



THE VOICE

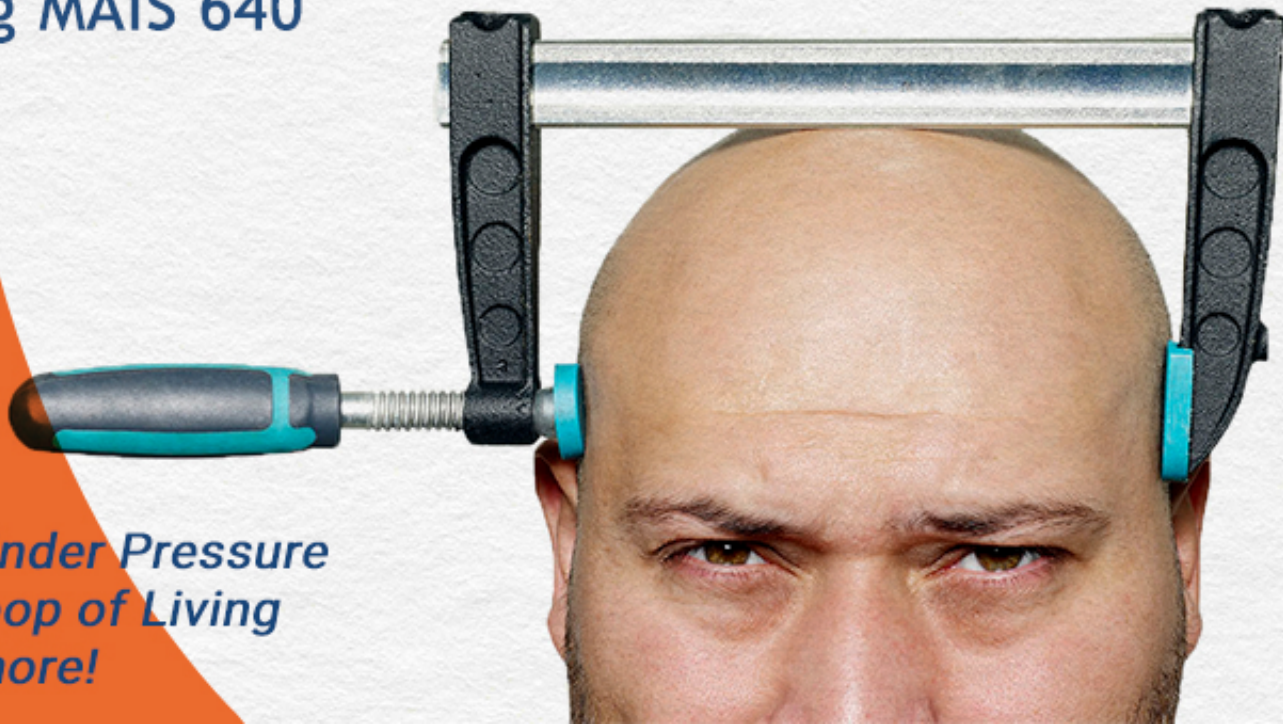
Vol 29 Issue 40 2021-10-08

I Tried Keto for a Month
The Challenges and Rewards

Post Spirit 1974-1978 Vol. I
Reviewing a Music Throwback

Course Exam
Reviewing MAIS 640

Plus:
Stay Solid Under Pressure
AU & The Loop of Living
and much more!



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LETTERS TO THE EDITOR



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

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

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

Editorial

Hail to the Chief

Karl Low



The Voice Magazine welcomes our new overlords!

Or to be more specific, a welcome to our new president, Dr. Peter Scott. Hailing from Australia, where he worked as the “Pro Vice-Chancellor (Education) at the University of Technology Sydney”. His education was from the University of Sheffield in the UK in cognitive science and psychology. and he has a focus in digital educational technology.

The press release goes into some more detail about him at: <https://news.athabasca.ca/faculty/10th-president/> and if you want to hear him speak, you can skip to his portion of the video at <https://youtu.be/XpVw5SrYAlw?t=378>. It may be worth doing so just to hear his accent—a prototypical educated British accent, that should certainly serve AU well when he presents in most places, and could be part of why he’s been able to pull in over 80 million dollars in international grants over his career—something which I’m sure was the primary concern of the UCP appointed Board of Governors.

Unfortunately, from that first video, it’s hard to get a read yet as to whether he fits the mold of people who think university is simply a glorified job-training school or a real place of education. However, there are promising signs in that he is the first in his family to achieve a degree, that it was a humanities degree, and that he has not only continued to move forward in the academic system but has spent it trying to improve access to higher education for students.

It will be interesting to see how he navigates the transition from the very urbanized Sydney, Australia to small town Alberta, especially during the current UCP tenure as they put forward their Alberta 2030 strategy that some academics have harshly criticized as being too focussed on immediate job training as opposed to preparing Albertans for a future labour market and society.

Meanwhile, this week in the Voice, we bring back the “Course Exam” but with a bit of a twist. Since many students eventually plan to seek out an even higher credential, we thought it might be worthwhile to start reviewing some of the graduate courses, so you can start your planning early.

Also this week, Xine Xu returns with a look at how she’s handled her first month on the Keto diet, noting some of the challenges and rewards she’s found along the way.

