb to 1.4 lbs button mushrooms (stems are optional)  
2 tsp Steak seasoning  
2 oz triple sec (optional)



### Directions:

- 1) Most French Chefs will cringe when I say this, and I used to believe it as well, but wash your mushrooms. Rinse them under some cool water and clean off the dirt from them.
- 2) Dry them off.
- 3) Preheat a pan over medium-high heat and add the butter.
- 4) Once the butter is melted, add the mushrooms and sprinkle on the steak spice.
- 5) Cook the mushrooms stem up until they start to brown on the cap, about 5 minutes.
- 6) Turn them over and cook them for another 5 minutes.
- 7) Once the mushrooms are 90% cooked, add the triple sec.
- 8) If you are flambéing, I recommend you turn off the burner if it's gas. You'll want to light the alcohol carefully. This is a suggestion, not a recommendation; if you don't want to use the triple sec, they will still taste great!
- 9) Serve up your mushrooms, and enjoy!

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

## Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: 2021 Academic Excellence Award

Sponsored by: Global Teletherapy

Deadline: Nov 12, 2021

Potential payout: \$1000

**Eligibility restriction:** Applicants must be enrolled at a university, college, or graduate school for the 2021-2022 academic year, be in good academic standing, and have a GPA of at least 3.0.

**What's required:** A completed online application form, including a PDF copy of your unofficial transcript, and an essay of at least 1500 words recounting your experience with a challenge, setback, or failure during 2020.

**Tips:** Read the essay tips section carefully, including the grading rubric.

**Where to get info:** [globalteletherapy.com/scholarship/](https://globalteletherapy.com/scholarship/)





## Perfectionists are my Role Models

Marie Well



Being a perfectionist is a great thing, in my opinion. A Korean friend recently said that the Western psychology labels perfectionism as almost a disorder. But in the engineering field, he said, perfectionism is critical to success. That's because one tiny error in calculation can have catastrophic outcomes, such as explosions.

Why settle for less than our personal best?

Here are some of my ethics that defy common Western views.

First, anger management is not a good thing. Instead, complete anger cessation should be the true measure of success. We can stop all anger from manifesting if we never articulate anger but instead express love.

Second, there is no such thing as healthy jealousy. Jealousy invokes anger, which leaves ourselves and others in the quake of bitterness. Instead, showing heart-based love to our rivals leads us closer to a perfect outcome.

Third, performing subpar at sports, work, or school should never be our endeavor. When I played volleyball in junior high, I was terrible. I could hardly hit the ball over the net. Instead of staying in this rut, I inquired about proper form and spent time after school practicing serves over and over, using proper technique. I won the "most improved" award for the team and a bronze medal for top athlete. Steady adjustments need to happen whenever we have room to grow into better performers.

Fourth, there is no such thing as healthy or constructive criticism. This point comes from author Paul Friedman. He says criticism is negative, no matter how we try to frame it. It's good to accept criticism as a learning tool, but never ideal to dish it out on others.

Fifth, boundaries are never healthy with people we love most, namely our spouses. Instead of boundaries (which are like walls), why not demonstrate selflessness, empathy, and an outpouring of nothing but love?

Fifth, we can train our mind to be happy 24-7. We can reframe everything that happens into positives, even when the events are catastrophic. Reframing negatives into positives helps us lead happy lives.

Sixth, aiming for the perfect diet is paramount. People often say, "You've got to live a little," or, "You've got to treat yourself every now and then." I quit sugar for the year (with the exception of fruit). Now, no more acne. No more rotted teeth. No more sugar cravings. I also quit caffeine. Now, no more restless nights. No more crashes in the day. No more heart palpitations and anxiety.

Lastly, I believe perfectionism is a good thing. If perfectionism prevents us from meeting deadlines, then we haven't yet achieved the perfectionist ideal. It's a myth, in my opinion, that true perfectionism is a bad thing.

Just ask someone from another culture or vocation, and they just might agree.



## Music Review—Queen of Swords

Jessica Young



**Artist:** Typhoid Rosie

**Album:** *Queen of Swords*

Typhoid Rosie, a high-energy, alt/punk rock band with pop hooks and indie grit, have just released their new album, *Queen of Swords*, an empowering and defiant rally cry of self-love, self-reliance, and independence.

