



# THE VOICE

Vol 30 Issue 35 2022-09-09

## **Minds We Meet**

Interviewing Students Like You

## **Council Connection**

August 25, 2022 Meeting

## **We're All a Little Bit Autistic**

Helping Words that Hurt



*Plus:*

*FotW: Kant You Take a Joke  
Four Tips for Writer's Block  
and much more!*

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## LETTERS TO THE EDITOR

***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

Karl Low

### God Save the King, but the Monarchy?



Queen Elizabeth II died on September 8, 2022, after a reign of more than 70 years. She'll be succeeded by the former Prince of Wales, Charles Philip Arthur George, now to be known as King Charles III. However, even on the eve of her death, some were raising questions of whether or not it's time to get rid of the monarchy.

It's a perpetual question and I can understand the angst that it brings to some people knowing that there's a position of power that they will not ever be able to even aspire to. But, at least with the British monarchy, I really don't see the reason. The British monarchy, as it stands now, is little more than a bully pulpit, providing influence and a way that somebody who can be above the political battles being waged can bring opinions to those in power.

In Canada, the office of the Governor General can be seen as simply a stabilizing influence in our politics. The office has no power of its own, only being able to respond to questions it is asked by the leadership of the country. This means that even if you get a radicalized person in the position, they will not be able to make things any more radical than the general leadership of the country. At worst, it will have no effect, and at best it can act in a manner so as to cause politicians and leadership to take a step back, as it did during the previous government when there was threat of a coalition forming to take control from the elected Harper Conservatives.

I believe having the letter delivered to the governor general that asked for a coalition government to be approved served as significant notice to then Prime Minister Harper that these issues were not just political bluster or an attempt to swing popular opinion, but a willingness to take on power in a way that many people in Canada would have been concerned about, even if they tended to agree with it. This led to the early prorogation and the cooling off period of sorts that ensued; resulting eventually in the budget that helped lead Canada through the Great Recession with relatively little damage.

Even if the monarchy collapses in the UK, I personally think Canada would still be well served by continuing to fund and support the office of the Governor General, or at least a similar position that can serve as a final say when it comes to if elections are held—even if that say is largely automatic. Perhaps because it's largely automatic. After all, “largely” gives room for the small exceptions that can become so important in times of turbulence.

Meanwhile, this week in *The Voice Magazine*, we interview student Lianna Oddi, who found AU as she found she had a second lease on life. Read her story in Minds We Meet. Plus, we have the report of the most recent council meeting. Find out why your new Council Meeting Reporter was sitting with a blank zoom screen for over an hour and a half the other night, and what caused most of the planned meeting, even the budget, to be put over until the upcoming September 15<sup>th</sup> meeting.

We also have an article dealing with some of the conflict we find in our society when we try to offer consideration to people without understanding what their struggles actually are. “We're All a Little Autistic” takes a look at the issue from both sides, and finds that maybe there's a place in the middle we can meet.

Plus, we've got recipes, advice, scholarships, quite a few events, help for breaking writer's block, a look at the conflict between comedy and consideration, and more! Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized flourish at the end.



# MINDS

# WE

# MEET



*The Voice Magazine* recently had a chance to chat with Lianna Oddi (she/her), a student from Southern Ontario currently enrolled in the Bachelor of Arts in Psychology program. She stated, “My hope is to get my Master of Counselling degree, but I’m taking my time and trying not to be too rigid about when that will happen. I want to be able to help people who are feeling lost and confused. Plus, human behaviour is just a wild ride, so I might as well study it!”

On a personal note, Lianna has “lived in the same city I was born in for my entire life.” She mentioned that her “grandparents from both sides of my family came to Canada from Italy, but my parents were born here.” She continued, “I’m the middle child of three, but I’m the first disabled child! We joke that my younger sister Jessica is my copycat. Initially, doctors thought we had Spinal Muscular Atrophy (SMA for short) which is a genetic disease that causes weak muscles and a shorter lifespan. My sister and I have never walked, not that it looks all that interesting anyway, and we’ve been driving wheelchairs since we were each four years old. I

have no idea why four is the starting age; is giving a three-year-old a 300-pound electric chair irresponsible? Anyway, a little over ten years ago I happened to see a neuromuscular specialist for an unrelated issue. He was convinced there was no way we could have SMA and we started the long journey of figuring out what’s going on. Fast-forward years later and we still don’t have an answer, BUT we do know we don’t have SMA and we are still, in fact, disabled!”

Prior to attending AU, Lianna “was a freelance illustrator focused on preproduction work, like character designing and storyboarding.” She explained, “I never worked on a project that went anywhere, but it was fun while it lasted. Ultimately, I didn’t feel that career was fulfilling, even though my high school self was convinced no other career would suit me. After a rough five years of depression and therapy I decided it was time for a change. Funnily enough, being a therapist was the only other career I considered besides illustrator back in high school, but at that time going to university didn’t seem realistic with my disability and being told I’d be lucky to live into my 30s. Now that I’m probably living into my 70s, based on some fancy-doctor-guess-work, I have more time to pursue that career. And here we are!”

Lianna also had some great study tips for students, although she does not “have a set system for studying.” She explained, “Sometimes I enjoy being surrounded by people, but the closer I get to exam dates the more I need to be alone. Either way, I make sure to take breaks, because hunching over a computer hurts!”

She continued, “Motivation to study is something I struggle with! When I was a kid, I kept studying because I assumed the finish line was college, in my case. But now I’m past that finish line, which is a weird place to be in. Anyway, I’m trying not to be so close-minded about the learning process and tell myself that it’s a life-long journey if you let it be. Plus, I need to be kinder to myself when it comes to high expectations. So instead of finding motivation I try to

pay attention when my emotional battery is low, then I give myself permission to take a break day, remind myself that I can do things when I'm ready and at my own pace. Soon enough, the motivation comes back naturally. It's not a perfect science though, but it's working for me so far!"

She also had some advice for new students and/or prospective students. "Download that AU student app once you're enrolled! I should have done it a long time ago. Even if you're more introverted, like yours truly, it's still a nice reminder that there are other students out there working away like yourself! We all know online learning can get lonely, and we all came to this school for different reasons, but that doesn't mean we're in this alone."

When she is not busy studying, Lianna likes to watch movies, spend time with her family, and make "posts with my sister on the Disabled Life (a random thing we started years ago, it's worth a Google)." She has also recently began knitting once again. She explained, "It's becoming an obsession, actually. I learned how to knit when my mom was going through chemo, before I enrolled at AU. My aunt, who taught my mom how to knit when she was young, was coming by to help cook several days a week. So, on those days she taught me as well. Then once my Mom started feeling better she joined us. I took a break once I started classes, but recently I was feeling emotionally drained and needed something to do while I took my breaks. Since my mom is the knitting queen and is making practically every family member a sweater, I decided to make all of the newborns toys."

