

THE VOICE

MAGAZINE

Vol 24 Issue 37 2016-09-23

Minds We Meet

Interviewing Students Like You!

AU Scholarship Spotlight

Breaking Down What You Can Get

Owning Your Choices

No Matter The Reason

Plus:

From Where I Sit

The Doppleganger Cure

and much more!



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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.

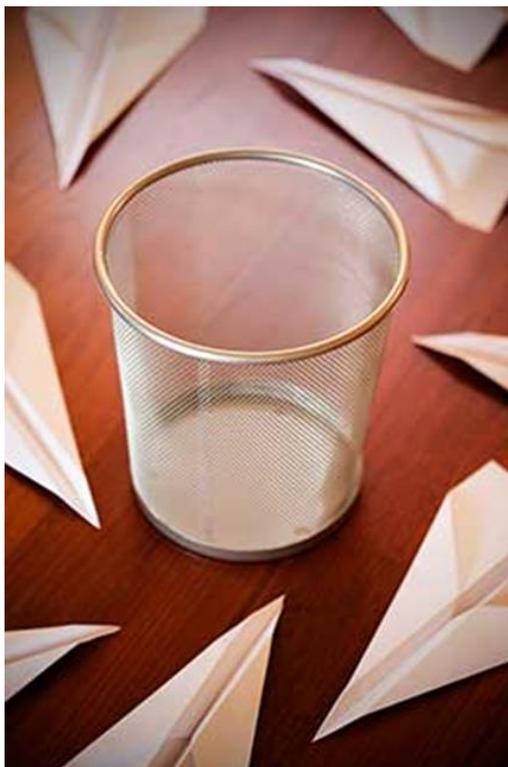
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

EDITORIAL

Your Choice

Karl Low



The AUSU By-Election is now in full swing. The candidates have each put up a short biography that you can see at [this link](#), and you can also go to the [election forums](#) that AUSU has set up if you want to be able to speak directly to them. At this point, only five of the nine candidates have bothered to put up their own candidate biographies (the ones in the forum aren't limited by the short word count of those on the AUSU site) and only three questions have been asked—all by current AUSU Councillors.

This really gives the whole thing the feel of some serious inside baseball. And that's not how it should be. Remember, these are the people who will be advocating for things that could make your schooling easier, or harder. Cheaper, or more expensive. More relevant, or not. It makes sense that if you're concerned about the value you're getting out of your schooling, you should be a little bit concerned about where these candidates are coming from.

On the other hand, this lack of concern suggests to me that people feel that the student council is currently doing a reasonable job, because if students were concerned about anything, there'd be more commenting and questions going on. However, maintaining that satisfaction is exactly why people should be getting involved. With a council of nine that has over a year and a half left until the next election, the addition of two new people is a significant change to the group, and there's more than enough time left in the term for that change to possibly turn things very sour indeed.

And on the other side, if students choose well, it could also give council extra energy and creativity so as to be able to tackle old problems in new ways. It really all comes down to us. Would you prefer regular texts still be available, or would you prefer that the university lower the course materials fee because we only get e-texts now? These are the types of choices that council will have to make as they advocate for students, so knowing what those who are running feel is more important matters. Register for the forums, it only takes a minute or two, read what's there, and most importantly, ask something that matters to you.

Meanwhile, here at *The Voice Magazine*, our feature article this week is our interview with student Marilyne Whitty. This extremely busy student has some interesting ideas of things AU could do to improve. We also have a look at some of the upcoming Athabasca University Awards. With the deadline of October 15th rapidly approaching for some of these awards, *The Voice Magazine* breaks down what you need to qualify for these awards. Also, Deanna Roney continues her exploration of motivations, and the importance of being willing to accept what drives you.

I also want to draw your attention to the Women of Interest short this week, as it brings us a tale you don't see very often, a woman inventor, and how her now-household product was originally created. And that doesn't even get into our reviews, advice, news, or entertainment features we've got to keep you busy this week. Enjoy the read!

