



THE VOICE

Vol 32 Issue 40 - 2024-10-11

Minds We Meet

Interviewing Students Like You!

Robes aux Polonaises and Port-a-Potties

Musings from Music City [blue rare]

*Plus:
Head in a Box
The Perfect Student Pet
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 Behind the Scenes

Karl Low



Each week the Voice Magazine publishes information on upcoming events and information about an upcoming scholarship from somewhere outside of AU or AUSU that you might qualify for.

But that information doesn't come out of nowhere, and longtime writer Barb Lehtiniemi is actually our "Behind the Scenes" seeker who finds all this information, vets it to make sure it's worthwhile for AU students, and then sends it to me when the time is right.

Unfortunately, all good things come to an end, and after some ten years of meeting her deadlines every week with this information, she's decided it's time to switch things up a bit and try something else for a while.

You have no idea how sad I'm going to be to lose her. Barb was one of the first (if not the first) new writers I dealt with back when I took over editing the Voice Magazine. She first wrote me with a suggestion to include a short column that let students know what was going on around the university, and

to maybe give summaries of what students were chatting about on various social media sites. I responded that it sounded like a great idea, and I was looking forward to having her submit them. That wasn't quite what she intended, but she was game enough and soon she settled into a steady role of not only having dug up the relevant info, and developing a system allowing her to easily check things that might be going on at AU, but also interviewing other students and contributing regular articles on the side.

Now, however, I'm going to need someone else to take over to make sure this information keeps getting pushed to students. Each short pays \$20, but Barb's done all the hard work now and it should be fairly easy to keep up with, as she's been kind enough to provide not only her list of ongoing scholarships, but also information on how she puts together the AU Events column. So if you're a current AUSU student and looking for a bit of easy pocket money, please get in contact with me as soon as possible.

Beyond that, this week, we're featuring a fellow ADHD student, Emily Nicholls, who's not only raising her child by herself while going to school, she's also managed to submit a couple of articles for *The Voice Magazine*. That's some dedication, and you can find what keeps her sane through all of it in this week's Minds We Meet!

Also this week, we have another new writer who's stepped up to the plate. Blythe Appleby joins the Voice with a look at her slightly unusual hobby (and job) of historical re-enactment. She gives us some insights on some of the benefits and pitfalls that come along with such a hobby, and also manages to give us a good read at the same time!

Finally, we round it out with [blue rare] taking a close look at Nashville, and just what it means to be the music city.

Plus, at least for this week, we still have events, scholarships, a discussion of why AU students might be better off with a cat, musings on artificial reality, the hot student topics and more!

Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl".

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Emily Nicholls (she/they), a Bachelor of Arts student double majoring in English and Psychology, currently living in Windsor, Ontario. She acknowledged “I reside on the ancestral territory of the Three Fires Confederacy of First Nations: comprised of the Ojibwe (oh-jib-way), the Odawa (oh-dow-wah), and the Potawatomi (pah-tah-wah-toe-mee).”

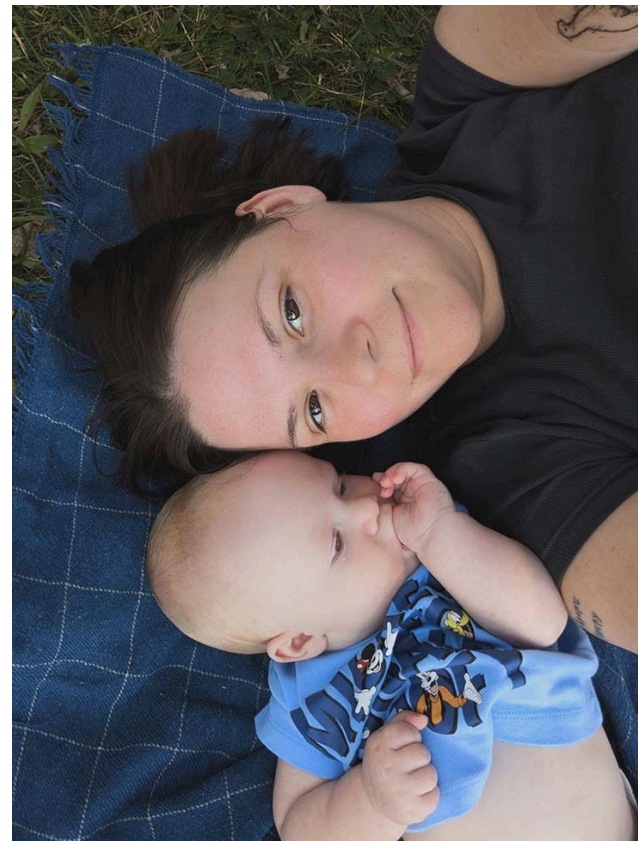
As for her future plans post-graduation? “I'd love to write a book, build a homestead, and save the world from ecological disaster, but we will see what happens when I graduate,” she stated.