Lianna had difficulty narrowing down the one person in her life that has had the greatest influence on her desire to learn. She explained, "This is a tough one. I'm lucky to have so much support and inspiration from friends and family; the list is basically never ending! I'm going to have to go with my parents and grandmother though (sorry everyone else). My Dad is an engineer; he's the one who taught me to question everything, and I appreciate having an opinionated mind like his. My Mom is the one who I get my open-minded side from (or my potential to be open-minded), which I find is important while learning. No one person can know everything, and she taught me we're always learning more from each other. Plus, she's the more philosophical parent, and I can always count on her to help me think outside the box. But my grandmother, who is no longer with us, is someone I admire the most. She was an immigrant, raised 7 kids, and was illiterate. But she knew all the bus routes, roads, what to buy, how much it cost, how to knit. As a kid I never knew she couldn't read! She was the wisest and most resourceful person I've known without a degree to show for it. I hope I have some of her fighting spirit in me, even if it's just one ounce."

Lianna's experience with online learning has been positive so far. She stated, "Online learning is the schooling I wish I knew about years ago! With my disability I get tired easily, so conventional in-class learning took a lot out of me. That's the main reason why I thought I'd never go to university, with long travel times to school, from class to class, sitting in lectures, and grueling schedules to keep; physically it would be too much to handle. I really wish more students knew about AU, disabled or not, because it's a game changer. I can pace myself, put my physical needs first, and still make my education dreams a reality. Like I said, it can be a lonely process, but I'm introverted anyway! Haha, just kidding, but seriously I'd rather have the flexibility of AU than be in-person and stressed to the max somewhere else."

Her most memorable AU course so far has been PSYC 304: Research Methods in Psychology, explaining that while she is still currently enrolled in this course, "I feel like I've made the most progress here compared to other ones; both outside the class and in it." She continued, "This one didn't start off great, and I was in a pretty dark place going into the course. But I'm making my way out of that darkness, and I still improved my grade. So this course is showing me that I'm

able to make it through bad times while on my education journey, and I don't need to be perfect instantly. I have a feeling I'll keep looking back to this moment as I get through more courses."

*The Voice Magazine* also asked Lianna which famous person, past or present, she would like to have lunch with and why. She chose "Christopher Nolan, hands down!" She stated, "He's my favourite director. His movies make me use my brain more than school sometimes, haha! But seriously, I've always found his work fascinating, and even though I no longer have a desire to make it into the movie business, I'd love to pick his brain," she pauses, "not literally!"

As for her most valuable lesson learned in life? "I think the most valuable lesson, one I keep re-learning, is asking for help from people I trust. I tend to keep everything in and try to fix it all myself, but that never works. You'd think I'd learn! I always make it through hard times faster when I lean on my sister, mom, or friends. But old habits are hard to break! I'll get there eventually, and I'm lucky that I have people there for me too."

And her proudest moment? "If I had to choose, I'd say my proudest moment was deciding to volunteer for a suicide hotline. I still do when I'm between courses, but I spent most of the pandemic doing that. I've been suicidal in the past, and it feels good to be there for someone who is in that same place. Just having someone listen and validate without judgement can be life changing when you feel hopeless. So being that person who listens to others is rewarding."

As a final note, Lianna stated, "My experience at AU so far has been awesome! It's great to have an opportunity to wake my brain up. It's not always easy, but it is worth it. And I just want to thank you Natalia for reaching out and asking me to be part of this amazing space! Happy studying everyone!" Best of luck Lianna!

At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe, students just like you are also pursuing their Athabasca University (AU) studies! Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like to be featured next, do not hesitate to get in touch!

*Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.*

## AU-thentic Events

### Upcoming AU Related Events

#### Learning to Learn Online, AU's massive open online course (MOOC)

Sun, Sep 11 to Sat, Oct 15

Online

Hosted by AU

[news.athabascau.ca/events/learning-to-learn-online-athabasca-universitys-massive-open-online-course-mooc-fall-2022/](https://news.athabascau.ca/events/learning-to-learn-online-athabasca-universitys-massive-open-online-course-mooc-fall-2022/)

Register through above link

#### AUSU Town Hall: Tuition & Fees

Mon, Sep 12, 2022, 5:00 to 6:00 pm MDT

Online

Hosted by AUSU

[www.ausu.org/event/town-hall-tuition-fees/](https://www.ausu.org/event/town-hall-tuition-fees/)

RSVP through above link

#### Tenth Pan-Commonwealth Forum on Open Learning

Sep 14, 8:00 am to Sep 16, 6:00 pm MDT

Calgary TELUS Convention Centre, 136 8 Ave SE, Calgary AB

In person and online

Hosted by AU and the Commonwealth of Learning

[news.athabascau.ca/events/tenth-pan-commonwealth-forum-on-open-learning/](https://news.athabascau.ca/events/tenth-pan-commonwealth-forum-on-open-learning/)

[pcf10.org/registration/](https://pcf10.org/registration/)

Register through above links; \$250 for online attendance/\$800 for in-person

#### Rural Resiliency: Rural Wellbeing and Health

Wed, Sep 14, 10:00 to 11:30 am MDT

Online

Hosted by AU and the Rural

Development Network

[www.eventbrite.com/cc/rural-resiliency-speakers-series-888149](https://www.eventbrite.com/cc/rural-resiliency-speakers-series-888149)

Register through above link

#### AUSU Council Meeting

Mon, Sep 15, 2022, 6:30 pm MDT

Online

Hosted by AUSU

[www.ausu.org/governance/meeting-agendas/](https://www.ausu.org/governance/meeting-agendas/)

No pre-registration necessary; email [governance@ausu.org](mailto:governance@ausu.org) for full meeting package

*All events are free unless otherwise noted.*



## We're All a Little Bit Autistic



Jessica Young

*"We're all a little autistic,"* says the well-meaning family member, friend, or stranger speaking to me about my son's diagnosis. I smile and nod, feeling conflicted. I have heard this phrase a million times over the last four years. I know it's always said with the best of intentions. It's usually said by someone who is trying to empathize, trying to understand. They certainly don't realize that this statement is "a little bit" ableist.

Although I have spent most of my son's life learning about autism and how I can best advocate for my son, something I must constantly remind myself is that people who don't have someone with autism in their lives, or aren't autistic themselves, usually don't know very much about autism. I don't believe that this is (usually) out of malice or purposeful ableism; people simply don't often seek out information about topics that don't directly impact their lives.

So, what's the problem with the phrase, "we're all a little autistic"?

### The Autism Spectrum

The autism spectrum is not from low to high, as some people might think. While we are all on the general spectrum of human capability, with various combinations of cognitive strengths and struggles, one of the defining features of neurodivergence is large peaks and valleys of abilities, outside of the average scores. In other words, people with autism experience their cognitive strengths and struggles with greater intensity than the average person who is neurotypical. Not to mention the different set of strengths and struggles associated with the various conditions that often co-occur with autism, such as epilepsy, gastrointestinal disorders, sleep disorders, eating disorders, anxiety, depression, ADHD, and bipolar disorder.

Yes, autism is a spectrum, but that doesn't mean that *everyone* is on that spectrum. If that were the case, people with autism wouldn't have to fight for support and inclusion in a world designed for neurotypical people. Yes, everyone has their own strengths and struggles, but not every person is disabled.

### Lived Experiences

The statement "we're all a little autistic" may also make people with autism feel as though their experiences are being minimized. Many people with autism face challenges on a daily basis that are a direct result of living in a world that was designed for neurotypical people. Many people with autism have lived experiences of feeling "othered" or excluded from society. Many people with autism have fought incredibly hard to achieve self-confidence and ownership of their identities as a neurodivergent individual. Claiming "we're all a little autistic" is shrinking these lived experiences.