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

MINDS WE MEET



Marilyne Whitty is completing AU's bachelor of human resources and labour relations degree from her home in Ottawa, Ontario. This 33-year-old mother of two is using a short leave of absence from her full-time position as an HR Generalist with Youth Services Bureau of Ottawa to work on the remaining 6 courses required to complete the degree. Having been working in the field of Human Resources for 12 years, she already holds a 3-year business administration college diploma with a specialization in management.

What brought you to Athabasca University?

I decided to pursue the human resources and labour relations bachelor's degree through Athabasca in order to help further my career, as many employers require a bachelor's degree for Human Resources positions, especially management positions. Also, the HRPA association requires a degree to grant the CHRL professional level designation. Completing a degree has been one of my goals for a long time.

The post diploma bachelor of human resources and labour relations at Athabasca program allowed for a significant amount of transfer credits from my college diploma and is enabling me to pursue a degree program that is directly related to my field of work. The program seemed like a

perfect fit for my goal of obtaining a bachelor's degree.

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

When I'm not studying or working, I'm spending time with my family. I like to travel so most of my free time is spent planning vacations and going places with my family.

Who in your life had the greatest influence on your desire to learn?

Definitely my mother. She's always been a great advocate for post secondary education and she motivated me to pursue my academic goals.

My boss (and mentor) of 11 years has also encouraged me greatly to pursue my goal of completing a degree.

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

I really like the flexibility. I like being able to make it work around my life. Also, I like being able to sign up for courses at the beginning of any month.

I wish there was more structure and deadlines other than the 6 months allowed to complete a course. I thrive on deadlines.

I miss the interaction within a regular classroom. I sometimes wish I was able to bounce ideas off other classmates. I miss the community of students pursuing common learning goals and feeding off each other. I miss attending professor's lectures and lesson presentations. I like that professors can put more emphasis on important information in a live classroom and they can also link the information back to personal experiences that they have.

But the flexibility provided by AU outweighs everything else.

Have you had a time when you wavered about your education?

Absolutely! In 2007, I enrolled in the same program and signed up for a course. A lot of things were going on in my life at the time and I got overwhelmed and I did not complete the course. That was my first attempt at distance education and my previous education was done in French so it was a big adjustment do a course at AU and thought "Maybe, distance education is not for me".

When I re-evaluated my options for furthering my education in 2014, I concluded that AU was still the better option out there for me therefore I re-enrolled and completed my first course successfully.

What was your most memorable AU course?

My most memorable course at AU is the first course I completed successfully: Employment Law HRMT 322. I'm interested in employment and labour law therefore I enjoyed the course and got an A. My success in this course gave me confidence to continue with the degree.

What is most valuable thing in life to you?

The most valuable thing in life is definitely my family

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

I don't know if I would say that I have any regrets. I have given up full-time income for a few months to focus on my studies which is financially difficult, but I can't say that I regret it. The most difficult sacrifice I have had to make in order to focus on my courses is the time away from my kids, they're ages 6 and 3 right now. I'm hopeful it will all be worth it in the end. I have not reaped the benefits of those sacrifices yet, but I'm pretty confident it will pay off.

What's the single best thing AU could do to improve your student experience?

The biggest issue I've experienced with AU is the limited tutor availability. The HR bachelor consists of course from the Faculty of Humanities & Social Sciences and some courses from the faculty of business. I find the business courses have better support, better systems and easier access to tutor support. My issue right now is that most of my courses are in the social sciences and the availability of the tutors is very limited. They have availability twice a week, usually in the evenings which is late for me given that the time in Ottawa is two hours later than Athabasca. Email communication can also be slow given the tutors can take up to 2 business days to respond. It's hard to continue working on assignments when you need some directions. I think AU should consider increasing tutor availability and account for different time zones when considering their availability.

Another piece that I would like to see improved is the timelines to correct assignments. Because I'm currently a full-time student, I find it particularly challenging that it takes up to 8 business days to mark assignments and provide comment and I have to wait for an assignment to be marked before submitting the next. It makes it difficult to plan accordingly.

