

THE VOICE

MAGAZINE

Vol 22 Issue 47 2014-11-28

Tutor Tales

What's Going on At the Other End?

Minds We Meet

Interviewing Students Like You!

Success Secrets

AU Course Advice

Plus:

The Road Avoided

The Travelling Student

and much more!



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The Voice is published every Friday in HTML and PDF format.

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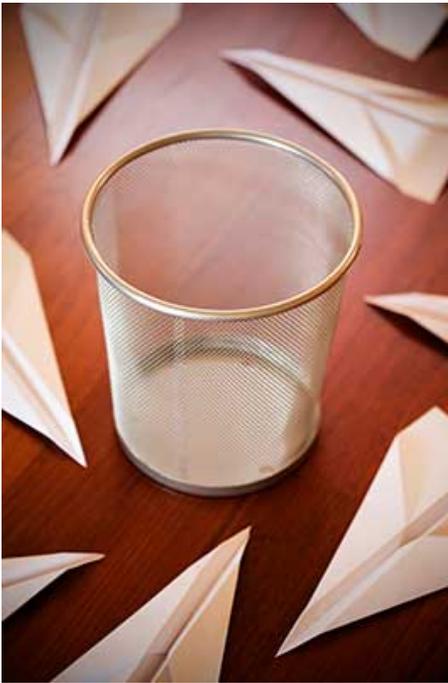
LETTERS TO THE EDITOR



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

EDITORIAL

Karl Low

**The Road Avoided**

Lately I've been considering what to do for further education. I finished my Bachelor's of Arts, English major from Athabasca University (with Great Distinction, if you'll allow me a moment to boast) a couple years ago, and I've been floundering back and forth with what to do next. I've got a couple of years into a computer science degree (although it was long enough ago that the courses have probably expired) and am a few courses into an accounting degree, but while both of those are very salable in the job market, neither really holds my interest. And, as I was recently reminded, if you don't like what you do, then no matter how good you are at doing it, you're going to spend a good portion of your day unhappy.

Fortunately, for me, I do enjoy working with *The Voice Magazine*. While copy-editing isn't a highlight of the day, seeing writers take my advice on board and responding with better-written articles in the future provides a sense of fulfillment. Encoding articles for publication on the website is a chore, but I've come up with some tricks that help to speed it along, and

arranging the layout of the PDF is akin to a weekly crossword puzzle. It taxes the brain lightly, but is enjoyable for that none-the-less.

Still, I should not get complacent, so I've started looking once again into furthering my education. The legislative drafting program at AU has caught my interest recently, and while I'm sure to some of you the idea of writing up bills and policies comes somewhere below watching paint dry on the list of things you want to spend time on, the concept merges my interest in language with my interest in establishing coherent rules and systems. (Did I mention I'm a riot at parties? No? Now you know why.)

So what does any of this have to do with you or *The Voice Magazine*? Just that, if you're pursuing your degree but you're not sure why or where you'll end up, don't fret too much. Had you asked me what one might do with a B.A. Eng. (with Great Distinction) before I started working with *The Voice Magazine*, I would have been hard pressed to tell you. I just knew that our language was something I enjoyed working with, and was reasonably competent at writing. Do I know where I might end up with a legislative drafting credential? No. But I can tell you where I *won't* end up—in an office poring over columns of numbers. That has to be worth something right there.

This ties in both with our Minds We Meet feature article, where we interview Kiran Soahib, a fellow student hailing from Pakistan, and with the article "Success Secrets" by Deanna Roney explores some ideas of how we can improve our results in our AU courses.

Our second feature this week, by Barb Lehtiniemi, takes a look at what it means to be a tutor, from the point of view of the student. It's somewhere we've all been, and I'm hoping it might spark some stories from you as well. We also have our regular features, reviews, human interest stories to keep you amused, plus an extra book review supplement from *The Travelling Student*, teaching him how to eat cheap while on the go. Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is stylized and cursive.

MINDS WE MEET



Kiran Shoaib is an AU student from Pakistan who currently lives in Korea while her father works at the Embassy of Pakistan. Kiran is working on her Bachelor of Management (3-year) degree.

Kiran was recently interviewed by The Voice Magazine about school, life, and the portability of pursuing a degree online.

Describe the path that led you to AU. What was it that made you realize you wanted to go back to school, and what made you choose the program you've signed up for?

Well, after I graduated High School in 2013, I decided I was going to take a year break and then apply for college. I didn't actually want to take a break but I had no other choice. The time-period that my father is allotted for every transfer he gets is 4 years and by the time I got done with High School, we only had one more year to stay in Korea. After that we have to move back to Pakistan and stay there for a few months till my dad gets his next transfer. That is why I couldn't apply for college in Korea because I knew after a year I would have to transfer my credits to some university in Pakistan, where I would only get to stay for a few months then transfer again to another university in whichever country my dad would get transferred to.

The whole idea of transferring two times seemed risky and uncomfortable to me, mainly because at that time I wasn't sure about the exact date that we would be going back to Pakistan. It could have been in the middle of my semester or almost towards the end of a semester (that might have forced me to repeat a semester.) Also, what if the admissions were closed by the time we were to return back to Pakistan—I would have had to wait till they open then start the whole application process. By the time I would have actually started to take classes over there, my dad's next transfer would have interfered. Staying in Korea or another country on my own to complete my whole degree wasn't an option, financially. Therefore, I decided to not go through all that fuss and trouble and simply take a year break then apply for college in my dad's next transfer.

However, after a few months passed by, I started to get bored of basically staying at home and not doing anything productive, and hanging out with friends or just chilling wasn't really helping. Once again, I was getting lost and surrounded by confusion about my decision being a terrible mistake. Most of my friends had already been accepted to different colleges, some in Korea, and some were leaving for US or Canada or back to their homeland. Sooner or later they were going to leave for college or at least they knew when they would be going to college. Whereas, I was the only one left unsure about everything, I felt like I was simply wasting my time.

The thought of searching for online colleges came to my mind. I was told by some of my friends to apply in an online university but I wasn't sure about their degree's value and if it is actually accepted in other colleges or for jobs in future. That's when Athabasca popped up right at the top of my search for online universities and proved me wrong on all the misconceptions I had formed about an online university. I went through so many reviews about AU and most of them were positive, which really encouraged me to become a student at AU.

What do you do like to do when you're not studying?

Watching movies and my favourite TV shows (these days *The Walking Dead* is my top favourite,) hanging out with friends, and going shopping.

What are your plans for this education once you finish? How does it fit in with where you want to go?

Studying management will help me develop skills in various areas/fields, which opens several opportunities for me to choose from and could also direct me toward my ultimate goal of managing my own business. I also think about making enough money to invest in building a school or hospital in rural areas of Pakistan, where it's badly needed, and to help those people achieve a lot more than they ever expected.

Describe your experience with online learning so far. What do you like or dislike?