Comparing the typical cognitive strengths and struggles of neurotypical people to having "a little bit" of autism is like comparing feeling sad to having clinical depression. Sure, people do that do—but I think most of society now recognizes the latter comparison as being flippant or even ignorant. Most people, at least occasionally, have a symptom or two of various illnesses and



disorders, but just because I get headaches every now and then, doesn't mean I have a little bit of brain tumor.

### A Little Bit of Empathy

With all of that being said, I should also mention that I haven't yet confronted anyone who has ever said the words "we're all a little autistic."

I strongly believe that most people—but especially the wonderful people I have in my life—are simply trying their best to understand my son. With this statement, they are trying to convey that they include him, accept him, and love him as he is. They are trying to tell me that they don't look at him any differently (which is always the horrible, gut-wrenching fear that resides in the pit of my stomach as the mother of a child with a disability).

Furthermore, who's to say that the person saying this to me isn't actually neurodivergent themselves? Autism is still incredibly underdiagnosed, especially within the older generations. Perhaps they feel so connected to my son's experiences because they have similar experiences, not realizing that neurotypical people can't relate.

People aren't always going to say the right thing, especially about something they don't fully understand, but it's the intention behind it that matters. Productive conversations about autism—or anything, really—can happen when we show a little empathy and try to remember that people are doing their best.

Psychologist Nancy Doyle puts it best: "It is possible to acknowledge that some people experience greater levels of exclusion and difficulty in their lives without also needing to undermine or devalue the experiences of those who may to date have had an easier ride. Similarly, it is important that those of us with a higher degree of privilege and access do not erase the struggles of others by claiming that we are all the same and talking over them when they have a different perspective to add. We can coexist and all support each because we have more in common than that which divides us."

*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

Recent devastating floods in Pakistan got us thinking about how little many of us know about that country. Books and movies, like travel, can help broaden the mind.

**On the screen.** Wanda Waterman reviews the 2013 filmed-in-Pakistan documentary *Without Shepherds*. "*Without Shepherds* comes at a crossroads in the history of a country that has seemed to have been at one crossroads or another from its beginnings." The Mindful Bard – Without Shepherds, September 27, 2013.

**On the page.** Barbara Lehtiniemi summarizes Ann Morgan's personal challenge to spend a year reading one book from every country in the world. "Morgan realized that, by limiting her reading choices to English works by British and North American authors, she was missing out on a large part of the world." Reading Globally, January 22, 2016.

## Council Connection

### August 25, 2022 Meeting

Jana Menard



The AUSU student council meeting was called into order on Thursday, August 25th at 6:30 pm.

AUSU President Karen Fletcher announced the appointment of Jodi Campbell as the Accessibility Officer and ran through the land acknowledgements, took attendance, and asked for member input.

#### **Amending the Agenda**

Karen proceeded to move to adopt the agenda. Vice President and Indigenous Circle Representative Trishtina Godoy-Contois proposed amending that we table items for a late date due to limited time in the meeting. Governance and Advocacy Coordinator Duncan Wojtaszek was asked to weigh in regarding the procedure within Robert's rules of order. It was interesting learning how these procedures worked; Duncan even pointed out

that if the agenda is not passed, then the meeting immediately comes to an end.

Trishtina motioned to table the discussion of the budget along with policies until the September 15th meeting, with a special amendment for Duncan to explain what items of importance should be discussed during this meeting. Duncan states the only motion that must be discussed is email ratification, as students deserve to know what business is conducted. Duncan did warn that tabling the budget until September 15th would leave little time for feedback and changes to be enacted – for example, if notice is required—since the fiscal year ends September 30th, 2022.

The discussion of the reasoning whether to discuss or table the budget during the meeting started venturing into the talk of the actual budget, so President Karen Fletcher called for votes on these Agenda motions. The policy changes were tabled and the motion to table the budget was put to a vote, which passed six to five.

The agenda and minutes were then both passed unanimously.

#### **The Parking Lot List**

At first glance, I assumed this was to discuss something related to parking. Karen clarified the Parking Lot List is a list of various issues that need to be dealt with that were brought up during an informal meeting. Council discussed the best way to organize these issues, including managing them into categories and transferring them into a report. While Councillor Allie Wojtaszek initially volunteered to undertake this, it was decided to be put to Vice-President Finance and Administration, Dur-E-Najaf Syed, as an action item. This will be an ongoing document that can be used to address issues that arise.

#### **Complaint Review**

Council moved in-camera for a confidential motion discussion that the voice was not privy to. Anyone who is not on the council was moved into a waiting room. Unfortunately, since we were moved to a waiting room and not a breakaway room, we could not converse. The in-camera session was lengthy, approximately an hour and 45 minutes, which speaks to the depth of discussion that likely occurred.

The motion in question was listed on the agenda as a proposed motion and read "BIRT that the AUSU Council has determined that Trishtina Godoy-Contois has breached Policy 2.13 Code of

Ethics by failing to conduct herself in a respectful, professional manner during an AU stakeholder meeting.”

However, after the in-camera session, council returned with the decision that the motion did not need to be moved, having eventually decided that it was not worth discussion.

When the council returned, Karen gave some insight into the issue that had lead to the situation causing the complaint, which was that a student was seeking assistance with enrollment and financial aid, however, they did not get the assistance they needed from the employee. AUSU has met with the employee’s supervisor who has committed to providing “very specific mentoring,” and the student is continuing to receive assistance for the remaining unresolved issues. The details of this were kept vague due to the confidential nature of the issue.

### Termination of VMock and Email Ratification

The VMock resume review service has not seen popular uptake; the funds will be reallocated to another form of professional development. A unanimously passed motion terminated the service.

On June 29th, 2022, an email motion was passed allowing AUSU’s members-at-large to be eligible for the AUSU’s Two-Spirit, Trans, Non-Binary, Gender Non-Conforming Student’s bursary awarded in July 2022. Council passed unanimously ratified this email vote.

At this point, the meeting had been running for approximately two and a half hours, and many councillors had to leave. The remainder of the meeting, specifically the reports and the recognitions, were tabled, leaving only the question-and-answer period which, given the lateness and few items publicly discussed, was unsurprisingly not used.

The next meeting will take place on September 15th, 2022. It is expected to be an intensive meeting as the council will discuss the entire budget. Contact [governance@ausu.org](mailto:governance@ausu.org) if you’re interested in attending and seeing what AUSU has decided to with your money.

*Jana Menard is a Bachelor of Arts student majoring in Political Science and minoring in English. She enjoys photography, watching documentaries, and hiking, all the while drinking too much coffee.*

## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** AES Engineering Scholarship

**Sponsored by:** AES Engineering

**Deadline:** October 8, 2022

**Potential payout:** \$500

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

**What's required:** An email with contact and academic info, along with a 500-1000 word essay on the following topic: "When you look back on your life in 30 years, what would it take for you to consider your life successful? What relationships or accomplishments will be important on this journey?"

**Tips:** You don't need to be studying engineering to apply for this scholarship, nor do you need to have achieved a specific GPA.

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





## Three Actions for Surviving the Dark Night of the Soul

Marie Well



A mentor entered my life when I was undergoing major depression during my stint in the math department. He taught me three crucial skills that turned my life from devastation to utter joy. He was like an angel imparting lessons to help me recover from my dark night of the soul. He can also help you should you fall victim to your dark night of the soul.