On a personal note, Emily let us know “I'm Ontario-bred but have lived all over Canada. I tend to make my way back home no matter how hard I try to escape. I like travelling, and, honestly, it would be cheaper if I just did two-week stints, but there is something exciting about living in a new city for 6 months to a year, and then coming back up for air in Windsor. I have ADHD, if you couldn't tell.”

She had some relatable study tips for fellow AU learners. “Pure anxiety is my main motivation. I tend to wait until it's crunch time and churn out all my work in one big lump (again, this is a perk of being neurodivergent).” She continued, “However, since having a baby, every free moment feels like crunch time—but that's not a study tip. Don't have babies for motivation, kids.”

She also had some great advice for new and/or prospective students. “Relax! You don't have to be perfect; one bad grade will not ruin your GPA. When I first started Uni, back in 2011 (I know, it's been a wild ride), I had an 'all or nothing' mind set. If I got a bad grade I would drop the class or give up completely. I ended up leaving university for a spell because I really didn't have the tools to handle failure yet. Now I know that failure is an integral part of learning and school is the place to make mistakes! Your future bosses won't be so lenient. So, mess up and recover now, and don't give up.”

When she is not studying, Emily keeps busy. “I'm the solo parent of a beautiful 5-month old baby, so I spend most of my time being drooled on. To be honest, it's magical. We



tend to venture outside just to look at trees and bugs and squirrels,” she let us know. “While he naps, I crochet, write, read, scroll on Instagram, and online shop (it’s a real problem),” she continued.

She credits her aunt with having had the greatest influence on her desire to learn. “She bought me the first *Harry Potter* book when I was 10 (back when it was just coming out) and that’s where my love for reading started. She was also successful, smart, talented, and gorgeous. She converted her sunroom into a library, it had books from the floor to the ceiling, a fireplace, leather furniture – very dark academia style. I grew up poor, so witnessing what wealth looked like really influenced my own personal goals. She passed away a few years ago, unfortunately.”

Emily mentioned another interesting book that has made an impact on her life. “The book I’m reading right now is awesome, it feels like it was written specifically for me. It’s called *The Temple at the End of the Universe: A Search for Spirituality in the Anthropocene* by Josiah Neufeld. I’m a big nature and spirituality nerd, so it checks out.”

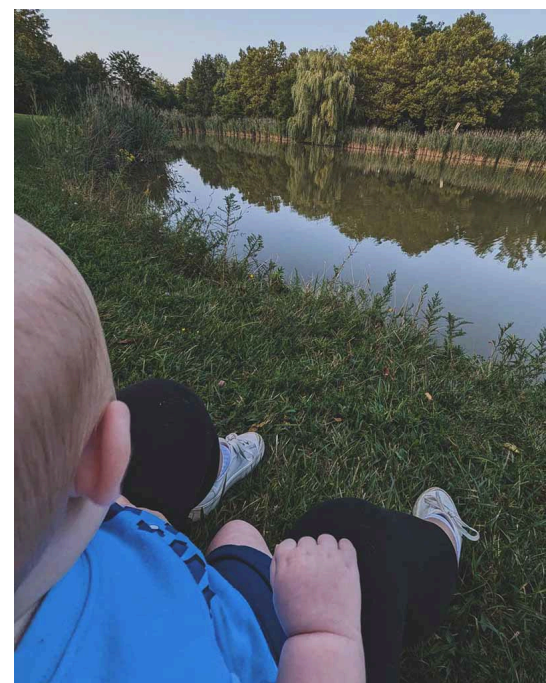
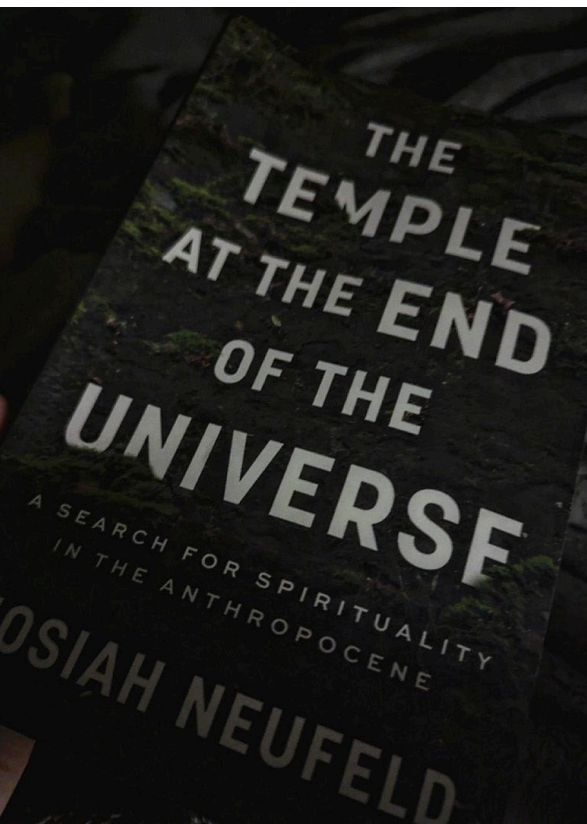
As for her experience with online learning so far? She stated, “Love love love it! If I could avoid the classroom forever, I would. (I’m a visiting student, so I’ll be back in-person next year). I really like my house.”