And Jessica Young has managed to find some music that she likes. If you’ve read some of her music reviews, you know that this isn’t a common thing, so it stood out for me that she did. She also recommends it as good background music for studying, so you may want to check out her music review of “Post-Spirit 1974-1978”

Of course we also have recipes, advice, events, scholarships, some thoughtful articles and more this issue. The Fly on the Wall this week has some particularly good advice that all students should follow—advice that I rarely did, and suffered more for it. But even with all that stuff, I think we could use some more around here, so if you’re interested in earning a bit of side money and think you can write something students would be interested in, why not get in touch?

Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the letter 'l'.

I Tried a Keto Diet for One Month

Xine Xu



One of the first dishes I had when starting keto. The portion was so small that I was immediately hungry after.

I started Keto about a month ago and it has been a life-changing experience. It started with a single day at the gym where I ran for about 15 minutes. I was completely out of breath, unfit and nauseated. I felt that my stamina was waning as I watched the treadmill total the calories I had burned for that effort. The number was an abysmal 20 calories. Not only did I run slow, but a single bite into my KFC Tuesday special was more than the calories I worked to shed in 15 minutes. Feeling a bit dismayed, I went home and felt like eating nothing.

Luckily, I stumbled across a Youtube video describing the struggles I had felt. I felt like I needed to work out but how could I make my workouts sustainable if I enjoyed eating takeout every day? That's when I decided to give the keto diet a try. It was something I've heard about but never bothered to think that a carbohydrate-free diet could be palatable for myself. The first day, I skipped pasta. I cooked a meatball marinara with cauliflower. Luckily, stir-fried cauliflower without salt

was a delicious substitute for pasta, and I enjoyed it tremendously.

One of the most challenging things I've noticed after starting this new lifestyle is how quickly I become hungry. I was hungry in between meals. After some careful examination, I realized I was not consuming enough proteins to replace the energy I had received from carbohydrates before. That's when I became intrigued with plant proteins and protein shakes. Though true die-hard keto-dieters would consider chickpeas and blackbeans non-keto, it helped fill my cravings in between meals. It also kept me full so that I didn't have to resort to carbohydrate snacks.

Some of the biggest changes I've noticed since starting keto is the immense energy I have throughout the day. Whereas previously the afternoon slumps had me napping, a carbohydrate-free lunch meant I had sustained energy throughout the afternoon. I was awake, focused, and productive rather than sluggish after the sharp blood sugar spike after a heavy lunch. My lunches now consist of 50% veggies and 50% protein.

The change from take-out dinners to home-made dinners also helped reduce my spending by the end of the month. It means I can invest in better ingredients that go a long way in



Keto dieting doesn't mean you can't have fun with your protein. This is top sirloin steak with mesquite seasoning.



Investing in quality ingredients meant I could be more creative with my dieting journey.

building muscle and energy for the long term. Keto certainly has helped cut down on the sugary snacking habits I've developed over the pandemic.

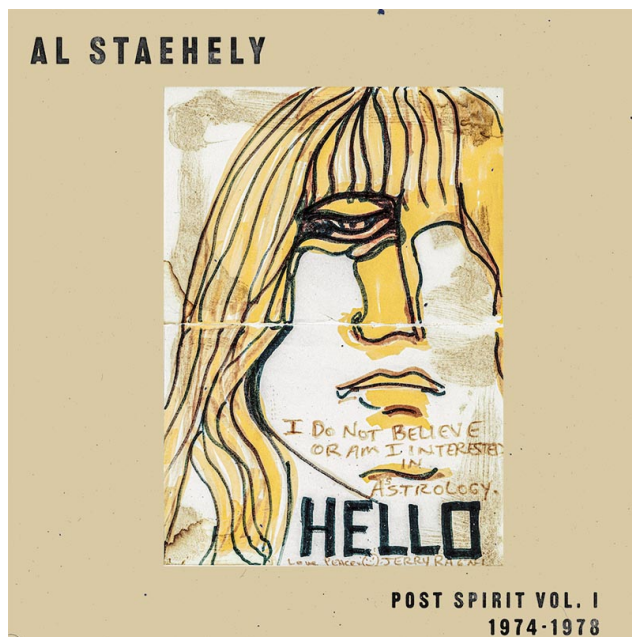
While a keto diet isn't for everyone, for me it has been a game-changer in my lifestyle, in appreciating my body and energy levels. Initially it took some adjusting in changing the palate to enjoy less sugary, less immediately-satisfying foods (I still miss my breadsticks and rice!) but has challenged me to be more creative in finding delicious food with simple ingredients.

Xine Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur.

[This column is for entertainment and information purposes only. Always consult a professional before making significant changes to your lifestyle]

Music Review—Post Spirit 1974-1978 Vol. I

Jessica Young



Artist: Al Staehely

Album: *Post Spirit 1974-1978 Vol. I*

Texas musician, Al Staehely, is releasing his new album *Post Spirit 1974-1978 Vol. 1* on October 7th, 2021. While Staehely has played in many bands over the course of his career, this album is based on solo-recordings from his days in Los Angeles in the 1970's. *Post Spirit 1974-1978 Vol. 1* is an audio time capsule that captures the essence of 70's Southern California rock.

"The '70s L.A. music scene was a special time. Today, in 2021, many try to recreate the '70s analog experience in their song writing and recordings. I was lucky to have been writing and making music during that time", says Staehely. "These never before released *Post Spirit 1974-1978* recordings from my

'Vault' are the real thing- written and recorded in L.A. during that era in some of the best studios, with some of the best musicians working at that time. Enjoy!"