So far, I am actually enjoying online learning. I think I learn more when I put all of my effort into studying on my own as there are no live lectures. At the beginning, I was a bit scared of studying at an online university, as we mostly study all on our own. I wasn't sure how my grades were going to be and if I would actually pass the courses or not. You don't have your classmates right next to you to help you out if you get stuck or your professor to help you understand everything. There are tutors, but they're not always available every time you need them and sometimes they take weeks to respond back to your emails as well, which is what I dislike about online learning. However, my results turned out to be two A's and a B+. That's when I felt really proud of myself to achieve such good grades when I mostly studied all on my own and had never even expected these results. Fortunately, I didn't waste any of my time and made this wise decision of studying at AU right on time.

What's your most memorable AU course so far, and why?

Professional Ethics! At the beginning, I wasn't doing so well in this course and even had to redo the first assignment. I was sure that I might only get a C and sometimes I even had thoughts of not even passing this course. The concept of this course was based on different theories that people could use at different occasions in their profession and how their behaviour should be as a professional. I did a pretty good job in understanding the concept and the theories but I somehow wasn't getting what the assignments actually asked for and how they were supposed to be done. Surprisingly, I did pass this course and got an A



GRADUATE STUDIES

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in it. It was the most unexpected result I've gotten so far and that's what makes this course memorable to me.

What have you given up to go to AU that you regret the most? Was it worth it?

Well, not having to attend an actual university and all those dreams I had of life at an actual campus and friends that I would have made there. All of these are the regrets I chose to face but whether it's worth it or not, is still an unanswered question to me as well. I am not sure about this, sometimes I do feel like I chose to do the right thing and I will always have the option to transfer my credits to another university if I ever get that opportunity so it's not a big deal. On the other hand when I see my friends enjoying their life at college and not simply studying on their own like I do, it's what kind of makes me confused and maybe sad about this. However, it's not something that I can't get over with or not a constant feeling. I do feel like I can achieve so much through my online learning as well.

If you were the new president of AU, what would be your first project?

To focus more on the interactions between students/classmates and try to come up with ideas on how I could improve on that.

What is the most valuable lesson you have learned in life?

There are secrets that should not be told to anyone, including your best friend or even your parents. Those secrets hold certain value that cannot be risked to be shared with anyone.

How do you find communications with your course tutors?

Satisfactory, I would say. Although some of the tutors take too long to respond back, overall they are quite helpful and supportive.

Where have you travelled so far?

I have lived in Saudi Arabia and Spain for four years, again due to my dad's job. I have also visited Lisbon (Portugal) and London (England) just for vacation, a family trip.

Student Sizzle

Following what's hot around AU's social media sites.

AU's Hot Social Media Topics



AthaU Facebook Group

Alysha posts about a seemingly unhelpful response she received from her tutor, which sparks off a raft of comments. Carla seeks input on which Humanities courses to choose to finish off her BA. Other postings include GPA concerns, letters of reference, and courses ACCT 351, GOVN 301, PHIL 335, and WGST 200.

Athabasca University Facebook page

AU posts a link to their news story "[AU students welcome French president & business leaders to Banff.](#)"

Twitter

[@AUAnnounce](#) tweets a link to AU's holiday schedule for [December and January](#)

[@AU_press](#) announces the release of "Legal Literacy: An Introduction to Legal Studies." Info and free PDF download at <http://aupress.ca/index.php/books/120240>

Tutor Tales

Barbara Lehtiniemi



I still haven't figured out tutors. I know what their role is. I know how and when to contact them. But after a number of AU courses, some things about tutors still perplex me.

According to AU's *Learning Services Tutorial*, a tutor will "offer subject-matter assistance, engage in scholarly discussion, mark assignments, provide feedback, and help you prepare for exams." That makes sense, although it's difficult to imagine having a "scholarly discussion" over e-mail or on the phone during a tutor's—often highly restrictive—hours of availability.

Fortunately for me, I'm comfortable—and thus far successful—with independent learning. Although I might benefit from a bit more tutor contact, I tend just to plough through the course material and puzzle through most problems on my own.

I seldom speak with my tutors. That may be partly due to an early tutor encounter when I was a new AU student. The study guide in one of my first courses stressed it was "extremely important" to stay in contact with my tutor. The suggested study schedule even had "contact your tutor" sprinkled throughout.

Accordingly, early in that course I phoned the tutor. The tutor's hours began at 10 am MST; I waited until 10:20. A groggy voice—obviously just woken up—answered the phone. After establishing I had the correct number, I offered to phone back at a better time. The voice, struggling to sound more alert, assured me I had phoned during the specified period of availability. We discussed my progress in the course, but I had the feeling throughout the conversation that calls from students weren't necessarily expected—or welcome.

During subsequent courses, I've tried to restrict my contact to e-mail. During the first week of each of my courses, I send the tutor a short e-mail to introduce myself and outline my expected pace of study. Most tutors have responded with a short note of their own, welcoming me to the course. I was surprised, however, when one tutor did not bother to respond (although I received responses to later e-mails.) Even though I wasn't asking a question, I thought a courtesy reply—just to acknowledge my existence—would be in order.

In contrast, when I began one of my recent courses, the tutor made the first contact. On my second day of studies, I received a lengthy e-mail to welcome me to the course, outline the tutor's qualifications, make some study suggestions, and offer information on additional resources. Receiving that first communication really did make me feel welcome; it also made me feel more like a human student, rather than a faceless number.

I've only had one course that utilized the "Student Support Centre" which is *not*, according to this AU [blog post](#), to be called a "Call Centre." Although I never needed to contact the centre for assistance, they contacted me on a regular basis. I received a phone call when I began the course and an e-mail after each of the many assignments. I didn't get the opportunity to test their response to student problems, but I was appreciative that they regularly provided me with encouraging remarks throughout the course.

What makes me scratch my head about tutors is why they don't contact students more often. I have no idea what they face in their job or how many hours they are allotted to assist students. But surely it can't be too time-consuming to send out a standard e-mail welcome when a student begins a course and perhaps a "how's it going" note later on?

A tutor who makes the first contact seems more approachable. Studying online is challenging enough. We human students would benefit from knowing there are human tutors out there who are willing to help and who truly welcome hearing from us.

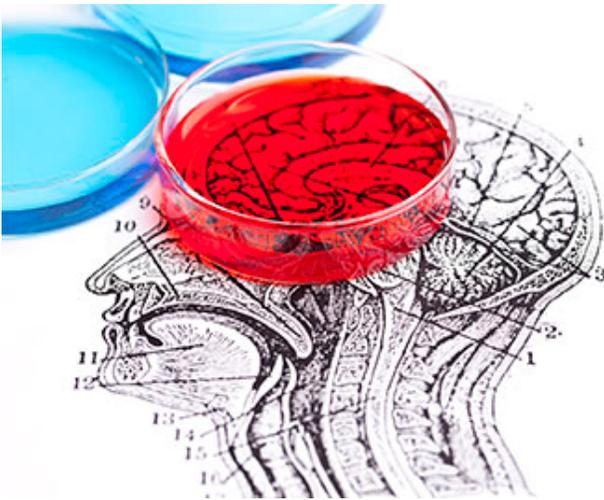
Do you have a "tutor tale?" Contact voice@voicemagazine.org with your story. If you're having a tutor problem you need help with, contact AU's [*Learning Service Tutorial*](#). You'll find more information on this [webpage](#).

Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario



Primal Numbers Fat-Burning Fix

S.D. Livingston



Eleven billion dollars. That's how much, give or take a few million, is spent around the world each year on trying to lose weight, on brand-name diets, supplements, and other efforts to drop unwanted pounds. Now, scientists at Nestlé are working on a new solution—a pill that will burn fat without exercise. The trouble is, you could lose a lot more than a few pounds.

At first glance, the news about the Nestlé research seems marvelous. And from a medical and scientific standpoint, it is. As the *Toronto Star* [reports](#), researchers have "identified how an enzyme in charge of regulating metabolism can be stimulated

by a compound called C13, a potential first step in developing a way to mimic the fat-burning effect of exercise."

Ideally, this would lead to a product (say, a pill or processed food) that would boost or even replace the "effect of exercise for people with limited mobility due to old age, diabetes or obesity." In those cases it could bring the valuable health benefits that accompany weight loss, such as reduced blood pressure. Benefits that would be hard to get for people whose ability to exercise is limited by things like balance, fragile bones, or other concerns.

But, as we all know, the weight-loss industry thrives on selling people the promise of a quick fix. Which means that, no matter what the original intention of a fat-burning product is, there's a good chance it will eventually be touted as the latest miracle weight-loss cure.

It's not hard to see how big that potential market is. As *ABC News* [notes](#) in this 2009 article, the US weight loss industry alone had yearly revenue of \$20 billion, including weight-loss surgeries. On average, celebrities who endorsed weight-loss products earned anywhere from half a million to three million dollars.

Even more interesting is that the same companies that sell us delicious, processed foods are often the same ones that own weight-loss brands. Like Unilever, which owns both Ben & Jerry's ice cream and Slimfast. Or Nestlé, the food giant that bought the Jenny Craig diet brand in 2006 (and partially sold it off in 2013).

So what does that mean for the potential fat-burning fix researchers are working on? If it works, what's wrong with using it instead of exercise for people who don't want or have the time to hit the gym?

It might seem like common sense, but there's no such thing as a free lunch. Especially when it comes to your health. A genuine, well-researched fat-burning product would undoubtedly help people lose weight. If they have no other choice, it could well be a lifesaver.

But relying on it (or any other diet product) could also cost you the proven health benefits that can only be gained through exercise.

No fat burner or diet pill is going to strengthen your heart or improve your lung capacity. It can't keep your bones and muscles strong and help avoid problems like osteoporosis. And it certainly won't increase endorphins or have the proven mood-boosting benefits of regular exercise.

The bottom line? Save the quick fixes in your weight-loss regime for a salad—or even the occasional double bacon cheeseburger.

S.D. Livingston is the author and creator of the Madeline M. Mystery Series for kids, as well as several books for older readers. Visit her [website](#) for information on her writing.



In Conversation With Steve Bell, Part III

Wanda Waterman



Steve Bell is a singer-songwriter, guitarist, and record producer from Winnipeg, Manitoba. In 1989, after years of having worked with other artists, he experienced a spiritual awakening that led to the creation of his own label— Signpost Music— for which he went on to create fifteen solo albums. He's now marking the 25th anniversary of Signpost with a multi-disk recording project, Pilgrimage, and a tour of Canada.

A feature-length documentary is now being made about his life and career. He's won many awards, including two Junos. Recently

he took the time to answer Wanda Waterman's questions about his projects, the state of the world, and what inspires him.

"After silence, that which comes nearest to expressing the inexpressible is music."

- Aldous Huxley

Do you have any thoughts on the state of the world?

The first thought that comes, when I think about "the world" is that when God first saw it complete he was very, very pleased. I suppose what we've done with it since is what we'd call the "state of the world." And when I think about that, I am encouraged that Christ has come to redeem it.

I've travelled a lot and witnessed many sorrowful things. Human and environmental loss in our day is staggering. Sometimes I'm afraid; sometimes I think God lets me share a bit in divine grief. But, ultimately, I have confidence in the sovereignty of God.

Julian of Norwich famously wrote, "All shall be well, and all shall be well and all manner of thing shall be well." It is from this place of trust that I think we have the most to offer.

Are there any books, films, or albums that have deeply influenced your development as an artist?

The movie that most profoundly affected me is *Brother Sun, Sister Moon*, the story of St. Francis.

I'd be a very different songwriter and musician today had I not discovered Bruce Cockburn's *Circles in the Stream* album when I was 16.

I do read a lot. Two books in particular have had deep impact: Walter Brueggemann's *Prophetic Imagination* and Frederick Buechner's *Godric* loom large. As well as, more recently, Malcolm Guite's *Faith, Hope and Poetry*.

If you had an artistic mission statement, what would it be?

"To encourage Christian faith and thoughtful living through artful word and song."

Tell us about your current projects.

1. I've just released a four-disc set of music called *Pilgrimage*. It includes a disc of all new material, a disc of unplugged fan-picks, a tribute disc of my songs covered by friends and colleagues, and a disc of remixed audio tracks (*sans* vocals) of our favourite tracks from over the years. It all comes packaged with a significant essay on my work, written by Regent College's John Stackhouse, Jr.

2. Also, I'm working on a series of e-books (on the Snippet platform) on the spiritual tradition of the Church calendar year. The series is titled *Pilgrim Year* and offers collections of reflections on Advent, Christmas, Epiphany, Lent, Holy Week, and Eastertide.

3. Refuge 31 has just released a feature-length documentary on my life and work called *Burning Ember: The Steve Bell Journey*. This is their project, not mine, but I do appreciate how they've told the story and think it's quite meaningful, so I'm promoting it as much as I can.

What's next for you?

A nap. Actually, I just wrote a new song the other day. So I guess that means I'm beginning work on a new album. I suspect I'll do more and more writing as the years progress. I think I have a few books in me.

Wanda also penned the poems for the artist book They Tell My Tale to Children Now to Help Them to be Good, a collection of meditations on fairy tales, illustrated by artist Susan Malmstrom.

Success Secrets

Deanna Roney



What are the skills you need to be successful? What are the secrets to success? When it comes to distance learning these are questions we have all undoubtedly asked ourselves as well as other Athabasca University students. There really is no right answer. You will find your own tricks, your own secrets, and your own methods that will work best for you. Perhaps having access to other AU students is very important for those days when you feel isolated and alone. Or knowing what other students have achieved and what they are going through might be infinitely helpful on days when the work left seems unmanageable. That being said, no matter what, you need to have the confidence to rely on yourself and your instincts.

So how did you decide to take on the daunting task of distance education? This is a question I have been asked several times, and knowing the answer is one of the most important steps in my being successful with AU. I was laid up after surgery for twelve weeks and, half way through the recovery, decided I needed something more out of my life; I did not want to be stuck in dead end jobs, with my dream only a shadow in my mind. Going back to a bricks and mortar university did not seem like an option; I had a life where I was and I did not want to leave it—even after I was physically able to move

beyond the couch. Making the choice for myself, by myself, is key to my continued progress through the program. I made this choice, and I make each course selection, so if I hate a course or struggle through a course I have no one to blame but myself, and I will be the one to suffer the consequences if I give up. I began this process to learn, to better myself, and to achieve a dream. I keep this in the forefront of my mind as I work through each assignment and each course.