The Voice Magazine asked Emily which famous person, past or present, she would like to have lunch with, and why, and she chose British primatologist and anthropologist Jane Goodall. “I just love her and everything she stands for. I’d love her to give me a job in Africa at one of her chimpanzee rescues. Lunch would be vegan, obv’s,” she explained.

On a final note, we asked her to share her most valuable lesson learned in life. “This is going to sound so cliché but I’m owning it—family is everything. I really cherish time spent with my immediate and extended family, even though they’re all nuts,” she stated.

And her proudest moment? “And my proudest moment, again so cliché, is when I felt my son’s head for the first time. I had a C-section and I could only hold his head for a moment before he was taken out of the room. I still grab the back of his head sometimes just to relive that moment. It’s so funny to say that because last year I couldn’t imagine having kids...now it’s basically my entire personality.” Best of luck, Emily!

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!



Robes aux Polonaises and Port-a-Potties My Love-Hate Relationship with Historical Re-enactment

Blythe Appleby



Everyone has their own nerdy hobby, don't they? I am the first to admit that I have several, though one in particular leaps to mind. Unfortunately, while most people can lock themselves into secret places to work on their geeky passions, be they building model airplanes or crafting computer programs, mine happens to be one that by its very nature is extremely showy. It almost needs to be public. That means I can't hide behind anything while I'm doing historical re-enactment.

Historical re-enactment can be many things. In my mind, it's a job or a hobby in which you dress up in at least pseudo-historically accurate garb and do activities that fit the era of clothing, usually in front of the public for interpretation purposes. For me, it's both a job and a hobby; I'm lucky to be able to get paid for dressing up at a historic site. Still, I must not get enough of it, because every so often I get the urge to do some re-enactment on my weekends as well.

There are things I love about historical re-enactment, clearly. At the forefront is probably the clothes. I like to call myself a historical costumer, and spend hours every

week researching historic dresses, drooling over them, and then stitching away on my recreations. It's always very satisfying to finish an outfit, be it a 1780s Robe à la Polonoise dress or a 1940s pantsuit, and then feel like I capture a bit of the past in what I make. By putting myself in past generations' shoes, literally, I can feel a connection with history.

It's more than a bit like playing dress up, certainly. The fun doesn't stop there, though. All in the name of education, for both myself and the public, activities in historical re-enactment can range anywhere from cooking over an open hearth to practicing a 19th century British army bayonet exercise. After all, who doesn't love chatting while spinning wool, or dancing the foxtrot to the World War II music of the Andrews Sisters?

I'd be the first to admit that there are some discomforts associated with historical re-enactment. Squeezing into a port-a-potty at an outdoor historic event while dressed in a costume that I slaved over for months is definitely high on that list. (Trust me, there's not enough room to stand up in those huts, let alone struggle through endless layers of clothing, without letting some bit of silk touch the floor!) Expensive historical shoes get grass stained, and fabric-covered bonnets get rained on. Open-hearth cooking can get scorched enough to make you wish for a simple hot dog, and wind can get chilly when you're miles from your puffy 21st century coat. Add this on top of speaking like a refined lady from 1810 when you just want to gab like a 2024 girl, and you can see what I mean.

I decided to take a day off this upcoming weekend and drive two hours away to attend a 1784-themed event. There will be historic cooking, cider pressing, and English country dancing. I have an outfit that will match the event, and since there aren't many opportunities for re-enactment in Canada, I was eager to go. But then I came down with a cold, and there's a 30% chance of showers that day according to Environment Canada. I've never driven that way before, and I don't know

the route. Driving in period clothing will be uncomfortable, and my shoes will definitely pinch after dancing. Will I still decide to go? I don't know, but I have a feeling I will.

I was always shy as a child, and so I wonder now why I chose a hobby that does so much to drive me out of my comfort zone. The fun parts do a lot to tip the scales, of course. You learn a lot along the way, too; if it wasn't for historical re-enactment, I wouldn't now know what a fichu is or how Victorian soldiers marked time. I think some of the discomfort every re-enactor experiences—because I'm not the only one—is the realization that stepping into the past isn't as easy as we sometimes think. We're all used to the conventions of our own day and age, and through re-enactment, we get a glimpse, no matter how small, of life in a different time. And that's why I'll keep up this nerdiest of hobbies: because the past, no matter how uncomfortable, deserves to be remembered.

Blythe Appleby is an AU student who enjoys historical re-enactment and hasn't provided a tagline yet.

Musings From Music City [blue rare]

Oliver Moorcraft-Sykes



“Nashville sucks! It's just like somebody built a theme park in the middle of a slum.” This pronouncement was made by my personal stylist, creative consultant, and frequent traveling companion, the Rt. Honorable Ms. Delilah McQueen, in what I imagine *she* imagined was a *sotto voce* fashion, just steps after we exited a massive three-level bar called Honky Tonk Central, onto Nashville's storied party street, Lower Broadway. Amazingly, we avoided a thrashing.