Frontwoman Rosie Rebel says of the new album, "While I have the world's ear, I want you to know that your life, well-being, evolution, growth and happiness are worth fighting for. I want this to be the album playing when the universe gives you a slap across the face and tells you Wake up! Get Up! Your life is worth fighting for! There's not a mortal walking this Earth who will leave this life without deep emotional battle scars. This record is mostly about how we survive those moments that cut us so deeply."

*Queen of Swords* has ten tracks: Queen of Swords, All I Need, 1:11, Two of Cups, Defend Your Temple, When We Were Young, This One's For You, The Chariot, The Riveter, and On My Way. All of the songs are upbeat, loud, and aggressive, with 70's British rock vibes—think The Runaways meets The Sex Pistols. According to Rosie Rebel, each song has a deep meaning about something she and the band is passionate about, with many of them relating to Tarot and astrology.

Rosie says, "Six tracks have Tarot references including: Queen Of Swords, 1:11, Two Of Cups, This One's For You, The Chariot, and On My Way. I find that Tarot rules because there's so many liars, douchebags and seven of swords motherfuckers out there."

For instance, "Two of Cups" is an "epic love song" about the astrological concept of Twin Flames. "Defend Your Temple" is a letter to little girls and women craving love in an increasingly disposable world. While "The Riveter" is a class union-punk anthem, showing support for labour unions.

Overall, I think *Queen of Swords* is just okay. Although I appreciated Typhoid Rosie's passion for purposeful song writing, from an artistic point of view, the album feels scattered. It feels like the band tried to write about *everything* that is important to them, instead of having a central theme of the album. The Tarot and astrology references are inconsistent and will be unrelatable to many people (including myself); leaving much of the band's passion completely lost on the audience. While each individual song is enjoyable, together as an album the songs sound so similar they are almost indistinguishable. I think Typhoid Rosie could really be something special if they put a little more focus on the artistic side of music and less on the social justice side.

Furthermore, I'm not a fan of the bands name. The name Typhoid Rosie is based on the story of the so-called "Typhoid Mary"—a woman named Mary Mallon who was villainized and locked away in isolation for twenty-three years because she was an asymptomatic carrier of typhoid

fever in the late 1800s. The story is incredibly sad (Mary died alone in quarantine in 1939) and feels a little gauche considering the current global pandemic.

Checkout Typhoid Rosie on their [website](#), [Twitter](#), [Instagram](#), and [Facebook](#).

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

## Fly on the Wall

### Rootin' for Rorty: AU as Epistemic Opportunity to Challenge Norms

Jason Sullivan



As a kid in the 1980s and as a teenager in the 1990s, the technological tide brought many changes. Rural BC aided and abetted a *Napoleon Dynamite* sense of distance from the paved sandlots of urban Canada.

Here in the Okanagan Valley, at Princeton—our favourite pariah of a *Brokeback Mountain* town if you're from it's twin-ville of Summerland—I found a 1978 Athabasca University cassette tape. It's topic? Forestry. And, hearing it in between Green Day's *Dookie* (which by that point was a long-lost relic kicking around on the bottom of my truck's floorboards) it occurred to me what history means: nothing!

Nothing at all. And you have to laugh; if you were thirteen listening to an album and then a generation

later the same band releases a new record and teenagers lap it up like the newest dance craze (the floss)? That is, you have to laugh about epistemology. Epistemology is the philosophical study of the nature, origin, and limits of human knowledge, yet adult education teaches us that, even as we learn, we all at some level know very little.

So why go to school at all, let alone as an adult distance student? Maybe we can all just go on with our lives and rely on so-called common sense. Maybe. Or, as they say in Mexico: *quiza*. Happily, philosophers have been addressing the question of knowledge for a raccoon's edge. Ever count the stripes on a raccoon? It's tricky, and if you do, maybe your subject is already dead.

Take one of the great *philosophes* of the 1970s: Richard Rorty. On science, that wonderful bugbear, bugaboo, and soothsayer of our times, Rorty wrote: "The natural sciences, by themselves, leave us convinced that we know both what we are and what we can be—not just how to predict and control our behavior, but the limits of that behavior...it is the attempt to prevent abnormal inquiry from being viewed as suspicious solely because of its abnormality" (Rorty, 363). Openness to new ideas is what learning is all about.