Post Spirit 1974-1978 Vol. 1 has thirteen tracks: "Wide Eyed And Innocent"; "Feel The Heat"; "Chipping Away"; "Live Like A River"; "Stand In Love"; "Safecracker"; "Too Long Alone"; "Without Love"; "Coasting"; "Put Your Life In My Hands"; "Tenderhooks"; "Lady Was A Racehorse"; and "All Is Forgiven". The focus track of the album is "Wide Eyed And Innocent" which has already been released as a single with a [music video](#).

First of all—I have to say that Al Staehely is a very cool guy. He went from musician trying to make it big in L.A. to an entertainment attorney in Texas. Now, at 75-years-old, he’s reigniting his dream of being a rock star. According to a [Houston Chronicle](#) profile on Staehely, he says: “There’s so much unreleased stuff, I just wanted to get it out with no great expectations for it. There’s a lot of music from those years when I started to bear down on the law thing so I could make a living. Back then, I was just starting a family. Now I have two small granddaughters. If I get some of this music out there, I figure one day, when they’re grown up, they can see what their grandpa was doing”.

The music of *Post Spirit 1974-1978 Vol. 1* is exactly what you would expect from a 1970’s cowboy—a combination of groovy, psychedelic soft rock; country twang; and smooth jazz. Several of the songs incorporate saxophones, but all of the songs create a sense of relaxation and nostalgia. This album would be perfect for background study music or mixing it up on a road trip. I think right now is the perfect time to release a throwback album—when yearning for a time you’ve never lived in seems to be all the rage. The music video for “Wide Eyed And Innocent” plays on this feeling, showcasing a series of clips of Staehely performing as a young man and 1970’s L.A. with present day footage of Staehely on an L.A. beach.

Overall, I really like *Post Spirit 1974-1978 Vol. 1*. The music is a flowy, dreamy celebration of days gone by, while Al Staehely’s incredible story is one that is going to live on forever.

Stream *Post Spirit 1974-1978 Vol. 1* anywhere you get your music on October 7th, 2021, and check out Al Staehely on [his website](#), [Facebook](#), and [Youtube](#).

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: UCT Scholarship Program

Sponsored by: United Commercial Travelers

Deadline: Nov 15, 2021

Potential payout: up to \$2500

Eligibility restriction: Applicants must be students or teachers seeking university or college degrees or certification to work with people with intellectual and developmental disabilities. See [Program Guidelines](#) for full eligibility requirements.

What's required: A completed [application form](#), along with a résumé of work experience and course work completed.

Tips: Be sure to complete all fields of the application form.

Where to get info: www.uct.org/uct-in-action/scholarship-programs/



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.

Eventually students graduate, but that doesn't mean it's the end of their education. So we've expanded the course exam to look at some of the interesting courses beyond your bachelor's degree.

MAIS 640 introduces students to a research methodology called grounded theory, which has been seeing increasing use among social scientists to develop theories solely based on raw data. It differs from methodologies that require researchers to test their theories in the field or those put forth by secondary sources, and its creation is not contingent upon studies available in a given literature.

In this three-credit arts course, students will learn to: unpack the provenance, strengths, and limitations of grounded theory; distinguish between exploring and corroborating theory; discuss the logic surrounding relevant research practices; and produce a final project using the foundations and practicalities obtained from course materials.

Who Should Take This Course and Why

I believe students who enjoy or seek a creative, hands-on approach to doing research would benefit from the unique skills this course promotes. If students are working toward publishing or sharing their research at a conference, for instance, there is an opportunity here to experiment with fresh ideas that might someday contribute to and encourage future studies in areas of great interest to them.

I recommend the course particularly to students who are doubtful of the methodology and may be apprehensive about diving into it with no strict rules on how to build theories. Discovering the possibilities of important topics that may be largely neglected by scholars, in my opinion, is worth the risk of not perfecting the craft on the first attempt.

Course, Assignments, and Exam Details

The course is divided into three stages: the first prompts students to familiarize themselves with grounded theory and deliberate over their topics; the second gives students the opportunity to collect, code, and analyze their data; and lastly, students will work toward a presentation of their findings in the third stage.

To achieve a credit, students are expected to submit forum reflections (22%), progress reports (10%), ePortfolio journal entries (24%), and the grounded theory research report (44%).

How to Be Successful in the Course

Student's Advice for the Course

Because grounded theory is investigative by design, students who decide to take the plunge should not expect to exit this course with conclusive work ready for wider accessibility. I do,

however, encourage them to adopt good habits that could serve them as they navigate through each stage of academic work.

Course Tutor Dr. Russ Wilde offers exceptional feedback and is very approachable, so I advise students not to exclude any questions or uncertainties from their assignments. Except for the report, submissions are generally meant to be short, and there is a set number of each type that must be completed by the end of each stage; thus, I suggest handing them in as early as possible to gain a much clearer sense of how to progress in or improve on theory building and data collection, categorization, and interpretation, among the other processes. Doing so will also leave plenty of room for writing the report.

Due to time constraints, I found it easier (thanks to Dr. Wilde's advice) to select a topic that didn't necessitate conducting, for example, interviews, questionnaires, or surveys, but instead gathering social media posts as they are publicly available. I would tell newcomers to grounded theory to do the same thing I did, though on the other hand, going the other route can allow for better immersion, therefore facilitating potential explanations for the phenomena being studied.