In fairness, our nerves at the time were pretty frayed. This was partly self-imposed, brought on by too many late nights and overly-strong medicinal margaritas. Partly, as well, it was due to our ears bleeding and souls being crushed like Coors Light beer cans from a couple of nights of painfully loud 90s country music and countrified, chicken fried classic rock, performed by often-second rate musicians in over-priced tourist trap bars. Too many bellowing tourists who imagine they are Blake Shelton or Miranda Lambert. Too many frat boys and hedge fund managers wearing ten-gallon hats and Tony Lama cowboy boots. Too many redneck attitudes and

performative southern hospitality about as deep as a rhinestone standing on edge.

It also didn't help that we had recently arrived in “Music City U.S.A.” from the civilized and colorful streets and jazz bars of Greenwich Village, as well as the fun and progressive cultural oasis of Austin, Texas.

Added to this was the strange fact that our GPS seemed to have taken on a darkly mischievous personality of its own, insisting on taking us toward our destinations via the most labyrinthine and dicey routes possible. Deserted streets, burned out buildings, and shady looking characters have been the order of the day. I'm amazed it didn't cackle maniacally every time it told us to take a left turn down some dimly lit alley.

Ms. D's statement was harsh, intemperate, and unwisely timed. Still, I can't exactly call it incorrect. More broadly, her indictment of Nashville seems an apt metaphor for the ills of terminal stage capitalism pretty much everywhere you go. From Paris to Vancouver, Savannah to Rome, it's all poverty and glitz. Thousand-dollar hotel rooms and people sleeping in doorways huddled in piss-soaked sleeping bags. The privileged and the beaten.

Even so, there's beauty to be found when you care to look. In Nashville, for instance, there is the Bluebird Cafe and The Listening Room—two relaxed, quiet, and reasonably priced venues providing real music for people who care to listen; hallowed places attesting to the redemptive power of music. In New York, there is the Village Vanguard and Smalls Jazz Club. In Austin, there is The Continental Club. In Memphis, walk along Beale Street, and your soul will lift. All of it a testament to the undying, redemptive power of music. Even when the world is falling apart, the sound of a silver saxophone, a soulful human voice, or a perfectly nuanced pedal steel guitar still have the power to turn rhinestones into gems, and heartbreak into poetry.

Get Back into the Game

Marie Well



Interestingly, when we get knocked out of the box, it's likely not some inherent flaw in us. Perhaps it is possible that God wants us to embark on a mission elsewhere, meet significant individuals with whom we have a "soul contract," or overcome obstacles so that we can help guide others in doing the same. Being pushed out of our comfort zone also motivates us to achieve extraordinary things that will propel the world towards its ultimate purpose: unconditional love for all or, in other words, wisdom. Regardless, sometimes we get knocked out of the box; therefore, by default, one of our missions is to find our way back to the radiant light.

In light of recent unemployment, I need quick revenue, so I must get frugal. To generate fast revenue, I offered video services on Upwork, a freelance platform, lowballing the fee, as I was offering videos for free anyway, including to a Buddhist temple. So, I'm waiting to hear back from Upwork. But we must keep learning new skills daily because skills are potential sources of fast revenue.

However, today, I am certified as a marital relationship coach by an organization focusing on unconditional love. I won't set up a side business doing the marital coaching as a

loved one wants me to avoid going this route. However, I believe I'd do well at providing hope and inspiration and bringing relationships closer together. I love sending text messages filled with positivity and encouraging advice. We all have beautiful strengths that make us feel amazing when expressed. So, we must demonstrate those positive character traits so the world flourishes from our incredible existence.

But if I were to perform the coaching, I'd need to create a presentation using a teleprompter with bullet points, seriously rehearsed at least one hundred times. Even though I am not proceeding with this dream, I know that if we seek out our dreams, they advance our knowledge and awareness, even if they don't materialize themselves. But they materialize in ways we may not be

fully aware of, such as through a radically improved worldview or the ability to engage in heightened self-talk or comfort others.

For instance, a beloved friend texted about a heartache she was going through. Drawing from my education as a relationship coach, I offered her advice that I would personally love to receive. I look forward to finding more opportunities to help others, such as participating in online forums where people seek support. When we comfort others, we bring them peace while finding a more profound sense of contentment within ourselves.

Healthy food is also a form of comfort. I have over 30 cans of mixed beans after giving away about 30 cans at Christmas, as the bin of Christmas donations involved mostly cake mixes and nothing healthy except the beans. If we are stricken with an autoimmune condition, canned mixed beans will catapult us to more excellent health than any other protein, from my experience. I also have salmon, sour cabbage, and bags of Sunny Boy Cereal, so things look promising. We face our setbacks and losses with contentment when we count our blessings.

However, when we're knocked out of the box, the goal is to get back in the game. Getting back in the game is best done with a heart filled with gratitude, service, and love. So, keep throwing stuff at the wall until something sticks. And, as always, we should set impossible goals, just like Olympians do, even though, for some odd reason, they advise us to set "realistic" ones. Indeed, goals that are so glorious that they seem impossible for us to achieve are the ideal ones to set. That's because such impossible goals grow more stimulating and "realistic" by the microsecond.