Here are the three lessons:

**Exercise and/or learn a combative.** Taking impact (physical blows) in a controlled environment helps you effectively manage emotional and psychological blows. And having a means to physically defend yourself is empowering, too. For example, in my combative training, I would stand still, arms out, legs wide, while my sparring partner would strike me with kicks and punches. He didn't go too hard, just hard enough for me to withstand the blows. This conditioning helped me to withstand the dark night of the soul.

If combative training is too much of a stretch for you, exercise six days a week for at least 45-minutes a day. Combine weights with cardio and stretching, as these three forms of exercise are vital for top conditioning.

Weight training is a skill. For instance, you'll focus on training specific body parts daily. For example, I do chest, shoulders, and triceps one day; back and biceps the next; and legs the following day—combined with martial arts, ab work, and stretching each day. To get started, find an excellent weight-training book or a course on Udemy. Then, hire a personal trainer twice to guide you with the proper form for each exercise.

There is a reason why almost every motivational or inspirational clip features exercise: high fitness levels help you overcome life's challenges. Top fitness not only conditions your body but also your mind and spirit.

(If you cannot do all these exercises, find ways to adapt. You can almost always do some form of fitness training with a bit of creativity.)

**Engage in lifelong learning.** You are meant to get better today than you were yesterday. And where you place your focus is critical. For instance, watching sitcoms daily can set you back. This is because sitcoms espouse sarcasm, critical commentaries for laughs, and bad relationship advice. As a result, sitcoms generally harm personal development, in my view.

However, you'll grow daily by reading books, learning a skill, working on a hobby, learning a language, taking a course, listening to podcasts, composing music, creating a piece of art, writing, and so much more.

For instance, The Voice paid me to research and write on topics such as the following: (1) overcoming severe anxiety, (2) reversing chronic illness, (3) loving unconditionally, and (4) developing better writing skills—all of which helped me recover from anxiety and chronic disease so that I could secure a high-paying career.

You've got to get better every day, or you'll get worse. One missed day of learning is one missed day of growing. It's like a plant. Stop watering it, and it will eventually die. But, on the other hand, wet it each day, and you'll end up with lush, beautiful greenery.

I believe a key reason why you are in this world is to learn. So, learn as much as possible each day. That way, you take utmost advantage of the infinite opportunities available.

Your enrollment at AU is a vital step toward lifelong learning, but once you get your certificate, diploma, or degree, don't stop there. Instead, keep moving toward daily self-improvement.

**Develop your spirituality.** Recently, I wrote an article on unconditional love during the morning's wee hours in response to unsettling thoughts. I wrote something like, "No matter what occurs, love everyone and everything, and your purpose will be realized." Whenever I struggle, I think of these words. Love given to all clears away my clutter.

I believe we are all together in this experience for one key universal reason: to bring each other closer to a place of love. We are all highly significant in playing a role toward this goal. Whether it's helping a friend, caring for an animal, expressing our love for God (or higher power), or showing compassion, love has an enormous impact on the beauty of this world. Nothing is more worthwhile than expressing love, in my view.

To develop your spirituality, try reading religious texts from multiple religions. Read self-help books. Volunteer for a cause. Engage in acts of kindness. Meditate. Go to a church or temple. From my experience, religious texts will help you develop wisdom, guiding you on your life journey. In addition, religious texts will help you tap into the magnificent beauty of your soul.

Truth be told, the most incredible resource I've discovered, in addition to the various religious texts I've read, is The Marriage Foundation. This resource has turned my life from tragic to tremendous. I can't begin to describe the joy I tend to feel daily. My life is now a constant high. The advice from The Marriage Foundation I love most is as follows: the more love you give, the greater the exhilaration you'll experience.

There is no limit to the love you can feel for anyone. The entire world can hate you, but you can still be bubbling with love for everyone. And that love is beyond beautiful. In my view, the highest level of love you can imagine is not nearly as stunning as the beauty of your soul. You are a unique manifestation of infinite, eternal love. This world needs you!

These above three actions can turn any sorrow into explosions of euphoria. So, when the dark night of the soul hits, as it does for most of us, exercise, engage in lifelong learning, and develop your spirituality. These three actions have the power to illuminate gorgeous, brilliant, eternal light within your darkest moments.

## **Fly on the Wall** **Kant You Take a Joke?**

**Jason Sullivan**

### **Comedy and Consequences as a Philosophical Problem**



Intellects ablaze with school smarts, we might ask how we might expand the appeal of our newfound learning. Perhaps an expanded sense of humor would help, but what kind of jokes are safe and what sagely wisdom might we impart if we're restricted to predictable puns?

John Cleese, notable for the counter-culture opus, *Monty Python*, and the glib, poking-at- respectable-society, *Fawlty Towers*, summarized the plot whereby thoughtful people seek to tell funny jokes while worrying too much about saying the wrong thing, "you can do the creation and then criticize it, but you

can't do them at the same time. So if you're worried about offending people and constantly thinking of that, you are not going to be very creative. So, I think it has a disastrous effect" (online). When it comes to humor's academic potential, and vice versa, Cleese implies that we'd best leave playing it safe for those exam essay answers where we want to give an opinion but know that what's required are the facts. But if we want to be funny, we have to take risks.

### **Know Thy Audience**

Facts being relative to historical interpretations, and our times being rife with topics deemed too contested for verbal horseplay, humour becomes a study in audiences. Recently, while considering the meaning of Marx's concept of commodity fetishism a Henry Miller critique of 1940s Hollywood sprang to the fore: "Hollywood always has its scouts out for new material, human or otherwise. Sometimes it smells a bit strong, a bit like the stockyards, if you get what I mean. But if anybody has an idea, something original ... for instance, a woman falling in love with her ironing board ... something original and entertaining, they'll take it. And what's more – you'll get paid for it!" Don't give them the story of your life! They can invent that much better than you can live it. No, something 'original'" (Miller, 56).

From there it was a short dalliance with the notion of an excess of adoration for a housework tool to hearing the phrase "he's a slipper!"

"What do you mean?" I ask.

"Well, that stud's so good looking that when you see him you want to slyly slide your wedding ring off and proceed to a coy introduction."

"Good grief, Eva Braun, that's awful!" I reply.

But, then, humour is in the eye of the beholder. And I *did* chuckle.

### **Kant or Can We?**

So here enters the lead moral philosopher of the 18<sup>th</sup> century Enlightenment: Immanuel Kant.

For Kant, we can't expect good morals to ensue from simply being good in hopes of a reward. Good words and deeds ought to follow, he said, a categorical imperative: "act in such a way that you treat humanity, whether in your own person or in the person of any other, never merely as a means to an end, but always at the same time as an end" (online). He seems to be suggesting that if we want the whole world to tell bad jokes about the inanimate objects a person's attractiveness reminds us of, and the actions associated with that thought, then Kant seems to imply that we ought to go ahead and tell jokes we'd like to be universally told and appreciated. On the other hand, if we want society to hum smoothly along without too much conflict then we best consider the rules of tact and taste before we blurt out our newfound pearls of humour.