While keeping in mind the reason you started this process is essential, there are other secrets to success. One of the biggest lessons I have learned—something I wish I had discovered earlier in my program—is to lean on others when you need to and to trust your own instincts. Trusting my instincts and asking the hard questions has been a steep learning curve. I did not trust my skills and I did not want to ask a "silly" question for fear of looking stupid. However, once I broke through my shell and asked the questions I was too afraid to ask, I found they were not common sense questions as I had convinced myself, but were, according to my tutor, very insightful. Getting positive feedback is an incredible morale boost which opened me up to asking more questions of tutors and students. By asking questions you will boost your confidence: you learn your questions were valid, you learn to trust yourself, and, perhaps most important, you clear up any confusion you may have had with the material. To get through this trial we call distance education you need to be open to asking questions and receiving critical feedback.

There is no one answer for every student, but these are a couple tricks everyone is able to use. They've been the two most important methods to keep me moving forward in this virtual university. Keep in mind as you move forward, as you struggle with a course or an essay, why you started. And do not be afraid to ask the "silly" questions.

Deanna Roney is an AU student who loves adventure in life and literature.



Bite-Sized Chunks

This week I've chosen to expand on a previous column about writing an Ethical Will. The reasons for investing the time and energy to create one are numerous and significant. It allows the writer to make her deepest wishes and values known. To leave a tangible legacy behind as a way of being remembered. To confront mistakes and regrets; to inventory our lives; to help us age gracefully and celebrate life even when the end may be grim. To offer our wisdom and life experience to our survivors.

The birth of our second grandson, Kade Ryan, on the 19th was a blessing that emphasizes the continuity of life. An ethical will is a labour of love that will help this small boy learn over time who his grandmother is and was. It gives the writer a voice and a platform that might otherwise be hard to manage in today's busy lives. It also allows us to tell our story in our own way and our own words.

Because it is our final gift it will be as different as we are. The solo man in the small class I attended scanned photos of old girlfriends (and wives) and added captions explaining what influence each woman had in his life. Other photos showed schools he attended, bands he played in. Isn't that a helluva lot better than leaving behind boxes of loose photos with no names, dates, or details? One of the women has been collecting letters, programs, and other mementoes that will surely become part of her legacy. She treasures letters written by her mom that reveal the (non-mother) person she was. How often do our kids think of us in any terms other than parent, chauffeur, banker, babysitter, or disciplinarian? Do they know what our peers think of us? What we've accomplished in the larger world? The struggles or challenges we may have hidden from them? What our top ten pieces of advice would be?

What I envision for mine is a personalized one for each kid. It will be a combination of typed and handwritten parts done on archival paper and largely housed in an album. I will adopt the scanned photo idea. I will also include ephemera I may have saved or created during my lifetime. Since I'm a painter, incorporating images seems a no-brainer. Another idea that appeals to me is creating a PowerPoint presentation saved on a zip drive. As much as that is of the moment, we do have to wonder just how long that technology will exist. The written word, on the other hand, is forever. Packaging all this in a beautiful suitcase or treasure box would be the final special touch.

Addressing broad topics like personal information, personal happiness, the role of others, life advice, forgiveness, and final wishes provides the structure of the ethical will. It also makes what could be an intimidating and paralyzing job doable in bite-sized chunks, from where I sit.

Hazel Anaka's first novel is Lucky Dog. Visit her [website](#) for more information or follow her on Twitter @anakawrites.

Writer's Toolbox

Whose Line Is It Anyway? Part II

Christina M. Frey



In last week's Toolbox we sorted out the meanings of *whose* (indicates possession) and *who's* (a contraction of *who is*). This week we'll look beyond spelling at usage—and debunk a non-rule that's been confusing writers for a long time.

People and Animals

Whose is the possessive form of the pronouns *who* and *which*. There's no question that it applies to animate objects—people and animals—even if they're described generically:

Example A: I asked whose party she would be attending. Here, *whose* refers to some unnamed person or group of people. It's clearly correct.

Example B: I joined the student group whose activities most interested me. The speaker is talking about a student group's activities, and since the group is presumably made of humans, there's no issue here either.

Example C: Her dog is the one whose tail is wagging. Animals—whether pets or not—are considered animate objects and always take *whose*.

Inanimate Objects

When it comes to using *whose* for inanimate objects—things that aren't alive in the same way as humans or animals—things become tricky. Correct or not?

Example D: Hand me the bottle whose label was smudged.

There's a "rule"—note the quotes—that says never to use *whose* for an inanimate object like a plant, vehicle, house, book, or anything else that can't interact or show feeling (that we know of). According to that rule, Example D would be incorrect; it should use *of which*.

You don't have to follow that rule.

Although some may insist otherwise, there is no grammar or usage rule forbidding the use of *whose* for inanimate objects. In fact, applying the rule and substituting *of which* or something similar can lead to clunky, awkward prose at best. At worst, it might make your writing incomprehensible. Contrast Example D with the following:

Example E: Hand me the bottle of which the label was smudged. This sentence is unwieldy; in fact, so much so that the reader may need to take a second look to figure it out. Example D is clearer, cleaner, and perfectly acceptable.

Two more to compare:

Example F: The dealer brought out a car whose trunk appeared damaged.

Example G: The dealer brought out a car of which the trunk appeared damaged.

Example F—which uses *whose* to refer to an inanimate object—is much less stilted and is therefore easier to read.

Workarounds

What if your professor or editor is a stickler for this "rule" and insists that you avoid *whose* for inanimate objects? In that case, rework the sentence to avoid both the much-maligned *whose* and the clunkiness of the *of which* construction.

Example H: Hand me the bottle with the smudged label.

Example I: The dealer brought out a car, but its trunk appeared damaged.

There's always a workaround, but when in doubt, remember that *whose* can refer to any object, whether animate or inanimate.

Christina M. Frey is a book editor, literary coach, and lover of great writing. For more tips and techniques for your toolbox, follow her on Twitter (@turntopage2) or visit her [blog](#).



The Travelling Student Cliffs and Kippers

Philip Kirkbride



My name is Philip Kirkbride. I'm a college graduate from Ontario studying at AU. I've always wanted to do an exchange program or study abroad but never found the right time to do so. This is part eight in the story of how Athabasca University has allowed me to create my own study abroad program. In part seven we drove along Route 138 connecting Quebec City to the Cote du Nord region of Quebec . Matt's crazy driving almost gave me a heart attack but in the end ensured we were ahead of schedule. After having a homemade beer outside the car we approached the ferry guard.

The guard walked up to the car as Matt rolled down his window.

"Bonjour"

Matt replied with a "Bonjour" with enough of an English accent that the guard simply smiled, realizing we knew almost no French, and waved us along saying "straight ahead."

Within minutes the ferry was packed with transport trucks and cars. Many of the cars seemed to be travelers like us, though I think most of them were from other parts of Quebec heading north for vacation. We saw other

travelers getting out of their cars and standing along the rail. We did the same. The view was incredible, we went up to the second level of the ferry where a Quebec flag proudly blew in the wind. The water looked clean, and on the other side of the river there was a strip of rocky cliffs. It looked like the next segment of our ride would be hilly, to say the least.