Fly on the Wall—Head in a Box **The Nature of Stimulation and Pleasure, Part I**

Jason Sullivan



At a birthday party a professional virtual reality gaming crew arrived in a van; they handed us plastic boxes to put over our heads and the entertainment began. Soon everyone was in fine digital gaming fettle, battling terrorists and rescuing damsels and defeating all comers in a wrestling ring. At first it felt weird to put on the headcover—an ontological shift into cartoon ostrich status, but in fact it was less claustrophobic than being in many an indoor gathering, pandemic masking or not. I mean, who hasn't sought an excuse to leave a room for a breather from society? Nowadays that's when we end up checking our social media newsfeeds, starry nights ignored.

Self-imposed timeouts have become more and more necessary as our society has whittled and winnowed away our splendid, thoughtful, isolation. So much so, that many of us have our 3.5 inch smartphone screen reclined on the bedsheet

next to our pillow, like a beloved stuffed animal, as we drift off to sleep. Something deeper might be going on than sheer addiction or obsessive connection with others (that rang true for young lovers since the first phone lines were clogged with overuse). Pondering the social significance of

this new emergence, a far cry as it is from the fleeting joys of a Viewmaster® camera, a clarity about the value of being *unstimulated* emerged.

While most folks used their time with the VR gear strapped over their noggins to shoot various weapons and be the first-person hero in the action movie of their dreams, my wife and I took the opportunity to merely float in a pleasant digital tropical lagoon—a believable 3D life aquatic, easy on the stressful cortisol levels and pleasant to eyes and ears. Not much happened plot wise in those digital waters, other than that the occasional dolphin or lamprey or boxfish would swim by—but that was the point. A space of ideas emerges precisely when the backdrop, the context, contains openings for new thoughts to rush in. Like a childhood sandbox with a hose ready to create some weather events perchance to wash away a few toothpick villages, the mind channels what comes into it but also, sure as sugar, comes up with its own idea of angels and monsters and the manner of their personal demonstration. We need mental blankness so that new concepts, new miasmas of the mind and conceptual chiasmas and chimeras can emerge.

Over-walloped though the dead horse of addressing our micromanaged and overstimulated digital subjectivity here in the 2020s may be, the abject lack of time to gaze off into mind-wandering imaginative space perhaps cannot be overstated. We might know that the world is awash with mindfulness memes implying that we should stop right there with the doom scrolling, but do we do much about it? Maybe what's required is an echo chamber box that blocks out all stimulation: a simulation hypothesis for a mental reprieve from reality,

A little digital float inside the cognitive echo chamber of the virtual reality headgear reveals the irony that this prized form of entertainment begins with the psychological desire, perhaps even a need, to box *out* all the external world to have a good time. Reduced to a state of blindness that would make any bat quiver, easily disoriented to the earthly realm of gravity and coffee tables, a not uncommon thought calcifies: Why is entertainment expected to *add* stimulation to our lives when it could provide a gentle relief, a coral reef however brief, from the intrusive onslaught of disturbing data and emotional conflicts that beset so much of modern life?

To be sure, the creative arts do function best when they draw us into their realm and encourage us to lose ourselves peacefully, without a struggle as it were. Inexpensive wall posters often implore us to enter into their visual realms; in fact, most visual art literally draws us into its open-ended nowhere by means of the vanishing point (the horizon point in the art to which the mind is drawn). Nevertheless, the incessant urge to *do* something, to experience something, drives us onward like Maoist soldiers seeking communist salvation during the Long March (where hundreds of thousands of Red Army troops, having been routed, 1 500 kilometres through farmland and mountains). “Speaking of the Long March, one may ask, “What is its significance?” We answer that the Long March is the first of its kind in the annals of history, that it is a manifesto, a propaganda force, a seeding-machine.” That perpetual and unrelenting action, often dubbed productivity, is the wellspring of good works remains a cardinal tenet of modernity, and likely underpins the sensation that by sitting with our screens we are at all times doing something, keeping busy. In this sense, the escape provided by academia may not abet deeper existential challenges—unless we pause to ponder the void into which our consciousness slips when we aren't constantly thinking about something, stimulated by demanding inputs.

References

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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.

Why Cats Make the Perfect Student Pet

Cassandra Wang

As a traditional canine-lover, I realize how ironic it is for me to be writing an article on cats being the perfect student pet. However, recently I've come to connect with several cat-owners, which makes me believe that cats are superior to dogs for busy AU students. Moreover, many cats can have quite extraverted personalities that resemble canine companions. For example, my friend's gray, furry friend, pictured below, greets guests and curls up next to them in many ways similar to my rescue husky. Especially when socialized young, kittens can be quite attached to their owners. Here's a few reasons why felines may be better student companions.



1. Low Maintenance

Cats are relatively independent animals compared to other pets like dogs. They don't require daily walks or constant attention, which is ideal for a student with a busy schedule of classes, studying, and social activities. So long as they have their litter box, and their feed, cats are generally lower maintenance than dogs who require walking and socializing that is much more time-consuming.