Kant suggested that contrarian individuals, the sort that find funny things to say that lead to nervous responses like peals of laughter, are actually a detriment to social harmony: "without these characteristics of unsociability which are indeed quite unattractive in themselves... human beings would live the arcadian life of shepherds, in full harmony, contentment, and mutual love" (online). To be sociable would seem to mean to toe the line and steer clear of unsavoury humour, such as implies a proclivity for adultery for instance. But, then, what about creativity as Cleese would have it? Cleese said that creativity arises best without an inner censor.

Critical thinking leads to new and unusual findings and theories, to be sure. Maybe the risks and rewards of humour aren't so far removed from the unlocking of new thought processes. The magical mental mystery tour from inkling to thought to speech is far from a natural flow. Along



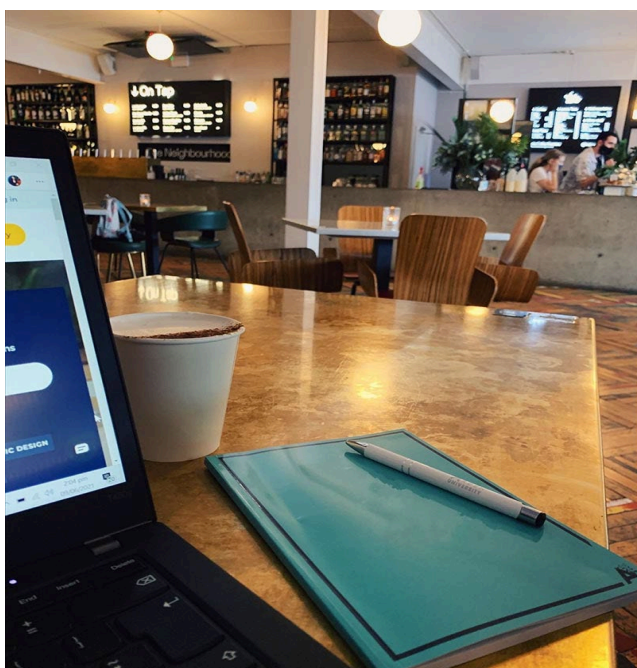
the way are checkpoints and roadblocks and repressions; we must, as creative writing instructors have said since time immemorial, know our audience. In our present times, that means to be considerate so as not to offend or irritate others. It's a slip and slide ride for those who attempt to do otherwise; we might be cancelled, fired, or receive a bad mark from our instructors if we push the boundaries of acceptable speech. At no time, it would seem, are racist or sexist jokes appropriate. Yet few childhood micro-sociology moments beat realizing that adults are sharing a joke that is not appropriate for tender young eardrums. A simple nut, a Brazil Nut, led to much intrigue among kids wondering why adults were nervously chattering about its original moniker.

Maybe the best bet if we wish to tickle funny bones is to be aware that, like in the arid realm of academia, the world of comedy is a shifting landscape. Kant implies that to be morally upright means that if we want a free market of jokes we ought to lead the way; on the other hand, if we want to avoid offending those we care about then we'd better refrain from off-colour humour. In the end, then, the categorical imperative seems to lead us to a more utilitarian reality where we choose our priorities, and choose them carefully. It's a bit like deciding whether to pack in a few more weekend hours of pre-exam studying or go out and make fun hay while the sun shines. Maybe AU teaches us that our choices and consequences are more complex than a moralist or hedonist would automatically assume.

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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.*



*For some people, the right writing environment is outside of their living quarters such as in a cafe.*

## Four Tips on Beating Writer's Block Xine Wang

I feel like, sometimes, when our days are stressful and our creativity is limited, we can't always get our ideas across, or at least, not in the way we want it to. There are numerous reasons why writer's block is a huge source of pain for bloggers, students (and AU students writing term essays right now? This is for you.), professors, and really anyone looking to write a sentence, a paragraph, or a novel. Having been a writer since I was 8 years old, I struggle with writer's block all the time. Today, having experienced it myself, I decided to write about it and share tips I've used to help overcome this problem.

The first step to beating writer's block is to understand the source of your mental block. Is it too many ideas or too few ideas? Is it because you have many competing obligations or fear that your ideas are not good enough or that the way that it is explained is not clear enough? After that, try these:

## Optimize your Environment

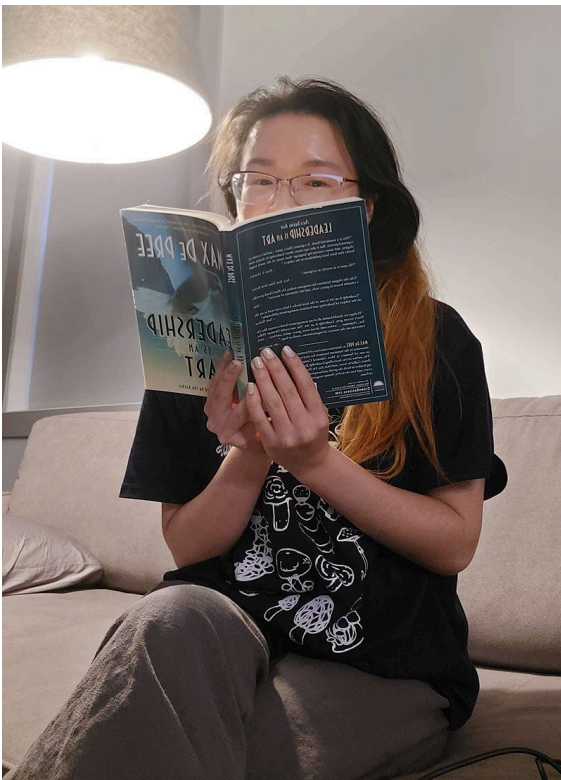
Sometimes if we're surrounded by clutter or in a stressful situation we're not always able to make full use of our self-expression and creativity. Writing is a form of communication that requires a clear mind. Typically for most people this means being in a comfortable environment at a desk or table somewhere. For others, a busy cafe might be the perfect place to stay focused. Find your comfortable environment first then think about what you need to write.

## Follow a Prompt

If you're worried that what you write isn't "quality work", try following a prompt such as a guiding question. For example, my question for this article was "how can someone overcome writer's block?" this helped me organize my writing into segments and focus small chunks at a time. If you're writing a larger essay, starting with a prompt can help generate ideas and get them all on paper before you have time to critique your own writing.



*My sister writing an essay in high school.*



## Don't Feel Pressured to be Right the First Time

When I was younger, I always felt an immense stress when composing my sentences. Especially since english wasn't my first language, I often worried that my grammar wasn't correct or that my vocabulary was too simple. This often meant spending hours perfecting a single paragraph. Being a writer is being comfortable with yourself and your writing. Having realistic expectations that your writing won't be Shakespearian at first glance or good enough to be featured on the cover of New York Times. This comfort with go a long way.

## Read other's writing for inspiration

If you're still stuck after the first three tips, I recommend spending some time reading and researching the topic of interest. Sometimes, if I have not enough times, I resort to reading hot topics and thought-provoking articles on [aeon.co](http://aeon.co) It's an online magazine that explores ideas and culture.

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



## Music Review Machine

Jessica Young



**Artist:** Band of Silver

**Single:** Machine

Nashville's sibling-trio *Band of Silver* have released their new single, "Machine." The track is available anywhere you get your music.

*Band of Silver* is made up of lead singer, Avery Silvernagel, and her younger brothers Alex and Evan on guitar and drums. While their affinity for music began in childhood, the siblings officially started the band in high school when Avery was only 19. According to the band, they stuck to the "traditional Nashville way of writing music" at first but eventually branched out to what they call a combination of "vintage rock, 80's new wave, and modern pop."