After about ten minutes we were nearly across. We got back into our car and, as the gates of the ferry opened, we drove off when it was our turn. We expected to pay a toll or fee to cross so we were happy when we drove off without having to pay.

After about an hour of uneventful driving Matt's stomach started to growl. I mentioned in the last article that I have a rule for myself where I try to limit each meal to under ten dollars. Well, this can be challenging enough in itself, but it's even more challenging with Matt. Matt, unlike me, will simply go into the first restaurant he sees and order whatever he feels like without ever considering price. Often this leads to bills of fifty dollars or more.

This has always been Matt's style. He works extremely hard and makes good money but will spend that money just as quickly as he earns it. In grade nine he already had a job making twenty dollars an hour roofing. While most of my classmates were scraping together change to make value menu purchases, Matt went all out, ordering mammoth style meals of amazing quality and leaving everyone else in awe.

Not much had changed since then. Knowing this I suggested we stop at a General Store that was coming up before he could suggest a restaurant. He agreed, not surprisingly, saying he was hungry. The general store was a combination of variety store and grocery store. I imagine it was one of the few, if not the only, stores in the small town of a thousand or two.

As we walked in I got the impression that we were the only English people to have walked into this store in months. Matt and I talked about what we should get, other customers looked at us like we were rare specimens that they would surely mention to their families that night over dinner. We loaded up on a few loaves of bread, peanut butter, and kipper. I'd never had kipper before but Matt explained it was amazingly good canned fish. At \$2.20 a can I couldn't complain and threw ten cans into our cart.

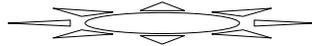
Given that we already got odd looks going into the General Store, I imagine they must have thought we were something special when, before getting into our car that was packed completely full with saws and equipment, we each popped open a can of kipper and ate it with our hands. I enjoyed it, though it's a flavour I don't think many would appreciate. I happily got into the car knowing I'd far exceeded the budget expectations. Yes, I know what you're thinking, "student life can be sad," but we really did enjoy those kippers.

With only two hours to go until we reached camp we sped up the steep cliffs. They were probably the steepest roads I've ever driven on. At certain points the car sounded like it was going to fail and start rolling backwards down the hill. It took an hour of going uphill before we were finally on flat ground again. Or so I thought. Then we turned a corner and started going down a hill just as steep. The hill was so steep and long that had Matt not pressed on the brake I'm sure we would have hit speeds of 200km per hour.

As it was, Matt let the car get up to 150km per hour before we approached another car in front of us and he was forced to slow down. This was a huge relief for me, as I wasn't in the mood to be severely injured in a car crash. There were several small turns as we went down the hill that led to rows upon rows of barrels filled with

water (about ten by twenty five). These were for transport trucks or cars who might lose control or have their brakes fail to gracefully crash into. And by gracefully, I mean sustaining only minor injuries instead of sure death.

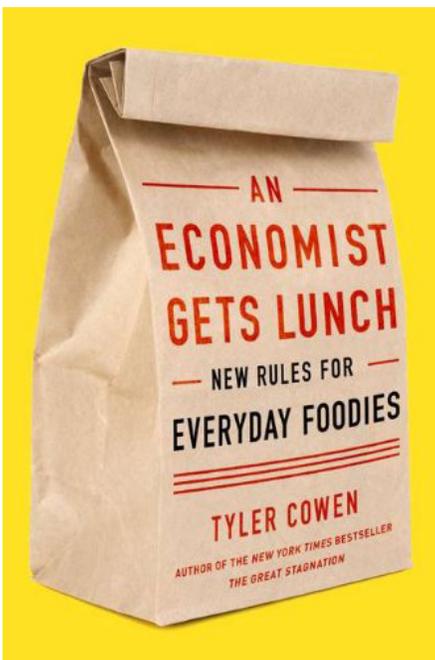
After a few minutes Matt pulled around the car in front of us and proceeded to speed down the hill. We approached a huge turn, still downhill. There were several warning signs cautioning us to slow down. Matt slowed down slightly but we were still speeding. "Slow down!" I yelled at him. He laughed and I leaned my body in the opposite direction of the turn and braced myself for a crash.



The Travelling Student Book Review

Philip Kirkbride

An Economist Gets Lunch



I'm a college graduate from Ontario doing upgrading my diploma to a BA through Athabasca. I received an invitation from a childhood friend to go on a several month long trip, first to Northern Quebec, with plans to go to Australia later. All this while writing articles about it and doing odd jobs along the way to help fund it all.

In some of my recent articles I mentioned that, as a general rule, I try to spend around ten dollars or less on each meal while traveling. Of course, I will break this rule for special occasions, but for the most part I've stuck to it. While a lot of people assume that this means I don't eat well, this is not the case at all. Last night I had a wonderful Australian Steak, a glass of local wine, and an old fashion rice pudding made with some of the best and freshest cherries I've ever had.

Eating well cheaply has been something I've always been a bit interested in, but a book I've recently read called *An Economist Gets Lunch*, by Tyler Cowen (an economics professor at George Mason University as well as popular food critic), has really allowed me to take my game to the next level. I'm not going to review his book here though I will say it's a great book. Instead I'm listing five key lessons from the book that have allowed me to eat like a king on a student budget.

1. **Eat what the Locals Eat:** One of the biggest money wasters I see when it comes to food is sticking to old habits. I'm currently in Australia where beer prices are sky high. Instead of sticking to my old habit of an occasional beer I'm now drinking wine. Australia is a big wine producer and because of this the same wine that might cost \$20-\$30 a bottle in Canada can be had for less than \$10 here.

Another aspect of this is local competition. Essentially, when many restaurants compete the result is good food at a better price. Tyler Cowen explains this with examples from his experience.

"I walked around and I noted about five vendors selling the same thing: fried chicken with French fries - El Salvador style, as it was called. Five looked like a lot of vendors in this square. It was a sign of a healthy, competitive market, as any economist might tell you. I figured the chicken was from those local farms, so I ordered some from the freshest-looking stand. If it wasn't any good I could just leave it and go to El Mediterráneo. But it was delicious - as good as the fried chicken you get in those hot-spot

Manhattan restaurants experimenting with the concept, for instance Jean-Georges's place on Perry Street, where I recently had inferior fried chicken for more than ten times the price. – Total Price \$2"