2. Affordable

Compared to other pets, the cost of caring for a cat can be more manageable. Cats eat less and routine vet visits tend to be less expensive. Also, their litter box training reduces the need for expensive cleanup services. This was something I learned during COVID-19 pandemic, when I was searching for a fur friend of my own. I noticed that while generally canines were being sold for above \$500 minimum per puppy, kittens were sometimes free to a good home.

3. Quiet and Calm

Cats are generally quiet animals, which is important for a student living in shared housing or an apartment. Their calm nature can be soothing and help reduce stress during busy exam seasons. For students who have busier schedules and don't have the amount of attention to dedicate to a canine pet, this is a great alternative.





4. Companionship

While cats are independent, they still provide emotional support and companionship. A cat can offer a comforting presence without being overly demanding. Generally if the kitten was socialized with humans starting early, it can be very comfortable around humans.

5. Space-Friendly

As an owner of a husky, I was very conscious of the time when I had lived in an apartment with very limited space for her to roam. Cats don't need a lot of space to be happy. For students living in small dorms or apartments, a cat's ability to adapt to small living areas makes them an ideal pet.

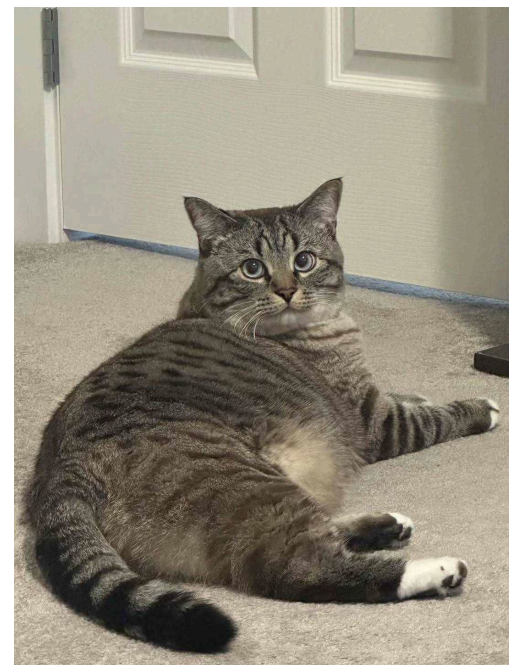
6. Stress Relief

Studies show that interacting with cats can reduce stress and anxiety, which can be especially helpful for students during high-pressure times like finals.

7. Entertaining Yet Self-Sufficient

Whereas my husky requires about 2 walks (or more) per day, feline pets are generally very self-sufficient. They take naps throughout the day, stay entertained with their scratching posts and toys. You don't need to worry about them being bored while you're away at class or studying.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: 10 Words or Less Scholarship

Sponsored by: StudentScholarships.org

Deadline: November 15, 2024

Potential payout: \$1000

Eligibility restriction: Applicants must be between the ages of 14 and 25, and be attending school in Canada or the U.S. in the Fall of 2024.

What's required: An easy online application with contact info and a ten-word (or less) statement describing why you deserve the scholarship.

Tips: You must "like" their [Facebook page](#) to be eligible.

Where to get info: studentscholarships.org/easy.php



Beyond Literary Landscapes

Ursula K. Le Guin

Nat Writes



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, we take a look at notable science fiction and fantasy US author Ursula K. Le Guin.

Le Guin was born on October 21, 1929, in Berkeley, California and died on January 22, 2018, in Portland, Oregon.

Many of her works were heavily influenced by anthropology, including language.

What

Some of Le Guin’s notable works include *Tales from Earthsea*, *The Left Hand of Darkness*, and *The Dispossessed*.

Where

These texts are often set in imagined, fantastical worlds.

When

These works predominantly set in the distant future.

Why

Le Guin’s works may be of interest to AU learners who enjoy themes of “anthropology, gender, environmentalism, and anarchism.” In addition, these works may be of interest to students who enjoy themes of “[h]ome and homecoming.”

How

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

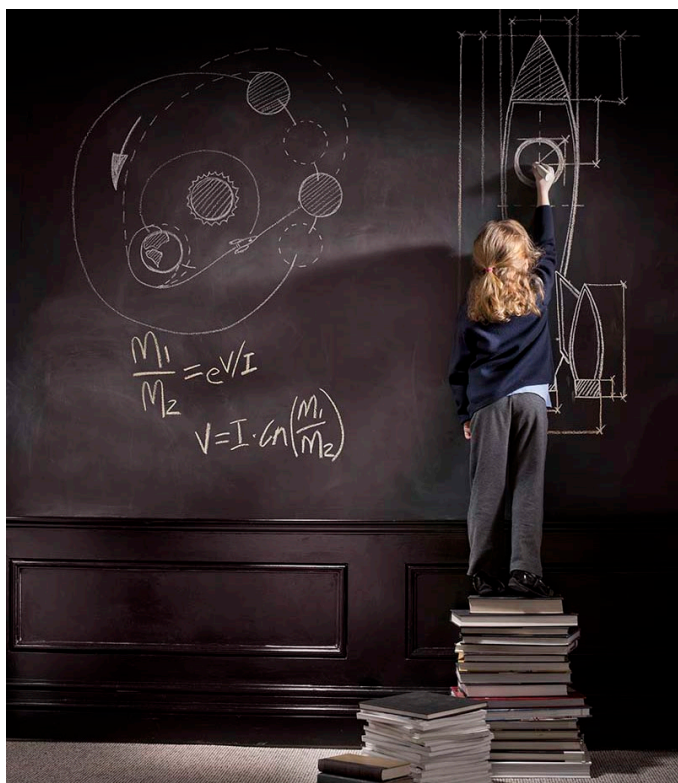
AU students interested in learning more about this topic may enroll in ANTH 275: Faces of Culture: An Introduction to Cultural Anthropology, a junior-level, three-credit course, which “focuses on the cross-cultural study of human diversity ... [and the] patterns of social organization, the family, economics, politics, religion, the arts.” (Please note that this course does not require prerequisites).