First, I think an all-sibling band is so sweet—I love that they are going after their dreams as a family. I also love that the band's name is a play on the siblings' surname. So fun.

Of the single, Avery says, "Machine is about the feeling of losing your autonomy and your body and mind becoming disconnected. I wrote the song after being diagnosed with

pituitary failure. I was told I would be dependent on hormones and drugs for the rest of my life. The experience made me realize how many tasks my body performed subconsciously that I took for granted. The thought that I would never have control over these functions again made me feel powerless, like I had lost a part of myself I never knew existed or could be taken away. I felt like my soul was trapped in a machine that constantly needed fuel and repairs in order to function."

After listening to "Machine", it's safe to say that there is nothing country about *Band of Silver*, despite their Nashville roots. The track opens with a spacey, techy synthesizer, and I'm immediately reminded of 80's art-rock band, Talking Heads. When Avery's low, sultry voice comes in, you can feel the emotions behind her words—anger, powerlessness, and desperation. The song builds into an intense chorus where Avery's voice gets increasingly more powerful.

"Machine" is a raw, vulnerable look into the emotions behind a chronic medical issue. Avery longs for her freedom, singing, "Remember my days as human/And though I long for a normal life/I'm still restrained by my automation/I'm a machine." She also expresses fear that she's "lost all [her] potential" since being diagnosed. While "Machine" certainly showcases Avery's struggles, the track ends on a more empowering, positive note, with lyrics like, "Drugs and cables cannot bind me/I am solid, I am steel/I may feel artificial/But I know my soul is real." This is a song that not only anyone who suffers from a chronic illness or disability can relate to, but also anyone who struggles with the knowledge that our bodies inevitably degrade over time.

Overall, I really liked "Machine." Check out *Band of Silver* on [their website](#), [Instagram](#), [Twitter](#), and [Facebook](#).

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





## Beyond Literary Landscapes

### Bildungsroman

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing “to-read” pile.

From one bookworm to another, this column will be underscoring and outlining various literary genres, authors, and recent reads and can serve as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. Do you have a topic that you would like covered in this column? Feel free to [contact me](#) for an interview and a feature in an upcoming column.

#### Who

This week’s column serves as an introduction to the Bildungsroman novel, a reminder of some of the genre’s classics, and as an inspiration for further reading.

Bildungsroman can be defined as a type of novel “in which the protagonist develops morally and psychologically.” The term is a German word, which translates into a novel of education or formation. These works often end positively, or nostalgically. Note that although Bildungsroman and “coming-of-age” are often believed to mean the same types of works, they are different genres. While the latter is often a tale of maturing, the former focuses on education and growth.

Plot structures often follow a set formula, including loss, which inspires a physical or metaphorical journey, and conflict followed by personal growth, before reaching maturity.

Some examples of well-known authors who have written Bildungsroman novels include Khaled Hosseini, Charlotte Brontë, and Charles Dickens.

Other writers include J.D. Salinger, Jeannette Winterson, and Emily Brontë.

#### What

Some well-known works include *The Kite Runner* and *A Thousand Splendid Suns* by Khaled Hosseini, *Jane Eyre* by Charlotte Brontë, and *Great Expectations* by Charles Dickens.

Other works include *The Catcher in the Rye* by J. D. Salinger, *Oranges are Not the Only Fruit* by Jeannette Winterson, and *Wuthering Heights* by Emily Brontë.

#### Where

These works are set throughout the United Kingdom, the United States, and Afghanistan.

#### When

Many of these novels take place during the 19, 20, and 21-centuries.

#### Why

These novels may be of interest for readers who would like to read works that remind them of their childhoods, who would like to reminisce and indulge in nostalgia, as well as those who would like to read about the childhood’s, youth, and growth of fictional characters, both classic and new.

## How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to the Bildungsroman novel are available in a variety of disciplines, including one's that may fit into your Degree Works. (Always check with an AU counsellor to see if these particular courses fulfill your personal graduation requirements!)

AU students interested in learning more about this topic may enroll in ENGL 395: The Nineteenth-Century English Novel, a senior-level, six-credit course, which "introduces the student to some of the major English novels of the nineteenth century." (Note that this course requires ENGL 211: Prose Forms and ENGL 212: Poetry and Plays as prerequisites.) Happy reading!

*Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.*

## Homemade is Better Chilli Cheese Dogs

**Chef Corey**



Corner Gas was one of my favourite shows when it was on. Brent would walk into the Ruby and ask for a chilli cheese dog, and the producers did a great job of making it look good. I know some of you will feel nauseated at the thought of a chilli cheese dog, but, personally, I love a good one every once in a while. But I've discovered there is a place that doesn't call it a chilli cheese dog.

While my family and I were travelling to Windsor, we stopped at two restaurants to try a Coney Island Dog. In downtown Detroit, two restaurants are considered staples in the business. *American Coney Island* and *Lafayette Coney Island* have both been in business since 1917, making them over 100 years old. I had a chance to speak with the owner of American Coney while we stopped in on this past trip. She is the granddaughter of the man who started their business. A hard-working proprietor, she was also friendly and knowledgeable about her company and its

product. It is refreshing to see a restaurant that knows its identity and doesn't stray from it. A Detroit Coney Island dog is a chilli dog, but it does not contain beans. It's a little more like a savoury meat sauce than a chilli, but I still considered it a style of chilli. If you ever get to Detroit and you want to try a new experience, either of these restaurants is a great start.

Now, to have a chilli cheese dog, one requires chilli. Luckily, my chilli recipe is available in a previous edition of the Voice. And this recipe isn't rocket science, so I'll spare the long, drawn-out explanation. Grab some leftover chilli, warm it up, and add it to your hot dog, top it with cheese and enjoy!







## Chilli Cheese Dog

### Ingredients:

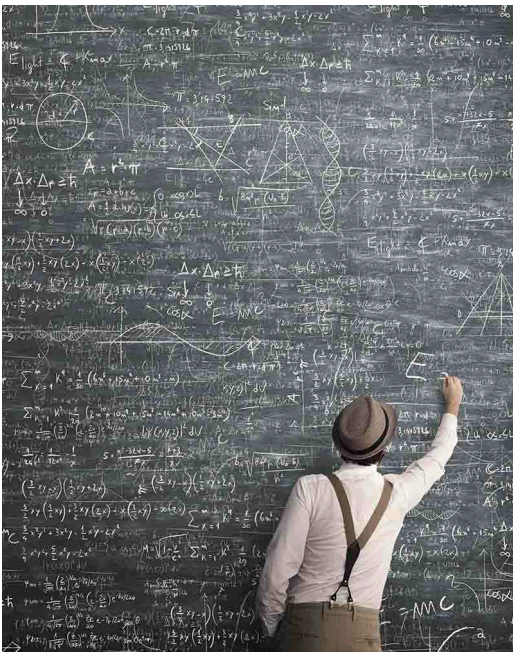
2-3 hotdogs  
2-3 hotdog buns  
1/4-1/2 cup chilli  
1/4 cup marble shredded cheese

### Directions:

- 1) Heat the hot dogs your preferred way, and I like boiled.
- 2) Place your hot dogs in the buns.
- 3) Heat the chilli and spoon it over your dogs.
- 4) Add the cheese, and if you like, give it a toast in the oven or microwave it to melt the cheese.