2. **Abstaining at Popular Drinking Spots:** Tyler Cowen explains that many restaurants make the majority of their profits on drinks. In some cases food will actually be a loss leader. This was the case at my favourite restaurant in Quebec City, Le Bureau de Poste. After observing a huge line to get into the restaurant several days in a row I decided we needed to check it out. Every food item on the menu had a flat price of five dollars, and despite the low price the portions and quality were amazing. Of course most people got a drink to go along with their food which would cost anywhere from six to ten dollars even for pop. By opting for the free water I enjoyed many nights out with an appetizer, entrée, and water for fifteen dollars including taxes and tip.
3. **Don't Go for the Atmosphere:** Another golden rule described by Tyler Cowen only really applies if, like myself, you're going to a restaurant first and foremost for the food. If you're looking for somewhere special for a special occasion feel free to skip this tip. According to Tyler Cowen, a good atmosphere at a restaurant is going to mean either higher prices or lower food quality. As a somewhat extreme example take, for example, the 360 restaurant on the top of the CN Tower in Toronto. While the view is incredible, you can expect to pay a hefty price for the food, which is just pretty good.
4. **Cook at Home:** This one is obvious but still important. By cooking at home you can increase the quality of your meal while lowering the cost by cutting out the labour and serving costs. Combine this with the first tip of eating seasonally and locally and you'll be off to a good start.
5. **Explore Ethnic Foods:** You don't have to go far to enjoy exotic flavours. Most cities of even a few hundred thousand in Canada have a few ethnic markets. In addition to trying new food you'll also save money. Tyler Cowen describes how ethnic shoppers being more price sensitive leads to lower overall prices. One particular example he describes is fresh produce in Asian food markets. Many Asian food markets will use fresh produce as a loss leader (similar to the alcohol example) in order to get customers into the store buying other things.

If you find these examples useful or have an interest in both travel and food I encourage you to read *An Economist Gets Lunch* by Tyler Cowen. The first chapter in its entirety can be read for free [online](#).

DID YOU KNOW?

The Voice has a Christmas Break



There will be no December 5th issue of *The Voice Magazine* this year, as your editor is taking a short break. However, regular issues of *The Voice Magazine* will be available for December 12th and December 19th.

Also, as usual, the Voice will go on hiatus for Christmas week because, let's face it, you're all going to be too busy anyway, and that includes our writers.

January 2nd will see our Annual Best of the Voice issue, and we'll return to normal publishing as of the January 9th issue.

Enjoy the holidays, folks!

The Mindful Bard

The Cabinet of Dr. Caligari

Wanda Waterman



Film: *The Cabinet of Dr. Caligari*

Director: Robert Wiene

Writers: Carl Mayer And Hans Janowitz

Restoration: Friedrich-Wilhelm-Murnau-Stiftung, Wiesbaden

"There are spirits everywhere. They are all around us. They have driven me from hearth and home— from wife and child."

- Narrator, *The Cabinet of Dr. Caligari*

The above lines pretty much sum up the sense of trauma and alienation that afflicted post-war Germany in 1920. German Expressionism, a movement that had begun with painting, was now experimenting with the medium of film, and *The Cabinet of Dr. Caligari* is now recognised as the first and most spectacular example of expressionism in film. It's since become essential viewing in many film studies courses and part of the canon of movies that have influenced the style and substance of the art form.

It's not an easy flick to watch, and you might want to follow it with the feel-good flick of the season, if not therapy. In one *Portlandia* episode, for example, a mail deliverer strikes up a conversation with a young female resident, a fellow movie buff, on her choice of Netflix disks. He insists she watch *The Cabinet of Dr. Caligari*. She has no interest in serious, disturbing films, but after repeated nagging, she watches it and actually likes it. This frees the deliverer from a curse; now she's the mail deliverer. He gets his old life back but she's doomed to keep delivering mail until she can break the spell by getting someone else to watch *The Cabinet of Dr. Caligari*.

And yes, those of us who've seen it are mysteriously doomed to pressure others to watch it too. So here goes.

Even though it was first released in 1920, the cultural relevance of *Caligari* as well as its recent return to public scrutiny via the restoration of the original camera negative to 4k quality (the latest development in digital film technology—a horizontal resolution of more than 4000 pixels) qualifies it for a Mindful Bard recommendation.

The first and last scenes have a natural setting—the deliciously morbid late autumn garden of a palatial building. But sandwiched in between we find a bizarre nightmare; the characters move in and out of a set that Dr. Seuss might have designed had he been a nihilist; street, carnival, bedroom—all are like the house that Jack built, crooked and jagged with light and shadows painted on, the perspective all awry. (I do hope some avant garde filmmaker will see the aesthetic—and budgetary—value of this kind of set and reinterpret it in his or her next film.)

The opening shots are like nothing else you've ever seen: gothic, enigmatic, and full of atmosphere. You see the exaggerated acting you expect of silent films, and yet each character communicates a level of authenticity,

allowing a gritty intensity to peep through (when the narcoleptic Cesare awakens, his regard is absolutely jarring).

In the opening scene the young Francis is sitting in the garden with a man who looks like a clergyman. A beautiful girl in a white dress glides by in a daze. Francis says this girl was his fiancée, and he begins to explain to his companion how she became transformed into this wraithlike apparition.

In perhaps the first flashback in film history Francis and his friend Alan visit a local carnival. They encounter the hypnotist Dr. Caligari, who keeps the somnambulist Cesare in a coffin, only waking him up to demand that he tell the future to paying fairgoers. Cesare predicts that Alan will be dead by dawn. That night Alan is murdered in his bed.

The murderer can't really be held to account because he's insane. Like the horror movies that have appeared since, this flick gets all the facts wrong about the mentally ill and exploits society's fears of psychotic behaviour; nonetheless the film wisely observes that madness can be overcome only when its source and origins are brought to light, where it can be trapped, examined, and disarmed by reason.

This seems to be something that Germans, and Europeans in general, needed to think about at this time (whether they did so is another question). It's almost as if the German artistic sensibility, destabilised by the recent shock of World War I, felt driven to explore its own common unconscious in order to regain some balance.

It's almost as if the German artistic sensibility, destabilised by the recent shock of World War I, felt driven to explore its own common unconscious in order to regain some balance.

The result is slightly prophetic, and the film makes reference to prophecy within itself by making of the somnambulant Cesare a kind of prophet. Dr. Caligari uses hypnosis to create a kind of zombie slave out of Cesare, in much the same way European fascists were soon to start using propaganda to get "nice" people to perform, or at least permit, atrocious acts against fellow citizens.

At the same time the film raises the question of moral accountability. Who, after all, is really committing these murders, and how can he be held accountable? The twist in the ending throws all such philosophical musings to the winds.

The Cabinet of Dr. Caligari manifests six of the Mindful Bard's criteria for films well worth seeing.

- It's authentic, original, and delightful.
- It poses and admirably responds to questions that have a direct bearing on my view of existence.
- It stimulates my mind.
- It gives me artistic tools.
- It makes me want to be a better artist.
- It makes me appreciate that life is a complex and rare phenomena, making living a unique opportunity.

Wanda also penned the poems for the artist book They Tell My Tale to Children Now to Help Them to be Good, a collection of meditations on fairy tales, illustrated by artist Susan Malmstrom.

Music Review

Kalen & The Sky Thieves: *Bluebird*

Samantha Stevens



Album: *Bluebird*

Artist: Kalen & The Sky Thieves

Sometimes we all need music that we can just sit back, listen to, and sink into the sounds and rhythms as they gently roll over us. *Bluebird* by Kalen & The Sky Thieves is full of music that will wash away all the stressors of the day.