Depending on the research goal, gaps in the data possibly indicate either a need to return to the field or to narrow down the perspective so that the theory is focused and productive. A brief literature review is only needed for context in the report; otherwise, students should use their experiences and analytical capabilities when engaging with theory. The notes they take on their data will provide the underpinning for the report.

Ultimately, each student's journey will be individualized; they must use their best judgement when consulting resources (Dr. Wilde often shares content tailored to general inquiries and specific projects as well) and determining the scope of their investigation.

Questions?

If you have any further questions regarding the course, please do not hesitate to contact Dr. Wilde at wilderuss@gmail.com. Happy learning!

A Toronto native, Milica is enrolled in the MA-IS program at AU eager to advance her creative communications career.

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

Ada Lovelace Day: A Celebration of Women and Innovation at AU

Tue, Oct 12, 8:30 am to 12:30 pm MDT
Online

Hosted by AU Faculty of Science and Technology

news.athabascau.ca/events/ada-lovelace-day-a-celebration-of-women-and-innovation-at-athabasca-university/

Register through above link

Cultivating ease in academia with Dr Melissa Jay: Practicing presence in times of stress

Wed, Oct 13, 3:00 to 4:00 pm MDT
Online via MS Teams

Hosted by AU Accessibility Services

news.athabascau.ca/events/cultivating-ease-in-academia-with-dr-melissa-jay-presence-in-stress/

Access through above link

AUSUNights Virtual Student Social

Thur, Oct 14, 5:00 to 6:30 pm MDT
Online via Zoom

Hosted by AUSU

news.athabascau.ca/events/ausunights-virtual-student-social-election-edition/

RSVP to ausu@ausu.org for meeting link

Make it Happen YEG Student Innovation Day

Sat, Oct 16, 8:00 am to 4:30 pm MDT
Online

Hosted by AU and Post-Secondary Innovation Partners in Edmonton

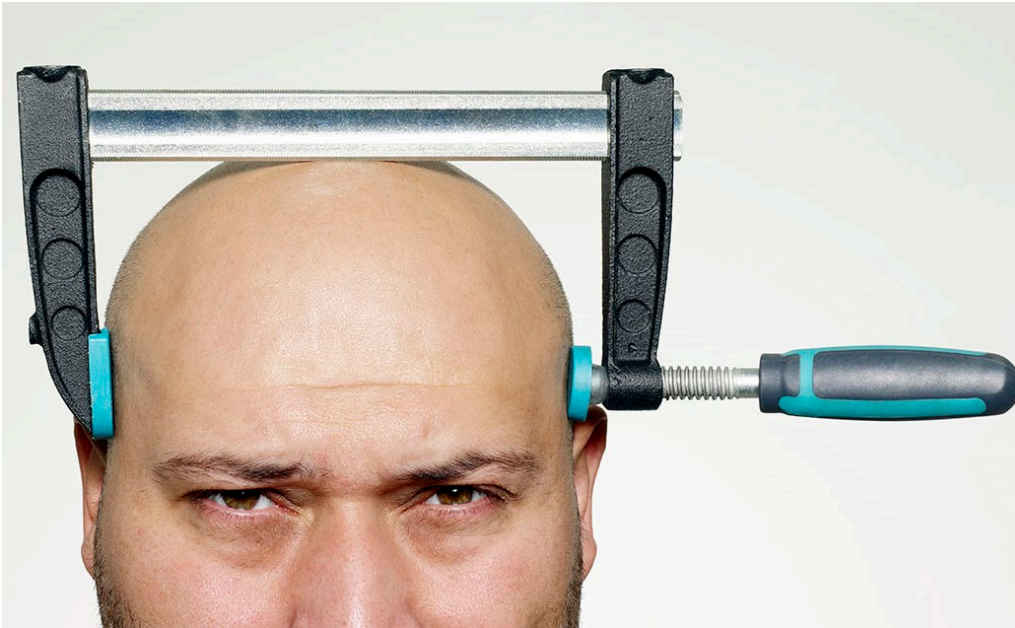
news.athabascau.ca/events/make-it-happen-yeg-student-innovation-day/

RSVP through above link

All events are free unless otherwise noted.

Stay Solid Under Pressure

Marie Well



Imagine you work for a small company you love. It has integrity and hosts positive colleagues. But then someone in the company gets let go. All the revenue from clients has dried up due to COVID. The company is on verge of collapse. All hope is on you to sell the latest product. And you need to sell a lot every month.

What do you do?

Alternatively, imagine you have dreams of being a

chemist, inspired by your late grandmother who taught chemistry at a local college. You spent the past four years studying for your science degree. An exam looms that you didn't study for. If you fail this test, your class mark will be an F. If you fail the class, your GPA will prevent you from acquiring your degree. And if you don't get your degree, you will be kicked out of your parents' home, expected to find the first available job. Your best friend offered her couch but has since changed her mind. It's deep winter, and the local homeless shelter, so you hear, is overrun with criminality.