*Corey Wren is a student at AU's school of business management and a stay-at-home-parent of three who graduated from NAIT's culinary arts program in 2007.*



## How to Prepare for a Math Exam

**Marie Well**

How do you prepare for a math exam? This is one area I excelled. I often had perfect math exam scores and a 100% final grade in multivariate calculus. If you have any talent for math, I can help you become the top student at AU. On the other hand, if you tend to bomb at math, please know that I've helped people who've failed math repeatedly achieve decent grades.

### Select your math class wisely.

Enroll in math classes with highly-rated instructors and textbooks with fully worked-out solutions manuals. Research the professor's ratings and pick the best one. Don't go for the professor who everybody says is "so smart." These are often the professors who know their stuff but make it way too confusing for anyone to fully grasp. Hence, it creates an illusion that the professor is the lone genius. Instead, go for



the professor whose students say, "I can actually learn from her" or "He makes math easy." But, before you decide on your math professor, ensure he or she provides math textbooks with fully worked-out solutions. I guarantee you'll learn a thousand times more with books with fully worked-out solutions manuals, as they act as mini-teachers or tutors.

If your class has no solutions manual, consider borrowing a math textbook with fully worked-out solutions from the library. This is not the ideal path as it could lead to you having to work harder for the same grade you might have received if the complete solutions manual was part of the course. Remember, you're after the top grade—or at least a decent mark—so get the fully worked-out solutions manual, no matter what. The non-assigned solutions manual you purchase may have questions that appear on your exam. Bonus!

### **Get a cheap calculator that simplifies calculations.**

I could never figure out why students would buy an expensive calculator that require some level of coding just to operate.

I even challenged my math professor on this topic. Fortunately, the cheapest calculators enabled brackets and functions that could be entered just as you see them on the math exam. In other words, they were intuitive and easy to use. Moreover, they didn't require an extra step of converting the equations into another coding format just to get a solution. And the higher I went in the math department, the more the easy-to-use calculator simplified solving complex problems.

It's like this: if you must choose between opening the door to reach your destination versus climbing through a pit of broken glass, which would you prefer? That's the difference between these calculators, especially when you reach the higher math levels.

The only downside to the cheap calculators is they conk out fast. So, you'll need two of them, one as a backup.

### **Get a tutor.**

If you ever hit a wall and can't figure out the solution, contact a tutor. Try to get a tutor who will time and bill you over the phone. That way, you can ask a quick question and get a quick response. I had a tutor who didn't charge me for services as he was a friend. I'd just take him for a pizza occasionally. When I couldn't solve a problem, he'd spend five minutes showing me what was wrong, and I'd be back on track for the top grade.

### **Read ahead.**

You first need to study the first two to three chapters of the math textbook before your math class start-date. You'll need to get a head start early. For example, when I took linear algebra, it took me about two or more weeks to grasp the basics in the first two chapters. Had I not studied ahead, I would've been lost in math class in the first month or so, possibly falling behind.

Another student, partway through the course, asked me to help him with fundamental questions I had learned before starting the class. He was utterly lost. Don't be that guy! Study ahead.

### **Do the math problems in advance of the lecture.**

The best thing you can do to become the top performer in the math department is to learn that math topic and do all the math questions before it is covered in class. That way, the class lecture becomes an excellent reinforcer of your knowledge.

Whenever I failed to do the math problems for the next day's lecture, I was often completely lost in the lecture and had to relearn it at home anyway. What a waste. I was on top of my game by doing the problems a day ahead. And I looked like the hero, calling out all the correct answers.

But if you're in an online university, you'll want to get your lectures through other means if not included in your math course.

With that said, I discovered an excellent resource for online math classes. It's on Udemy.com. If you wait for a sale, you can get some advanced math courses for as little as \$14.99, and these courses are highly rated. So, pretend these courses are your lectures. Then, do the math problems in your textbook, and perhaps watch the Udemy lessons a second or third time for reinforcement.

### **Leave no stone unturned.**

To be the top student in the AU math department, you'll want to master all the basics. Suppose there is something you don't understand or you're not 100% sure of. In that case, you'll need to figure it out before moving on—even if it means wracking your brain over a misplaced negative sign for hours like I often would. (Just make sure you take a five-to-ten-minute break every thirty to forty minutes so you can look at problems with a fresh eye.)

### **Prioritize math problems over text readings.**

If you are severely pinched for time, prioritize doing the math problems over reading the textbook. But do both as much as possible. This will set you up to understand the "why" behind the calculation.

### **Do all math problems at least three times.**

Do all the math problems at least three times in a row from scratch or, if necessary, until you get all the math problems correct. Only look at the math solutions manual once you've completed all the questions.

If you see anything wrong, figure out where you went wrong and how to correct it. Once you've carefully figured out the correct answer, put the solutions manual aside, and then do all the math problems again. Keep this up until you get all the questions right. Then, do them one more time just to boost your confidence. That's what it took to become the top math student in almost every math class I took.

### **Redo all math problems before the exam.**

Nine days to two weeks before the math exam, do all the math problems for each chapter over again. For instance, if you have nine chapters covered in the math exam, then budget for eleven days, where you spend the first nine days going through one chapter's problems a day, doing them all until you have them all right. And then doing them once more the same day for confidence. Then, on the 10th and 11th days, do all nine chapter's math problems in those two days. You should now have a solid grasp. Do this if you want the top grade in AU math or if you want to gain a decent mark.

### **Just before the math exam, stock up on supplies.**

Make sure you have at least five very sharp pencils, a good-quality pencil sharpener, two functional calculators, and a high-quality eraser.

When writing your answer, nothing is worse than working on a smudgy, ripped test paper. This will affect your ability to achieve the top grade. Instead, buy one of those rubbery white erasers that do a clean, straightforward job of erasing. Also, before the math exam, bring tons of scrap paper or ensure that a massive amount of scrap paper will be provided during the exam. You want the final answer you enter on your test paper to be correct and legible.

Finally, consider taking no more than three math classes in one semester. For example, taking two math classes a semester and two soft classes might make a challenging but more manageable workload. But if you find you succeed remarkably with this, then up the ante with a fifth class.

If you struggle with this workload, reduce the number of classes until you can achieve primarily A's. And then start increasing again until you find the right balance between top performance and a high workload.

I guarantee that following the above steps can help you either gain the top grade or improve your performance considerably in the math department. Of course, the above requires consistent hard effort and significant time investment. However, that's the minimum necessary for top performance in any department.

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

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



#### **AthaU Facebook Group**

**Waiting for approval.** A student enrolling in a course requiring professor approval wonders how long that process takes; replies suggest a two-day turnaround is usual.

#### **Discord**

**Scheduling options.** A query about methods of creating study schedules elicits feedback on various methods—online, offline, high-tech, low-tech—that students employ.

#### **reddit**

**Study-buddy opportunities.** Several posts seeking study buddies for CHEM 218, ENGL 145, ECON 248, FREN 100, and others.

#### **Twitter**

**@austudentsunion** tweets: "Listen in as Carrie Anton and Lisa Boone from Athabasca University's Accessibility Services share how to get support from the university and what accommodations can be made available. <https://bit.ly/3RcBr0L>."