Formed in 2012 in Brooklyn, New York, Kalen & The Sky Thieves create music that emanates from the heart. Inspired by bands like The Doors, Radiohead, Pink Floyd, and Pat Benatar, they are best

described as a blend between moody rock and roll and psychedelic rock—with a dash of jazz and a pinch of folk. The lyrics speak of love, loss, and the human soul, and the music flows from the emotion in every word.

Each song on this album has something different to offer. "Mother Time" is true to its rock and roll roots with gripping guitar and roaring soul-filled lyrics. For fans of slightly harder rock, this song will hit the spot.

"Moon of May" offers a more of an electronic feel, reminding me of The Eurythmics's music of the late 90s. This song is at the opposite end of the music spectrum from the previous track. The singing is soft, sensual, and flows like gentle waves on a sandy beach on a cloudy day. The rolling drums and muted bass foretell of the coming storm somewhere over the horizon.

Back to a grittier rock sound, the song "Never Ending Winter" is bold, brash, and unforgiving. The classic rock and roll sound combined with a funk rhythm creates an empowering song, and the singer takes full advantage of the music, moving from female rock vocals to softer folk vocals throughout the song.

If I had to pick a favourite song on this album it would be the title track "Bluebird." The singing is jazz, rock, and blues all in one, with a touch of a whispered promise in the ear. The grinding electric guitar is cocky and brash, but at the same time sensual. The song is the perfect demonstration of this band's diverse musical talent. It begins with jazz infused rock and by the end of the song the rock and roll is loud and in your face. This song reminds me of music from No Doubt and Garbage in the way the sound transforms gradually throughout the song.

Overall, *Bluebird* is an excellent album to listen to at any time, but especially when you need music that will pick you up and stay with you through the good and bad times. This album is available on iTunes, and be sure to check out the band's other music on their [website](#).

Samantha Stevens is an aspiring writer who loves combining her love for literature with photography, painting, music, and all creative pursuits.



Efficient Ways Possible by Ace McCloud.

Study Tips from a Semi-Anonymous Friend

There is nothing more that The Study Dude wants for you than to know that you are truly a very special person—one that this world desperately needs—and all of your contributions to humanity are meaningful, worthwhile—and life-giving.

Well, in these articles, as The Study Dude, I'll try to give you the study tips you need to help make your learning easier. I'll also give you straight and honest opinions and personal anecdotes—even the embarrassing ones that you wouldn't ever dare read about from any other study tip guru.

Today's study tips are based on a reading of *Study Skills: Discover How to Effectively Learn Anything in the Most Effective & Time*

Ways to Make Your Study Environment Irresistible

Let's face it, as the Study Dude, I'm a little neurotic when it comes to things like aromatherapy and Feng Shui (more in theory than in practice, however). Yes, I love sniffing sweet scents so much that I discovered that if I smelled Chinese medicine bottles, and if they appealed to my sense of smell, that meant that the medicine might be useful to me. (Be warned: This is not a wise medicinal strategy nor a substitute for doctor's advice--just a Study Dude quirk.) In the process of sniffing Chinese medicinal bottles, I discovered that I had a fondness for the scents of the medicines for the eyesight (I have very bad vision) and for Melatonin (most pronouncedly when I was having sleep issues), so there seemed to be some merit to the power of scent, however unorthodox.

Aromatherapy sellers, too, say that if you have a particular affinity for a scent, it means it has some type of medicinal/therapeutic benefit for you.

So, why not make your study environment one that appeals to your cravings. Here are some tips on making your study environment absolutely irresistible:

- Purchase an aromatherapy kit (Saje sells kits that let off steam and run on electricity), and invest in scents that aid in concentration and memory, such as peppermint, rosemary, juniper, berry, and sage. Some scents (such as lavender) also aid in sleep quality.
- Listen to brainwave music that has frequencies that will catapult your thinking prowess to the next level. Some recommendations include youtube videos under the headings of "[Study Smarter Not Harder](#)," "Study Aid Binaural Beats," "Binaural Beats: Focus, Concentration, Study Music," and "Study Aid for Super Learning and Memory"
- Make your environment quiet, with the exception of the brainwave music listed above.
- Have a clean, stress-free work area. Clutter makes for a stressful environment, so to ease the nerves, keep your work area clean.

(McCloud, 2014)

The Study Dude listened to the brainwave music, and the "Study Smarter Not Harder" clip from the link included above was excellent—highly recommended.

The Philosophy of Studies

There is a mindset that comes with effective studies. The Study Dude was relentless with devoting time to studies and exercise in the graduate program. Every single free minute was dedicated to one of these two pursuits. If I wasn't exercising excessively, I was hitting the books. Fifteen minute intervals? I'd be studying. Ten minute ride in a passenger seat in a car? I'd be studying.

Further to that, studying wasn't just a goal for me, it was a matter of necessity—a dire, all-consuming need for achievement. The grade meant everything.

Now that I've achieved two degrees, studying is more for skill development. The grade is less important to the skills I aim to acquire and the sheer enjoyment of learning. The one most important thing I gained from studies is the desire for lifelong learning.

Here are some tips on how to prepare your mental state for studies:

- Treat school like it is your nine-to-five job. Demonstrate to your employers that you have what it takes to be a success.
- Ensure that you find something to be excited about in each and every course. Re-examine your passion periodically to ensure that your chosen major truly speaks to your heart. After all, it is a commitment that can change the course of your life.
- Set and review your academic goals daily—and be sure to apply to your major early on in order to get an established footing in your intended direction.
- Keep calendars and agendas for your homework, assignments, and extracurricular activities.
- Build a positive, strong rapport with your instructor.
- Try to align extracurricular activities with your educational direction. If you want to go into journalism, write for the school newspaper.
- Set all of your short-term goals so they are geared toward long-term objectives.
- Take courses that take you a little outside of your comfort zone—that challenge you—to keep you from growing weary with boredom.
- Visualize the future that your academic success will provide for you. Relish in this vision as it will be a motivator particularly when times are tougher.
- When you start to worry excessively, break the cycle and meditate, do yoga, or exercise instead.
- Read self-help books in your spare time to feel better about yourself.
- Use software called Subliminal Power to incorporate subliminal messages that you are able to design onto your computer system. It costs between \$40 and \$50, depending on what format you get the software.

(McCloud, 2014)

Actual Study Strategies

The Study Dude wants you to succeed academically, so it is important to rehash the basics with you, the beloved reader, every now and then.

So, here are some tips to get you in gear for hitting the books:

- Take good notes by using abbreviations and your own shorthand system for common burdensome words (like b/c for because). Don't write in full sentences and if ideas are repeated in the lecture, be sure to place a star beside it for further emphasis.

- Don't speed read textbooks. Skim read, and be sure to write a reaction to the writing when you are through to aid in memory retention. Pay initial attention to things like headings, subheadings, and conclusions. Then, move on to reading the first and last lines of every paragraph in your initial cursory summary skim.
- When writing a paper, narrow your topic, make a thesis statement, and verify statistics that you may use in order to determine their validity.
- Use flashcards to aid in memory retention.
- Make master lists of key terms, themes, etc.
- Use mnemonic devices such as acronyms to remember lists and other elements. Use wild visual associations with words to aid in memory.
- Review your notes and engage in positive self-talk right before an examination. Ensure you read directions before taking the exam. Note total exam times and points allocated to each question to get a breakdown of how much time you should spend for each topic. Be sure to leave time at the end.