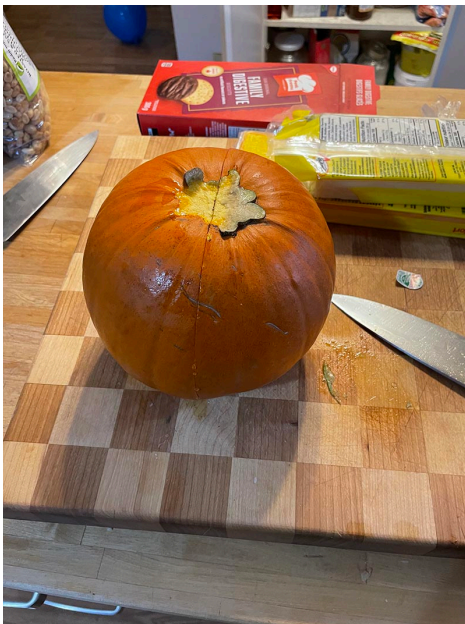
What do you do? Pressure can make any situation worse, so here are some strategies to stop ourselves from caving under pressure.

1. Don't worry about deadlines. Keep the deadlines in mind but don't fret over them.
2. Remove distractions and unessential tasks.
3. Strategize.
4. Avoid procrastination. And avoid cramming
5. Create and stick to a daily work routine instead.
6. Exercise, eat healthily, and get good sleep.
7. Tackle one small item (up to three) at a time. But do so steadily. And focus on the most pressing task first.
8. Don't get down on yourself or others. Always dwell on the best in others and in yourself. But should you examine your own faults, do so joyfully, knowing that your self-evaluation will help you grow.
9. See pressure as fun rather than fretful. See overcoming pressure as a game of Jeopardy you are determined to win.
10. Take a fifteen-minute break every hour. If you absolutely can't take a break, then work on a more enjoyable work task for those fifteen minutes.
11. Meditate.
12. Look forward to unexpected surprises, however unpleasant. Treat them as character builders.

13. Stay happy no matter what. Happiness is a choice. Make the right choice.
14. Find a higher purpose in what you're doing. You are where you are for a reason. The people in your life are there for a reason. Make those reasons grandiose.
15. Keep all thoughts positive.
16. Reward yourself.
17. Engage in friendly competition with colleagues or fellow students.
18. Expect every relationship, whether with family, colleagues, or fellow students, to possess serious flaws, which may reveal themselves over time. Avoid dwelling on others flaws, working on only one's own, while never expecting anything in return. And try to woo those relationships, however dysfunctional, with one's very best effort.
19. When we give up on our studies, work, or long-term relationships, we are taking the wrong route. If instead of giving up, we give our studies, work, or relationships our very best effort, then everything has the power to transform into fulfillment.
20. Once again, and most importantly, keep all thoughts positive. And stay happy no matter what. Happiness is a choice.

Homemade is Better Pumpkin Pie Filling

Chef Corey



Fall Thanksgiving is upon us, and all the retailers have been shoving pumpkin spice everything down our throats. Pumpkin season is here! Even though some were doing it as far back as June. So is pre-Christmas, but that's another article! I have to come clean, I don't like pumpkin pie, or, at least, I would choose almost any other flavour before it. But the last time I made pumpkin pie from scratch it was the best pumpkin pie I'd ever had. I realize that my personal bias of my cooking is likely coming out, but I'll bet you'll agree.

Do your taste buds a favour this year, and make it from scratch. It's going to take more time than if you buy a can of filling, but I bet you didn't know that the cans of filling do not actually have to contain real pumpkin—and often they don't! I'm sure you're both perplexed and enraged if you're a pumpkin pie fan; "What does he mean they don't have to contain real pumpkins!?"

The truth is, pumpkin doesn't mean anything. Pumpkins are classified in a few different ways. They are

a berry and, like other squash, grown from a flowering plant. The technical name for what we call pumpkins is *Cucurbita pepo*, *Cucurbita maxima*, *Cucurbita argyrosperma*, and *Cucurbita moschata*. *C. moschata* is the squash of choice here and can include gourdes like the Boston Marrow, Hubbard, butternut, and Golden Delicious. These do not sound like the word pumpkin. But, do not fear! I have a solution that is 100% pumpkin.

Like many berries, the smaller version can be sweeter due to the concentration of sugars in a small area. In the case of pie pumpkins or sugar pumpkins, this is true. The best part is, this is an easy recipe compared to





the crust! Grab your best pie crust, or buy your favourite for this time. I'll give you a great pie crust recipe as we lead up to American Thanksgiving over the next few weeks! I'm not from the United States, but I'll celebrate a turkey holiday twice if it means I get more pie!

So, follow along as I give you the best pumpkin pie filling I've ever made!

Pumpkin Pie Filling

Ingredients:

1 sugar pumpkin (also called a pie pumpkin)

1 cup of heavy cream (half and half will also do)

½ tsp Kosher salt

¾ cup brown sugar

¼ tsp nutmeg

2 tsp cinnamon

1 tsp ground ginger

¼ tsp ground cloves

1/8 tsp ground cardamom

2 large eggs

1 egg yolk

Directions:

- 1) Clean the outside of the pumpkin.
- 2) Preheat your oven to 400F.
- 3) Cut off the pumpkin's stem, then cut it in half from the stem to the bottom, not across the sides. Scoop out the insides and save the seeds if you like pumpkin seeds, but that's a different recipe.
- 4) Lay the halves flat on a baking sheet lined with parchment.
- 5) Cook for 20-30 minutes. You want to be able to pierce it with a pairing knife and not have any resistance.
- 6) Let the pumpkin cool completely, then scoop the insides into a mixing bowl or a food processor.
- 7) Mash the pulp until it is smooth. The puree will keep in the fridge in an airtight container for a week, or you can freeze it.