Dear  
Barb

Barbara Godin

## Brother Bother

*Dear Barb:*

*I am writing about my problems with my brother. He is one year younger than me and we do not get along. We break out in an argument at the slightest provocation. We are in our twenties now, but when we were younger he was always spoiled and got to do whatever wanted. When I asked my parents why he got to do what he wanted and their answer was always that he is younger and that he is a boy. Why should that make a difference?*

*I have so much resentment towards him, that I can't even stand to be in the same room with him. I feel bad, but I can't seem to help myself. He triggers all my buttons. Do you have any idea when, or if, I will stop feeling this way towards my only brother?*

*Help!*

*Brianna.*

Hi Brianna:

You didn't say whether you are both still living at home. I'm going to assume you are. It sounds to me like you have the "oldest child syndrome." The oldest child syndrome includes being a perfectionist, which is not necessarily a bad thing. Perfectionism can lead you to strive for better, and often leads to success in life. Being the oldest child, you will likely get harsher treatments, as you said in your email, your brother gets to do what he wants. Part of being the oldest

child is the fact that you have to share time with your younger siblings. Although in your case, you would not have a recollection of being the only child, so perhaps this wouldn't be as strong, but may still lead to resentment on your part. Becoming aware of your feelings is part of the battle.

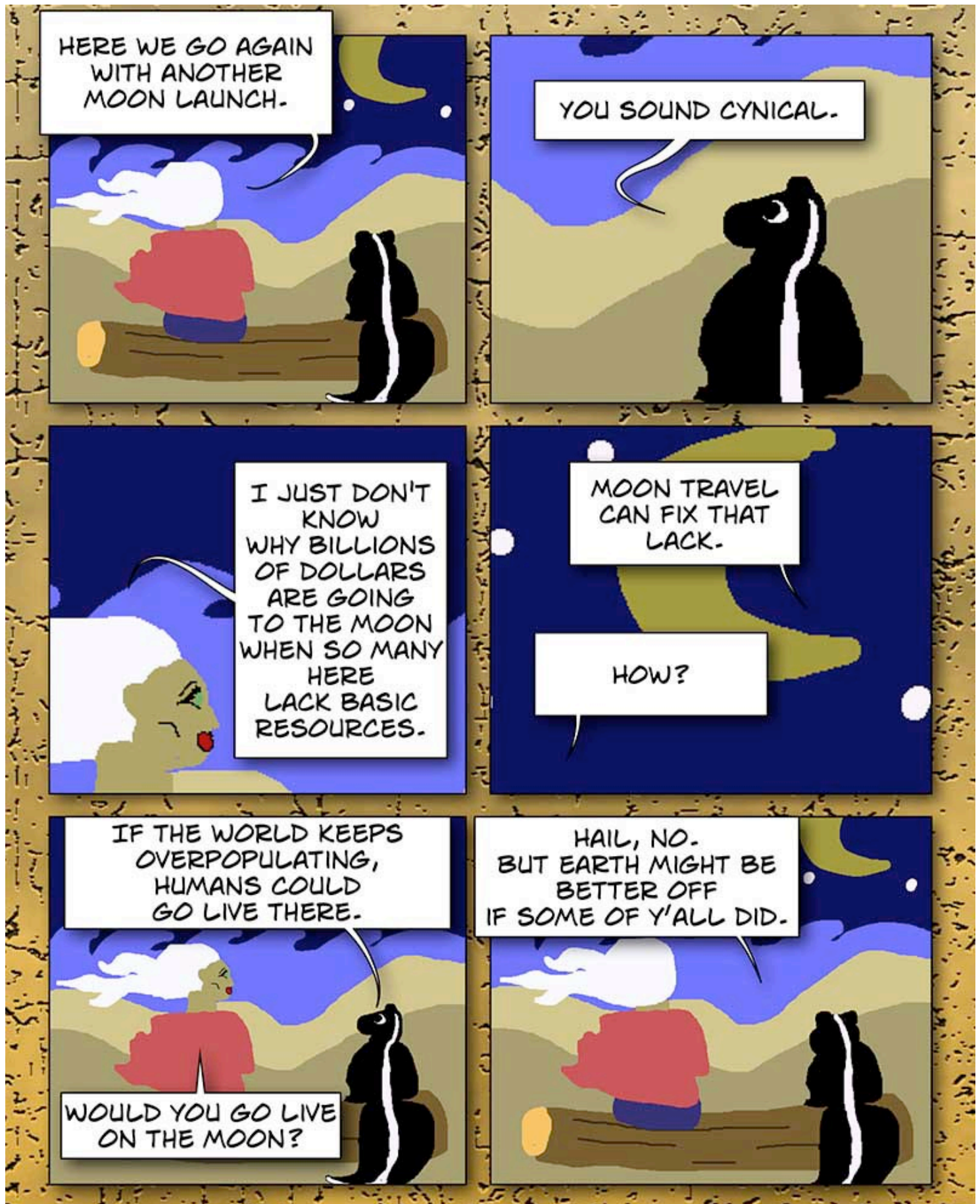
Now is the time to focus on letting go of these feelings towards your brother. He isn't responsible for how your parents raised him and most likely they didn't realize they were causing problems between you and your brother. You must stop reacting to your brother as you did when you were children. It's time for you and your brother to call a truce and become adults about the situation. He's your only brother and as you get older your relationship with him will become increasingly important. Most likely you will be moving out on your own soon, and it's important that you maintain a relationship. If or when you have children, you will want them to be close to their cousins, and if you and your brother are still filled with feelings of resentment, your children will sense it and you won't see a lot of each other. Therefore, all I can say is it's time to let go and reconnect with your brother. Hope this information was helpful. Best of luck Brianna.

*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  
Reflecting On the Moon

Wanda Waterman







# UPDATE

COMMUNITY. RESOURCES . SERVICES

Let us know how tuition & fee increases have impacted your university experience at AU.

**How:** AUSU Town Hall meetings  
**What:** Tuition & Fees discussion  
**Why:** preventing future increases  
**When:** September 12, 2022 @ 5 pm MT  
November 7, 2022 @ 5 pm MT  
**Where:** virtually on Zoom

Did you know that AU students have experienced 3 years of tuition and fee increases? AUSU will be attending future Tuition and Fees Consultations with AU and we want valuable feedback from the undergraduate student body.

[RSVP for Town Halls](#) on Eventbrite.

**Tuition & Fees**

**AUSU TOWN HALL**

**FREE & OPEN TO ALL**  
**AU UNDERGRADUATE STUDENTS**

● **Sep. 12**  
5:00 pm MT  
on Zoom

● **Nov. 07**  
5:00 pm MT  
on Zoom

## Did AU Know?

### You have access to AU's Education and Career Planning Services!

Define your career goals and plan the educational path to reach them. Are you on the right career path? Are you thinking about changing directions? As experienced advisors for education and career planning, we are able to offer you helpful insights, tools, and resources to clearly define your goals. A career plan, much like a roadmap, will help guide you on a journey to self-discovery.

Check these services out at [athabascau.ca](https://athabascau.ca).



**We are closed.**

**Labour Day**  
**September 5th**

**Have a safe weekend!**

Provided by

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Please send us your valuable opinions, feedback, and suggestions. We are committed providing quality content and look forward to hearing from you!



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# CLASSIFIEDS

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