Perhaps all we have in life is our history, our own lives and learning as a trail along the way where we hopefully acquire wisdom. *Sophia*, sophistication, word games per chance. To know how and why we know things is to engage academically with our epistemic baseline; that this essence is changeable is core to learning how to learn. Truth is not eternal, after all, in a way that prevails in our hearts and minds. Otherwise, like Christopher Robin, we would just find the North Pole and be done with it (Milne, online). No wonder respect for our elders comes as naturally as snide

*hey boomer* comments come out of the mouths of Millennials. In the end, even our heartfelt selves are privy to being pried open and explored differently as soon as we allow our minds to be open to new truths.

### **Pow Pow Pow....Ow!**

Epistemological realities are like grains of sand, the breeze of culture affects how they land. Something in the inter generational mix of life AU lets us get unstuck from our surrounds. And that, perhaps, makes all the difference. Take first-person, shooter video games. To date myself, I recall when a 007 game was released and it was like a COVID lockdown. Whammo, all my male friends were gone, locked away in basements, closets, sheds, bedrooms with nachos, and some video game. Grab a gun and use it, right, but is that even ever a funny or fun thing to do? It was at that time that I learned how different the two main genders are, or can be.

Upon evaluating the reality of our surroundings and the truths that seem so evident in terms of dominant epistemological beliefs prevalent in our times I discovered this reality: video games ruined academic educations from the day they were invented. Just like the hope for simple answers from learning does and just like our hubris, as newly-minted intellectuals, we are heading for a big fall if we think that we know what we know and that what we know is knowable in all places and all times.

The first ever first-person shooter video game had predictable bullcrap results on students who have otherwise been studying. “After completing his spell at NASA, Thompson took the game with him to the Massachusetts Institute of Technology. With access to a more powerful mainframe, and the aid of David Lebling—who would go on to create the legendary text adventure Zork and found Infocom—used the US defence department-run ARPANET, a map editor, projectile graphics, scoreboards, a spectator mode and ‘bots with dynamic difficulty’, all features that would resurface in mass-market shooters many years later. Maze War was very popular on campus—it used up so much computing resources that the MIT authorities created a ‘daemon’ program to find and shut down sessions” (Evans-Thirwell, online). Can you imagine the entitlement of these kids who had their education handed to them? Oh, wait.

Mind you, being funded by the military-industrial complex there was perhaps no better manner in which to dissuade critical thinking and reading than by distracting our *hoi polloi* minds with the industrial wizard. And for further information I would encourage to check you to check out the 1978 TV Mini-Series *Evening in Byzantium* (Shaw, online). Because, unlike the joke about undergrads who take anthropology electives because they love digging up the past, sometimes a little historical education can tell us so much more about our culture and ourself. And we at AU are luckier to be here than a nocturnal sojourner at an *Aurora borealis*.

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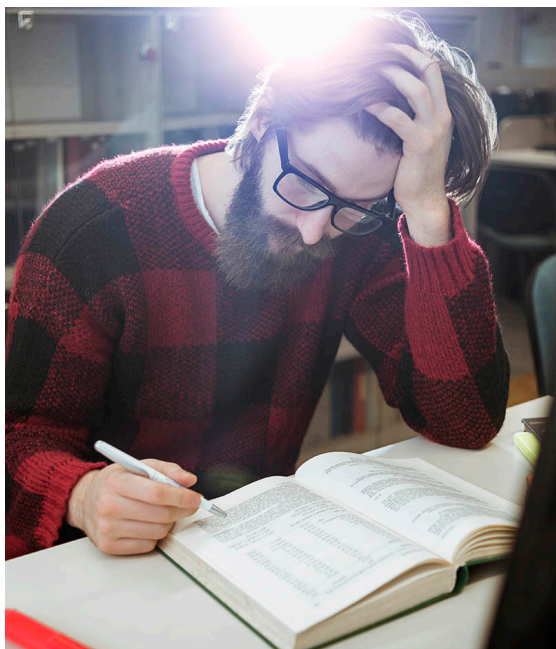
*Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.*



## The Study Dude The Cookbook Continues

Marie Well

### Taking Notes from Texts



You've just read a chapter of a 1000-page textbook, applying the system for reading textbooks I outlined last week. You scheduled two days to read the chapter. Now you've got three days to take notes on it and two days to memorize it, spending one week total on the chapter. What note taking strategies will give you the best set of notes from your textbook chapter?