In addition, student may be interested in [ANTH 354: Language and Culture](#), a senior-level three-credit course, which “investigates topics found in the field of linguistic anthropology and linguistics—one of four subfields of anthropology.” (While this course does not require prerequisites, the above-mentioned ANTH 275 is recommended). Happy reading!



Set the Goals and Watch Them Unfold at Hyperspeed

Marie Well



When we set goals, even if we're in a state where we feel like we have two years left to live, as I thought I did, amazing things happen. These dreams will inevitably unfold for all of us. We need to set extraordinarily high goals in several areas so that if one temporarily falters, there are others to skyrocket the spirit. I am in round two for a role that pays \$140,000 yearly, and I asked the head-hunter for insights. The head-hunter said it's a high-level position, so I wouldn't be the one to do the hands-on work, which is the work I love to do. So, I may prioritize a project management certificate as I lack significant leadership skills. When we go for high-level jobs, we need to get an education on leadership skills fast if these skills are missing. Even a single course on management from AU can catapult us to a high-level leadership role, for which I'll provide a strategy.

This week, I aim to prepare my proposal for the thesis research for possible acceptance into the Doctor of Business Administration program, which

I discussed today with my former employer, as the thesis topic relates to his company. My former employer was very supportive and provided advice. However, the Doctorate program is very competitive this year, so my odds are low. However, I had a solid performance record in the math department, which may give me leverage. But I fear I may outshine my potential supervisor in Web 3.0 knowledge, although I only know a little. He doesn't know much, either, so I am concerned he may reject me. Therefore, I might need to downplay what little I know.

It's a weird world when we're considered overqualified with minimal experience for managerial roles and very little knowledge of Web 3.0 for academic programs. So, what I want all of us to know is, if we feel we're in the depths of life-threatening sickness, severe anxiety, a language barrier, personal hardships, disability, or long-term traumas, simply keep learning and trying, as we may end up "overqualified" for our goals. That's a decent place to be, better than being underqualified. The best place to be is hired for the job or accepted into the degree program. But part of the fun is getting to that state, like solving a puzzle, which I hope to discover and reveal to all of us. And if we truly are "overqualified," the solution is simple: aim higher.

This week, I found a great job search system on LinkedIn using its paid plan. I search "director of marketing," my city, and "results within the last week." I've already found ideal jobs, and I'm excited. They pay over \$100,000, so I won't be considered overqualified. So, those looking for a

director or executive role could take a single management course at AU and immediately apply for the top role. Some director roles have 200 to 500 applicants, and the majority of those applicants seem to have MBAs. Despite this, we might land these positions sooner than anticipated, so highlight that management course on the resume!

Considering the above, Biginterview.com has many enlightened ideas for an effective job search. I'm going to share one about resume bots. For senior-level roles, we must customize every resume we submit to have the exact keywords that appear in the job description. We must put those keywords in our resumes' introductory statements. Stuff the intro a bit. Bots love it.

Furthermore, we are all heading to six figures due to our AU degrees, and these bots won't look at our university name but instead at our degrees. However, that's unless the HR recruiter specifies, say, Ivy League universities, as in the case of recruiters for think tanks such as, I believe, Accenture. That means bots don't typically know the difference between Athabasca University and Harvard, but they understand what an MBA versus a high school diploma is. And if we've only taken one management course at a 500 level, then write on our resume, "Taken a management course at the MBA level." Even if we don't have an MBA or are not in the MBA, the bots will love the words "management" and "MBA" and may submit our resume to the recruiter, who will further vet us. It gets us in the door.

On that note, some amazing things happened in the past three hours. I went into an online introductory overview of a Chief Marketing Executive Officer program at an Ivy League University in the US. To my shock, I was the shining star regarding questions and engagement. My questions were 20 to 1 relative to others, and the instructors answered many of my queries. This shocked me because I thought I'd be the redheaded stepchild in a room full of prodigies. So, what does this mean for us? I'm learning that being chronically and excessively anxiety-riddled in poverty for nearly a decade doesn't knock us out of the box. We all can turn it around where we're at the top of our game. We've all got what it takes to make our dreams a reality—every one of us.