8) For the pie, preheat your oven to 350F.

9) Add the spices, brown sugar, eggs, and salt.

10) Continue mixing until these are well incorporated.

11) Add the cream and mix until smooth.

12) Pour the filling into a 9" pie crust just until it reaches ¼" from the top. It will expand in the oven, and you don't want it to overflow.

13) Cook for 45-60 minutes. The center should still jiggle like Jell-O, but the outer edges shouldn't move.

14) Once the pie is done, let it rest for at least 3 hours before serving. Overnight is ok too; just wait for it to completely cool on the counter, then place plastic wrap on it to keep it from drying out.

15) Slice it up, add some whipped cream and viola!

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

Fly on the Wall

'Orius and Orb: AU and the Loop of Living

Jason Sullivan



As We watched in awe as the orb spider leapt into action. With a start, a wasp tried to escape the web but almost instantly it found itself accosted by the spider. Deftly holding its prey in place, the orb—bulbous with a growing egg sac in its abdomen, injected venom. Presently, the wasp's edginess ebbed away, and the spider wrapped its dinner as though the prey were an infant in a muslin web of swaddling cloth. Here (really everywhere, in all moments in our minds, and in all places virtually in the web of the internet), we at AU we can feel more like prey than predator in many ways: deadlines lurk at the shadowy edges of consciousness, and pressures we apply on ourselves to succeed and excel both jostle to be on the top of the pile of psychological challenges.

A healthy perspective requires a certain ontological promiscuity; we can be anything in almost any moment if we don't allow dualism to oppress us. Take that prey wasp, for instance. The prey was once a hunter. It was perhaps a parasitic species in the *Orius* genus, a variety that imbues my orchard ecosystem with entomological balance by means of its hunting practices. This allows us not to spray poisons on our fruit. Whereas much of human philosophy lurches between predator and prey, good and evil, success and failure, and morals and nihilism, the animal world appears more as a loop of living where the tiniest blade of grass becomes prey and things proceed all the way up, or down perhaps, to our dinner plate.

When Thomas Hobbes famously wrote that life, prior to the reign of a government or King, must have been "nasty, brutish, and short" he perhaps had the *Sword of Damocles* in his mind:

"As Cicero tells it, the king's dissatisfaction came to a head one day after a court flatterer named Damocles showered him with compliments and remarked how blissful his life must be. "Since this life delights you," an annoyed Dionysius replied, "do you wish to taste it yourself and make a trial of my good fortune?" When Damocles agreed, Dionysius seated him on a golden couch and ordered a host of servants wait on him. He was treated to succulent cuts of meat and lavished with scented perfumes and ointments. Damocles couldn't believe his luck, but just as he was starting to enjoy the life of a king, he noticed that Dionysius had also hung a razor-sharp sword from the ceiling. It was positioned over Damocles' head, suspended only by a single strand of horsehair. From then on, the courtier's fear for his life made it impossible for him to savor the opulence of the feast or enjoy the servants. After casting several nervous glances at the blade dangling above him, he asked to be excused, saying he no longer wished to be so fortunate" (Cicero, online).

Talk To Your Tutors, We're All in the Same Academic Ecosystem!

University life can seem perilous. Distance education can feel awful if the anxiety and expectations of academics, work, and personal life make us fearful of the occasional slip up. Brick and mortar college kids may face disappointment over low grades but the next day they are up and at 'em to class again, with professors minding the tiller of further academic explorations. Here at AU, though, we are solitary scholars; although the best advice any student can receive, in

my opinion, is to utilize the tutor hour(s) and phone them up. No encouragement has helped me more than hearing the academic compassion of a tutor's voice.

In behind academic anxiety is the false sense that we are on the verge of potential failure. There can seem to be a sword above us all, and above each moment that may be sliced and diced in terms of full productivity and lost potential, or slothful waste and sheer success.

"For Cicero, the tale of Dionysius and Damocles represented the idea that those in power always labor under the specter of anxiety and death, and that "there can be no happiness for one who is under constant apprehensions." (Cicero, online).

We are the masters of our own web of learning, if we choose to think that way. Much of our life (academic and otherwise) is about being the predator more than the prey, the hammer more than the nail, and of great intellectual significance: knowing the things we control in our fate.

The adage appears on bumper stickers to this day, and can be as secular as we wish it to be, "God grant me the serenity to accept the things I cannot change, the courage to change the things we can, and the wisdom to know the difference" (Niebuhr, online)

This phrase once led clergy to resist the Nazis, so if it worked there, it can only help us in our lowly and lonely travails at AU. When our studies trip us up and lead us to feel that we inhabit a tightening web of struggle, let us remember that in each moment we can be spider, wasp, or innocent blade of grass.

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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.



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

One of the best aspects of early autumn is the anticipation of Thanksgiving: a long weekend with good prospects for a fabulous meal. *The Voice's* writers past examined the holiday from several different perspectives.