I would also suggest that AU increases videos and visual learning materials. I would like to be able to access recorded lectures. I would also like to be required to do less essays and more varied assignments that are interactive with tutors.

What is the most important lesson in life?

As I am nearing the end of my program at AU, I think that the most important lesson in life is that perseverance and hard work pay off in the long run.

E-texts or textbooks? Any particular reason(s)?

Textbooks, I buy the textbooks for courses for which AU provides e-texts. I prefer to read textbooks because I find I can read them faster and I can physically put notes and highlight important sections. However, since the Bookshelf iPhone app can now read aloud, I'm finding it really useful to have e-texts also even though I prefer textbooks.

How do you find the tutors?

Most of them have been nice. The majority of tutors I've interacted with have impressive academic backgrounds and experiences and have been open to sharing experiences and providing me with good insight. My issues with tutors is their limited availability and the time it takes to get assignments graded.

Where has life taken you so far? (travels for pleasure, work, etc.)

I have mostly traveled for pleasure. I've been to Cuba, the Dominican Republic, Mexico, Panama, Costa Rica, Jamaica, St. Lucia, London, Paris and Rome. In the US, I've been to Florida many times, New York, Las Vegas and Los Angeles. In Canada, I've been to Vancouver, Calgary, Quebec City, Mont-Tremblant, Montreal and Toronto. I've also been on 6 cruises and visited the following countries: Barbados, St. Thomas, Antigua, Puerto Rico, Bahamas, Turks and Caicos, St. Kitts, Cayman Islands, Tortola, Alaska, Turkey, Egypt, Greece, and Italy.

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Sharon expresses the frustration of trying to contact AU's exam services to book a 3.5-hour exam. Stephanie asks where she can buy a textbook to replace the provided e-text. Cam received notice of a new course tutor and inquires where to find the omitted tutor contact info.

Other posts include full-text journal articles, hand-written exam marking times, temporarily closed courses, and courses HIST 225, HSRV 489, LGST 390, and NURS 400.

Twitter

@AthabascaU tweets: "Sign up for October's History of Women's Political and Social Activism in the Canadian West conference! <http://goo.gl/dCa7Z7> #yeg" and "The #AthaU information centre can help you with your #AskAU questions: <https://goo.gl/tVzvKS>."

@AthabascaUSU (AUSU) tweets: "The official candidates for the 2016 AUSU By-Election have been announced! <http://bit.ly/2cD9IJ1>."

Youtube

One student's take on his AU degree in, "Bachelor of Management - AU Faculty of Business", posted by the Athabasca University Faculty of Business.



AU Scholarship Spotlight

Barbara Lehtiniemi



Athabasca University has dozens of scholarships for its undergraduate students. Most AU scholarships require students to apply for them. A cluster of AU scholarships have an application deadline of October 15. It's not too early—nor too late—to organize your applications for these scholarships.

Here are the highlights for three of the AU undergraduate scholarships with an October 15 application deadline. For further details, and a complete list of AU scholarships, check out the AU [Student Awards](#) page.

AU Academic Leadership Scholarship. Worth \$1,500. Minimum requirements include: enrolled in an AU undergrad degree program, at least 15 AU credits completed, and a minimum grade point average of 3.60. (If you're a bit shy of the 3.60 GPA, consider the AU Community Leadership Award,

described below.) This award may be for you if you can demonstrate leadership skills, if you contribute your time to your community, and/or if you participate in cultural or recreational activities. Your application package must include the fully completed [application form](#), and a Letter of Recommendation from someone who can attest to your qualifications for the scholarship.

AU Community Leadership Award. Worth \$1,500. Minimum requirements include: enrolled in an AU undergrad program, at least 15 AU credits completed, and a minimum grade point average of 3.00. This award may be for you if you can demonstrate leadership skills, a concern for the well-being of fellow citizens, community volunteerism, and/or participation in cultural or recreational activities. Your application package must include the fully completed [application form](#), and a Letter of Recommendation from someone who can attest to your qualifications for the scholarship.