Last week, I covered how to read a textbook. This week, let's focus on how to take notes from the textbook chapter you've just read.

The only ingredients needed for this recipe are notebooks, a pen, a yellow highlighter, a red pen, sticky notes, a printer, paper, and of course, a textbook.

Here is a strategy for reading textbooks:

- First, read the chapter, according to the instructions in last week's article.
- Next, take all the headings and subheadings (along with page numbers) and type them up in an outline

format in MS Word.

- Alternatively, if you prefer handwriting your notes, take sheets of loose-leaf paper and title each one with the respective heading or subheading (along with page numbers): one heading or subheading per sheet of paper.
- There are benefits to handwriting notes, which include a stronger recall of what was written.
- I prefer to type my notes because I always have access to the typed version along with a printed backup copy. Plus, I can easily make revisions.
- Within your textbook, you may want to either highlight or leave your textbook unmarked. It's up to you. Do you hope to resell your textbook? If so, then leave the textbook unmarked.
- Consider whether you will be tested with an exam or an essay. If it's an exam, focus on the facts. If it's an essay, focus on key concepts. If you are not sure whether it's an exam or essay, then focus on both.
- If you highlight your textbook, then highlight all the facts or key concepts or, better yet, both.
- Whether you highlight or not, type or write all definitions or key concepts or both from your notes in your outline under each respective heading. Try typing them in your own words, aiming to make the notes as short and simple as possible. Be sure to include page numbers. I'm a details person, so I'd rather type up the note verbatim and then add a short line rewriting the note in my own words. It just means I have to spend more time studying, but possibly gain from a higher grade.
- Leave space in your notes for diagrams, pictures, or charts. To add these elements into a typed document, simply take a photo of the textbook visual with your phone and email it to your desktop. Then digitally add the visual to your typed notes. Alternatively, you can add a sticky note with a diagram or picture hand drawn on it. I prefer backups, so I'd snap a photo.
- Use a red font or red pen to add question marks followed by a question you need clarified. Or add a red exclamation mark by anything ultra important.
- Use an indentation system with bullet points, where key concepts are bullets furthest to the left and sub-concepts are indented to the right.

- Digitally highlight your typed notes in yellow color or use a physical highlighter in your handwritten notes to accentuate key words and key terminology.
- Use a red font or red pen to add in acronyms and other memory tricks. Don't know what these are? No worries. I'll cover them in more detail in another Cookbook.
- Draw a mind map, if you've got the ambition. You can either digitally generate one with paid online software or hand draw one.
- Print out your masterpiece. Or take your handwritten loose-leaf notes and rewrite them in your notebook so they're pretty.
- Relish in your hard work and efforts! Just by going through this process, you've cemented your textbook knowledge further into memory.

Once you learn the tips for taking notes from textbooks, you've got an edge.

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

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



#### **AthaU Facebook Group**

Even technology has its limits. A question on where to find hard-copy textbooks attracts several suggestions, plus a discussion about textbook options, and accommodation on medical grounds.

#### **Discord**

Not waving, but drowning. Amidst discussions about audiobooks, a student asks how many times a failed course can be re-taken (two), and others offer to help salvage the current attempt.

#### **reddit**

Transcript timing. One student wonders how soon posted grades will appear on a transcript (updated 12am daily), while another wonders if semesters are noted on the transcript (nope—just official course start date.)

#### **Twitter**

@austudentsunion tweets: "Check it out! Get to know fellow @athabascau students, stay organized, access AU and AUSU services, and much more! Search "Athabasca University Students" on the App Store or the Google Play Store! #AthaU #Igo2AU #StudentServices."



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

International Coffee Day is October 1. Coffee and students go together like essays and late nights, and *The Voice* has published dozens of articles about coffee over the years.

**But I can stop at any time.** Debbie Jabbour dispels some of the misconceptions about addictions—including caffeine. "Most addicts are normal people like you and I, people who live and work alongside us, people who are often highly successful in life." From My Perspective – Addictions, August 28, 2002.

**Watching your waste.** Carla Knipe examines the short history and current ubiquitousness of the disposable coffee cup. "Despite paper cups proclaiming they are made from a percentage of post-consumer recycled paper and are recyclable where facilities exist, the ability to recycle the cups is more myth than reality." How Green is Your Coffee?, September 25, 2015.