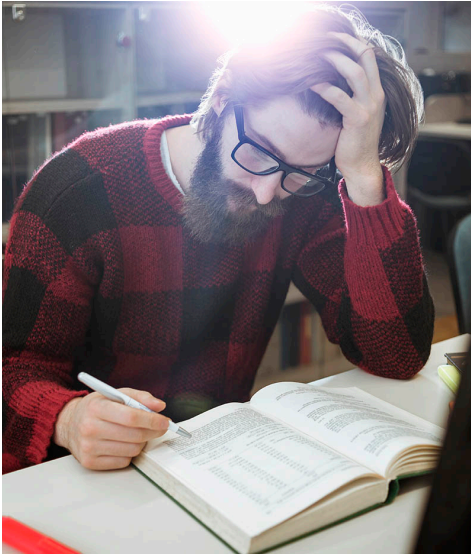
But maybe I want to spend the day with my textbooks. Wayne Benedict is surprised to find his university has no classes on Thanksgiving, and delves into the history of the holiday. "Trains don't stop running on holidays (except possibly

Christmas/New Years days, if management so chooses), so statutory holidays became as any other day to me..." [Thanksgiving Day 2003](#), October 8, 2003.

Go for quality, not quantity. Katie D'Souza offers some tips for upping the nutritional value of a traditional Thanksgiving dinner. "Those typical "Thanksgiving: spices, like cloves, cinnamon, and sage, pack an antioxidant punch." [Health Matters – How Healthy is Your Thanksgiving?](#), October 8, 2010.

The Study Dude The Cookbook Continues

Marie Well



Memorization Should be Playtime

Over the last two weeks, I showed you how to read a textbook and take notes, but this week we're going to have fun. Yes, memorization is meant to be playtime, especially if you let your humor and imagination go wild. Of course, some memorization strategies are more enjoyable than others, but here is a list of strategies to get you memorizing for top grades.

For this recipe, you need rolls of nickels, a jar, notes, cue cards, pens, a recording device, and a Scrabble Board (optionally).

Imagine wild imagery. If you need to memorize a king named Peter's birth in the 19th century, for example, then one way might be to imagine a pregnancy by a person you once knew named Peter. Imagine him giving birth at a hospital to a baby that pops out with a t-shirt that says "Ageless! Always 19." You get the idea.

Use cue cards. You can transfer your notes on cue cards. Put a question on the front and an answer on the back. If you can, rewrite all your notes in question-and-answer format. Read them aloud repetitively until you're ready to recite them from memory. Then reward yourself a nickel for each one you get right and remove a nickel for each one you get wrong. After memorizing, spend your boon.

Read your notes repetitively until you can cover most of them up and recite from memory. Use the above reward system.

Create acronyms. Take the first letter of keywords on each item in a list. Scramble these first letter until you can create a word out of them. FNYBD could be "FuNnY BirD." And if you like board games, play Scrabble as it may help hone your mastery of creating acronyms. Even better, add a wild visual to the funny bird that helps you memorize the associated concepts. If the FNYBD refers to a list related to stochastic variables, imagine a funny stork flying while holding a net carrying the letter "x" wearing a diaper. The letter X (a variable), in its diaper, cries out, "I've been CAST as a STOW-away" (for STOCHASTIC variable). But be sure to document your visual mnemonic.

Better still, create acronyms but make funny sentences out of them. FNYBD could be rearranged as "Five Nannies Bought Dirty Yo-yos." Imagine them with their yo-yo's CASTing spells over a pot of STew ("stew-cast-ic variables").

Type up your notes repetitively until you don't need to type them up anymore.

Read your notes aloud.

Record yourself reading your notes and play the recording on loop all night as you sleep.

Create rhymes where they make sense. For instance, you could say, "Brine goes with wine. Celery goes with brie" if you're a chef and need to associate these ideas. Or you could say, in "2001 the Diamond Mine Co. faced the bankruptcy gun." Yes, you can force a rhyme where needed.

Create a song. Take your rhyme and sing it. The sound of your voice singing will reinforce your memorization of the concepts.

For math or science problems, refer to the solutions, then do the entire problem set in full, not looking at the solutions until at the very end. Think through and correct any mistakes. Then repeat until you get all the problems correct.

Don't cram. Better still, do cram. If you work best while cramming, then study at great lengths each day throughout the year and then cram in extra hard just before the exam. This strategy will make your cram session the icing on the cake.

Teach someone your skills. If you're bold, get an inexpensive lighting set from Amazon, a cellphone tripod, and record yourself teaching the info and post on YouTube. You can get more sophisticated as you go along. You'll gain at least three skills: (1) the knowledge gain, (2) the ability to teach, and (3) a marketing skill.

Also missing from last week's article is the benefit of taking the end of chapter list of concepts or terminology (or whatever is listed at the chapter end), and creating headings in your notes based on these. You'd then fill in each section under each heading with related concepts or facts from your textbook. Then memorize using any combination of methods listed above.

Memorization can be a fun game. If you like to play while working, the above will give you insights into how to do this.

So, pull out that imagination, sing, laugh, maybe even become a YouTube celebrity. Studying is meant to be fun. And the resulting grades, bliss.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

How to deal with post-nominals. A degree holder wonders how to express their degree after their name, when the degree's acronym has a hyphenated extension, like BPA-HS. The consensus is to stick with just the main degree acronym (BPA.)

reddit

Served with a call to serve. A student worries that the jury-duty notice they just received may put a snarl in their study time. Responses suggest asking AU for an extension, or appealing to the student union for assistance, if needed.