And then another amazing thing happened just now. I just got another interview invitation for a director role that pays \$160,000 to \$185,000 a year. These are the

AU-thentic Events Upcoming AU Related Events

Library Chat

Tues, Oct 15, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library
www.athabascau.ca/library/index.html
No pre-registration needed; access through chat box on home page

Developing Your Research webinar series: An Intro to Literature Reviews

Tues, Oct 15, 1:00 to 2:00 pm MDT
Online

Hosted by AU Library and Write Site
www.athabascau.ca/news/events/developing-your-research-webinar-series-an-intro-to-literature-reviews
Register through above link

Faculty of Business Undergrad Program Orientation for New Students

Wed, Oct 16, 12:00 to 1:00 pm MDT
Online

Hosted by AU Faculty of Business
www.athabascau.ca/news/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20241016
RSVP through above link

Library Chat

Thur, Oct 17, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library
www.athabascau.ca/library/index.html
No pre-registration needed; access through chat box on home page

Doctorate in Business Administration (DBA) Info Session

Thur, Oct 17, 12:00 to 1:00 pm MDT
Online

Hosted by AU Faculty of Business
www.athabascau.ca/news/events/dba-doctorate-in-business-administration-information-session-20241017
RSVP through above link

All events are free unless otherwise noted.

people who want to hire me. It's good news for all of us, as it tells us anything is possible. I felt like a lost cause for a decade. I told my friend I was average, more like below average, as I could barely tie my shoes due to extreme anxiety attacks that struck for the majority of the day. But none of us are average. We are all spectacular. We can all earn top executive roles. It starts with the big, impossible goal. So, set the goal right now, making it as gigantic and impossible as we can conceive, and then watch it unfold at hyper speed with every tiny step we take.

No matter what challenges we face, we all have the potential to achieve our dreams. Obtaining an AU degree, especially an MBA, or at least a management course, brings us closer to reaching the peak of our careers. Our potential and possibilities are limitless, as our circumstances do not constrain us. So, pick our grandiose adventures as they are about to unfold at hyperspeed!

Student Sizzle — AU's Hot Social Media Topics

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

Facebook:

Quizlet student initiative! A student taking the challenging Psych 375 course is creating a Quizlet classroom, inviting other students to join the initiative. This student has completed the first chapter of Psych 375 for the Quizlet. Anyone interested in joining in on the collaborative project can visit Quizlet at: <https://quizlet.com/join/f8vv6Kz8Z>

Reddit:

Strengths (and weaknesses) of AU. A student posts a list of AU's strengths and weaknesses, inviting other students to do the same. Students criticize AU for its lack of prerecorded lectures, outdated materials, lack of a forum or class discussion page, and other facets. Many benefits are also cited, such as taking exams on Sundays, wearing pajamas, having the ability to access up to three extensions, and working or attending to disability or family commitments while studying.

Twitter:

New award-winning Writer in Residence! [@AthabascaU](#) posts, "Excited to welcome @bickersbl as AU's 2024-25 Writer in Residence! An award-winning poet, his work unearths and highlights Black history in Canada. Bertrand will support writers at AU and beyond with workshops and consultations. <https://athau.ca/47Q73Tn>."

Generous family donates to an AU award! [@AthabascaU](#) posts, "Thank you, Semashkewich family! Your \$10,000 donation to AU's First in Family Student Award will help first-generation students access education, break barriers, and build a brighter future. <https://athau.ca/4duwJq6> #AthabascaU."



"Passing the Baton: Welcoming the 2024-2025 AUSU Executive Committee"

AUSU UPDATE

April 12, 2024



Passing the Baton:
Welcoming the 2024-2025 AUSU
Executive Committee

The Athabasca University Students' Union (AUSU) would like to thank our outgoing 2023-2024 Executive Committee, including President Naju Syed, VP External Manmeet Kaur, VP Finance and Administration Chantel Groening (formerly Bradley), and VP Community and Wellness Natalia Iwanek. Their commitment and dedication to student success have helped guide our organization and enhance the student experience at Athabasca University (AU) over the past year. To celebrate and reflect with them, check out the latest AUSU Open Mic Podcast, "[Episode 86: AUSU Executives Wrap Up Their Term.](#)" This episode explores the wins and personal growth experienced

by your outgoing student executive leaders.

With the upcoming AUSU Council changeover meeting on April 18th, we are thrilled to [welcome the incoming 2024-2025 AUSU Executive Committee](#). Chantel Groening will be moving to the role of President, having served the past year as your VP Finance and Administration. Jan Lehmann will step into the role of VP External, eager to forge strong partnerships and advocate for our students on a provincial and federal level. Diana Ramirez, your new VP Finance and Administration, will help ensure the organization is fiscally responsible and managed effectively. And, Olivia Shepherd will take on the VP Community and Wellness role, committed to fostering a supportive and healthy learning environment for all AU students.

We are excited to see the new heights this dynamic team will reach and look forward to a year of growth, achievement, and student advocacy!

Provided by

ausu@ausu.org

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

THE VOICE

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