Dear  
Barb

Barbara Godin

## Friends of an Age

*Dear Barb:*

*My son has just moved away to university. He is a six-hour drive from home, so it's not that easy to hop in the car and visit. He's always been a good kid and did well in school and never caused his father and me any problems. However, I noticed a change in him within the weeks before moving away. He seemed anxious and somewhat withdrawn. When I asked him if there was anything wrong, he said no. He has always been a homebody and we are not a family that has travelled a lot, so I'm wondering if he is fearful of such a big change in his life. Are there things I should be watching for in my son that would indicate there is something more serious going on, or should I assume this is just normal behaviour for someone going away to school? Looking forward to your response, Dana.*

Hi Dana:

Congrats! As a parent you must feel proud that your son is continuing his education, as so many young people begin work and get used to having money and lose sight of long-term goals so never return to school. Your son is experiencing many changes, and most are new and unfamiliar. I wouldn't be too concerned about the change in him prior to moving away. It's a big step and the first year will be difficult, but as long as he has a good base he will be able to get through it just fine.

I have included some of the most common problems students face during their first year as posted on <https://owlcation.com/academia/common-problems-for-college-students>. First is time management - students need to know their own limitations. They may mess up initially and need to adjust their course load to accommodate. Learning to manage their own finances is another major hurdle for students. Often when they get their student loans or grants, they don't think ahead and realize this money has to last through the whole semester and they often ask mom or dad for help when the money runs out. As mentioned on the website, a visit with a financial advisor may be able to offer some initial guidance as far as budgeting or managing debt. A part time job will help, but students have to make sure their schooling is their priority, so it is necessary to limit their hours at work. Homesickness is one of the top ten problems first year students face. Many universities and colleges offer support groups to help students get through the rough spots. Another issue is making new friends. Many students move on to university along with their high school friends, but others are going alone and may find it difficult to make new friends. Making connections by joining social groups or clubs on campus can be beneficial. Some other problems that are addressed in this article are partying, relationships and health. My suggestion is to send the link to your son as I am sure he will find it helpful. Thank you for your email.

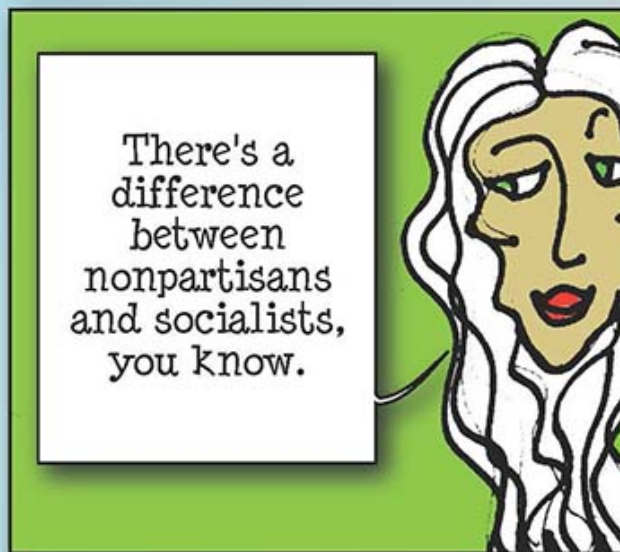
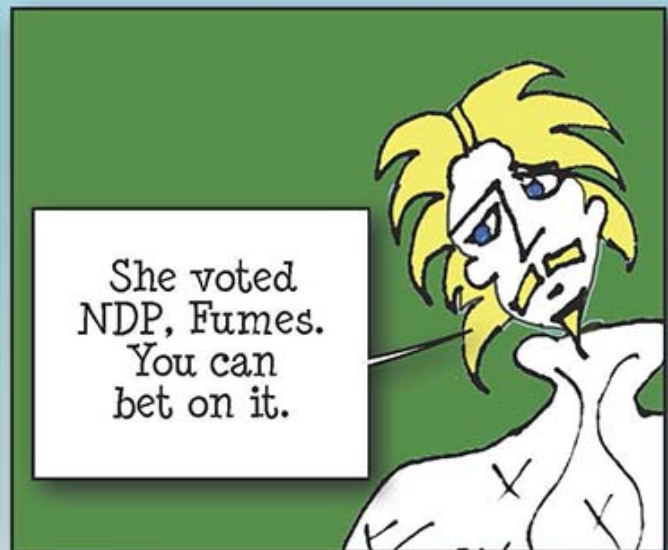
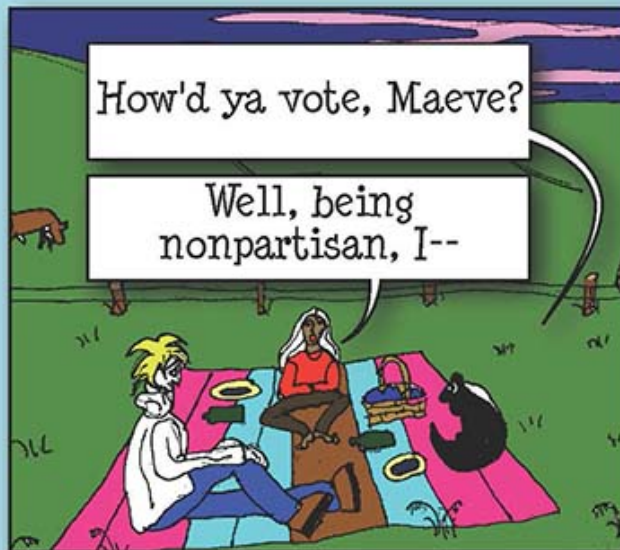
*Email your questions to [voice@voicemagazine.org](mailto:voice@voicemagazine.org). Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column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