Twitter

@austudentsunion tweets: "Have you checked out AUSU's #2SLGBTQIA @discord yet? It is intended to be a safe space for the community to find support, make friends, and chat about their experiences! For more info or to join visit <https://bit.ly/3k3DR2n> #igo2au."

also from @austudentsunion: "Intake for AUSU's fall Awards and Bursaries Program is now open! They are available to all AUSU members currently taking any AU undergraduate course! See <https://bit.ly/1GIWJhi> for details on each award and bursary. #Igotoau #athau #awardseason #bursaries."

Youtube

Beyond September 30. AU posts Maria Campbell and Terry Lust reflect on National Day for Truth and Reconciliation. Marie Campbell is AU's Elder in Residence, and Terry Lust is a Métis Elder and AU honorary degree recipient.



Dear
Barb

Barbara Godin

Teen On the Outs

Dear Barb:

Hi, I am 16 years old and still living with my parents, but they are driving me crazy. They won't let me do anything. My friends go out to concerts and stay out overnight and their parents don't say anything to them. I really want to move out and live on my own. I have a part time job so I could probably move in with a friend and share the rent. Some of my friends who are on their own tell me I am crazy and that I should stay at home as long as I can. How can I get my parents to treat me like an adult? I am very mature and fully able to take care of myself, I just don't know why they don't see that. McKenna.

Hi McKenna:

Thank you for writing. I believe you are the youngest person to write to Dear Barb. I hear what you are saying. Many of us want to move out and live on our own at 16 and we believe we can take care of ourselves. However, moving out of your parent's home is a huge step at any age and, especially at 16 years old.

I am assuming you are still in school since you are only working part time. You may be able to share the rent with a friend, but what about buying clothes and personal items, or saving for university. Do you really believe you will be able to do all those things on the earnings from a part time job? Finances are only one aspect to living on your own. What if you need medical care? Who will pay for that? Many

unpleasant events can happen to a 16-year-old who is on their own. Since your friends who are on their own are advising you to stay home, that should say something. Have you spoken with your parents about your feelings? Maybe you can come to a compromise with them. For example, if they allow you to do something, like go to a concert, show them that you are responsible enough to be trusted.

As far as staying out overnight, I do not think that is a good thing, unless arrangements have been made ahead of time and your parents know where you will be staying. I am sure that not all your friends are allowed to stay out overnight, and maybe the ones who do are not telling their parents where they are going. It could be their parents believe they are staying at a friend's, rather than out partying all night. Sorry McKenna I cannot support your position, I do not believe a 16-year-old is mature, or responsible enough, either financially or mentally, to be able to take care of themselves. I must add there are exceptions, but just from your letter I do not feel you are ready to be on your own. Have a good talk with your parents; if they won't listen possibly you could go to counseling as a family. Best of luck.

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



Poet Maeve
Social Weirdia

Wanda Waterman





Changes to AU Course Materials

In the fall of 2013 AU began the process of replacing hard-copy textbooks for all undergraduate courses with e-text versions. Implementation has been staged in

The results will be shared with members in an upcoming newsletter.

A New Era at AU - A New AU president

After two terms in the Office of President, Dr. Frits Pannekoek is retiring. Last week, in recognition of his contributions to distance education, the University of South Africa (Unisa) granted him an honorary Doctor of Literature and Philosophy award. AUSU congratulates Dr. Pannekoek on this great honour, and the recognition it brings to AU as a world leader in distance and open learning. We wish him all the best over his final weeks in the role of president, and in all his future endeavours!



We had hoped by now to be able to announce the selection of the presidential search committee for a new, full-term president; however, as a suitable candidate has not yet been found, AU has instead appointed an interim president: Dr. Peter MacKinnon, formerly of the University of Saskatchewan. Dr. MacKinnon has also served as chair of the Association of Universities and Colleges of Canada (AUCC) and on the Science, Technology and Innovation Council of Canada. We look forward to working with him over the coming year! **Convocation travel information**

AUSU wants to make sure this year's graduating class has a fantastic convocation. To make this happen, we're providing free transportation via bus or limo service to take people from Edmonton to the Athabasca Multiplex each day of convocation 2014. This applies to those graduating from AU undergraduate programs, and their guests (some limits may apply).

We've also arranged hotel discounts in Edmonton.



From October 25-29, AUSU celebrates October Pride Week! Why Pride in October? Well, we enjoyed such a successful Pride Week in June, we decided to do it again! We have some fantastic events lined up, including a [keynote address on October 25](#) by author [Joshua Whitehead](#) and a [presentation on October 29](#) by AU Faculty member [Dr Tobias Wiggins](#).



Joshua Whitehead
(he/him)
[Biography](#)



Dr Tobias Wiggins
(he/him)
[Biography](#)

Also, look for a Pride-themed takeover of [AUSUnights](#), 2SLGBTQIA+ community highlights, a Pride AUSU Open Mic Podcast, fantastic contests, and more!



Intake for AUSU's annual fall [Awards and Bursaries Program](#) is now open! Accessible to all AUSU members currently taking AU undergraduate courses, qualified students should apply now! The annual awards available from October 1-31 include:

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



[Join us October 14 at 5:00 pm MT](#) for AUSUnights, a great opportunity to connect with fellow students through Zoom and get a chance to win prizes and swag from your AU Students' Union! RSVP to ausu@ausu.org for a link to the meeting room!



World Mental Health Day is October 10. As an AU student, you have access to [Homewood Health](#), a program offering wellness support to meet your needs. These services are free courtesy of [Athabasca University](#).

CLASSIFIEDS

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

THE VOICE

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