(McCloud, 2014)

If you liked these basics, and especially if they are new to you, check out some of the earlier Study Dude articles that placed emphasis on mnemonics or basic study tips.

So, there's nothing to fear. The Study Dude is determined to make right for you all the wrongs I made in grad school—one A+ at a time.

References

McCloud, Ace. (2014). *Study Skills: Discover How to Effectively Learn Anything in the Most Effective & Time Efficient Ways Possible*. Pro Mastery Publishing

INTERNATIONAL NEWS DESK

At Home and Abroad



At Home: Want to Work at Google? Go to Waterloo.

Steven Woods, Engineering Director at Google has stated in an [article](#) in the Canada Business Review that the University of Waterloo is one of the top places that global search and advertising giant, Google, finds new employees in.

Known for its benefits and significant freedoms that it grants employees, Google is the world's most desired employer, [according](#) to a report by Forbes Magazine. And Dr. Woods says, "The University of Waterloo is obviously a very strong attractor of top engineering and computer science students from the world over . . . this has been a very productive place for hiring for us."

Around the Globe: Norway Refuses to Charge Tuition for International Students

What a difference an outlook can make. Here in Alberta, AU students who are outside the province are required to pay an additional "Out Of Province Fee" of \$114, or if they're out of the country, an additional \$334 on top of their regular tuition. And if the students are not Canadian, then the tuition itself is doubled. Meanwhile, Norway has just decided to [scrap plans](#) to start charging Non-European students any tuition at all. While they are concerned about international students who do not stay to work and help Norwegian society, they have apparently decided that, overall, the benefit of having an educated populace, even if they are not native Norwegian, is worth the investment. It's interesting to note that Norway also has a higher GDP per capita than Alberta. Perhaps there's a correlation there.



Dear
Barb

Barbara Godin

Christmas Conundrums

Dear Barb:

Less than one month till Christmas and I am so stressed out! This will be my first Christmas with my husband as we just got married in June. I was looking forward to us having an intimate Christmas morning together and then going to families' for dinner. Well it doesn't look like that is going to happen! Both of our parents are divorced and remarried and we have received invites from both sets of parents. We also each have a sibling who is married with children, who we would like to see at Christmas. I really don't want this to cause problems between my husband and myself, but we are already arguing. How can we get through this and still keep everyone happy? Thanks, Melissa.

Hi Melissa:

You probably won't be able to keep everyone happy, but you should be able to reach a compromise. Have you thought about alternating Christmas and Boxing Day? You could go to one parent on Christmas Day and the other parent on Boxing Day, that way you will get to see everyone. If you can't decide which parent to go to this year, put both names in a hat and choose one. Explain to your family that this is what you have decided to do. It's fair and reasonable and should keep everyone happy for now. Eventually, when you have your own family you may choose to stay home to celebrate Christmas, however that's an issue for another day. Thanks for writing and enjoy your holidays.

Dear Barb:

My wife and I have decided to go vegan and this will be our first meatless Christmas. My sister is very upset and says we are going to ruin my mom's Christmas dinner if we don't eat turkey. She says we should suspend our vegan diet for the day. We have worked very hard at learning to eat this way and neither of us wants to ruin it all for one day. Besides we are not sure how our bodies will react to meat after so long without any. I have suggested we bring our own food, my sister says that is rude and mom will have a fit! Do you have any suggestions on how we can all enjoy our Christmas dinner together? Thanks, Brad.

Hey Brad:

Have you discussed this with your mother? It seems your sister is making assumptions and decisions about how your mother would feel. Discuss with your mother that you would like to bring some vegan dishes for Christmas dinner. Moreover there are a lot of traditional Christmas side dishes that you and your wife would be able to eat, such as potatoes, squash and other vegetable dishes, as long as margarine is used in place of butter. Dinner could be joint effort with a wide variety of dishes. Your mother will most likely welcome your contributions. Enjoy!

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



AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

This space is provided free to AUSU: The Voice does not create this content. Contact ausu@ausu.org with questions or comments about this page.

Featured AUSU Member Service: Awards

AUSU offers a variety of scholarships, awards, and bursaries for members. Here are some with a pending application deadline of **November 1**:

Academic Achievement Scholarships reward scholastic excellence. The applicant with the highest GPA over the last thirty credits will receive the award.

Overcoming Adversity Bursaries help students in financial need. Special consideration is given to those who have other challenges such as disabilities, single parenting, and extraordinary financial concerns.

Returning Student Awards recognize the commitment of students who return to university after a long break.

Balanced Student Awards reward students who balance multiple life commitments with university study.

Student Service Awards recognize those who provide outstanding support to students or their community.

For more information on these and our other awards (the Emergency, Computer, and Travel Bursary), visit the [AUSU awards page](#).

AUSU Featured Groups & Clubs

Group Name: **AU - Bachelor of Commerce**

Where: **Facebook**

Members: 171

About: Members are typically B.Comm students or students taking business courses. The members of the group typically discuss their views and tips on courses.

Activity: Active several times a week but not daily.

Great AU Finds Online

Counselling Assessments – Am I Ready for studies in ...? Counselling Assessments – A series of review modules to test your skill in a variety of subjects (currently there are assessments for English, math, chemistry, Microsoft Access, and computing science). Use these to determine if you need to brush up on a subject before diving in to a

IMPORTANT DATES

- Nov 28: Last business to extend courses ending Dec 31
- Dec 10: registration deadline for a Jan 1 start date
- Dec 10: AUSU council meeting
- Dec 24: Last day AU & AUSU open before winter break
- Dec 25 – Jan 4: AU & AUSU closed for winter break
- Jan 5: AU & AUSU reopen

course, or just for fun. Also, Mapping Your Future helps you choose an occupation.

For links, see:

http://counselling.athabascau.ca/assess_yourself.php



This Week at lynda.com

lynda.com experts have curated playlists to get you started. With hundreds of lists on a variety of subjects, there is something for everyone. Visit the playlist center for more information and enter the playlist title. This week's featured list:

Master Office 2013

Microsoft Office products are needed for almost every AU course. Mastery of these products is not only beneficial to your schooling, but also for many jobs. Although using the most basic functions of Word and Excel is almost intuitive, there are so many other functions that that can help you put out superior work. Take the time to get to know your tools. Use Lynda.com.

- Office 2013 New Features
- Excel 2013 Essential Training
- Word 2013 Essential Training
- Outlook 2013 Essential Training
- PowerPoint 2013 Essential Training
- Up and Running with Office 365
- Up and Running with Lync Online

Courses: 7

Duration: 24h 8m

Skill Level: Beginner

Have you signed up for lynda? It's free for AUSU members. To learn more, check out ausu.org/services/lynda.php

CLASSIFIEDS

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

THE VOICE

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www.voicemagazine.org

The Voice is published every Friday in HTML and PDF format.

Contact *The Voice* at voice@voicemagazine.org.

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