**Poet Maeve**  
**How'd Ya Vote**

**Wanda Waterman**

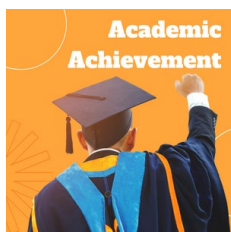




Great news! Intake for AUSU's fall Awards and Bursaries Program is now open! It's our favourite way to promote and celebrate academic achievement and community spirit, and to provide aid to students encountering financial hardship. They are available to all AUSU members currently taking any AU undergraduate course!

## Awards Now Open for Application:

<u>Academic Achievement</u>	\$1,000 each
<u>AUSU Bursaries</u>	\$1,000 each
<u>Balanced Student Awards</u>	\$1,000 each
<u>#lgo2AU Award</u>	\$1,000 each
<u>New Student Bursaries</u>	\$500 each
<u>Returning Student Awards</u>	\$1,000 each
<u>Student Volunteer Awards</u>	\$1,000 each



Academic Achievement Scholarships reward excellence in academics to AU students. Applicants submit a copy of their transcript to be eligible and have a minimum GPA of 3.85. The applicants with the highest GPA across the last 30 credits will be selected.

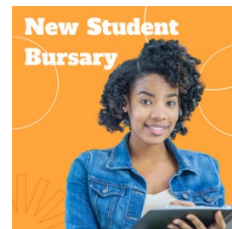
You could be one of three \$1,000 scholarship recipients awarded this application period, so start your application today! Members may only receive this award once and must have completed at least 30 AU credits by the application deadline.



#lgo2AU Awards embrace diversity and a passion for knowledge! While celebrating open enrolment and flexibility of learning, recipients reflect the diversity of AU's student membership.

You could be one of two (2) successful applicants who are members of AUSU and submit a video up to two (2) minutes articulating a personal experience in any one (1) or combination of the following areas: how has AU improved their lives, what is it about AU that fuels their passion for learning, why they chose AU, how does AU inspire them, and/or what AU means to them.

New Student Bursaries recognize the financial challenges new students may face when beginning courses at AU by providing assistance to those just starting their learner journeys.



Four (4) bursaries of \$500 each will be awarded to aid new members who can demonstrate financial need and have earned less than six (6) credits at AU. Applicants must be currently taking AU course(s), even if they have not yet completed any and may not receive this bursary more than once per 12-month period.



**Did you know AUSU provides all members with FREE access to LinkedIn Learning?** Just sign up using your @athabasca.edu email address for your free account.

AU students can benefit from training in Microsoft Office and many other software programs used for AU courses. You can also access training in business skills, career development, marketing, programming, photography, graphic design, time management, and much more!

[Sign Up Now](#)

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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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