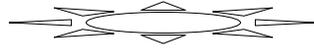
AU Institutional Leadership Scholarship. Worth \$1,000. Minimum requirements include: enrolled in an AU undergrad program, at least 15 AU credits completed, and a minimum grade point average of 3.60. This award may be for you if you can demonstrate involvement in and contributions to AU's community and/or its governance. Your application package must include the fully completed [application form](#), and a Letter of Recommendation from someone who can attest to your qualifications for the scholarship.

For all scholarships requiring a Letter of Recommendation, be sure to follow the instructions carefully. Your referee must provide the letter, along with Letter of Recommendation form, in a sealed envelope with their signature across the seal. You must forward this sealed letter with your completed scholarship application form to AU's Student Award Office, at the address printed on the application form.

AU scholarship applications cannot be made online, and e-mail applications are discouraged. In general, you can either mail your AU scholarship application to the address on the application form or submit it by fax. Be aware that fax is not suitable for the above three scholarships, which all require a sealed letter of recommendation. Mail is your best bet (courier is another option) and it's wise to use a trackable service such as Xpresspost to ensure your application package arrives safely at AU.

Remember to check out the rest of the AU undergraduate scholarships on the [Student Awards](#) page. Scholarships with upcoming application deadlines are flagged with the deadline date in red. It's not too early to get started on your application. Don't wait until it's too late.

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



The Mindful Bard The Lobster

Wanda Waterman

Speculating the Dystopian Aftermath of an Overly Sexualised Culture

Film: *The Lobster*

Director: Yorgos Lanthimos

Writers: Yorgos Lanthimos and Efthimis Filippou

"Humankind struggles with collective powers for its freedom, the individual struggles with dehumanization for the possession of his soul."

- Saul Bellow

Have you ever known someone who's always responding to jokes by saying, "That's funny," but never laughs—doesn't even smile? *Lobster* may be the only film for which this would be an appropriate response.

A dark comedy (very dark), *Lobster* is one long sad ending, but one without the benefit of catharsis—instead of bawling while the credits roll you end up shaking your head and asking, "Is that all there is?" The genius of it is the juxtaposition of starkly realist cinematography with a

surrealistic plot, brilliant acting, and contrived, odd-sounding dialogue in the Hitchcock tradition, all transported within the vehicle of a speculative fiction film.

One way of looking at speculative fiction is to see it as a revelation of what's happening now, or at the very least an indication of where we're headed if current conditions persist. You only need to be fifteen minutes into *Lobster* before you begin to reflect on our present social environment: poor communication, sexual objectification of everyone and everything, and sliding moral standards are all contributing to a mating culture that's just begging to be taken over by an authoritarian system.

Yes, the fact that our couplings and uncouplings have become so desensitised, so robotic, so shallow, so compulsive, and so addictive points to a growing weakness that invites social interference à la Orwell's *1984* and Huxley's *Brave New World*.

The premise of *Lobster* is that in the year such-and-such those who find themselves suddenly without a partner due to death or divorce don't have as much as five minutes in which to grieve and heal; they have to hit the

ground running in order to secure another mate.

A white van comes to bring them to the hotel where they have 45 days to single mingle. If they can't find someone in that time they get turned into the animal of their choice. (Our hero, David, chooses to be a lobster, hence the title.) In the evenings the singles enter the forest with tranquiliser rifles to shoot "loners," members of a gang of single partisans out to sabotage the ruling order. For every loner a single kills she gets to stay an extra day at the hotel.

What are the criteria for love, according to the authorities? Because all traces of individuality have been erased it's hard to say. The two people must have something in common, preferably a malady—nearsightedness or limping or nose bleeds, for example. David's friend fakes nosebleeds to marry a girl who chronically suffers from them, and so everyone approves of the marriage. This belief in the necessity of such commonalities is pertinent to the film's bizarre ending, but perhaps it just goes to show that in this world individuals have little else to share.

We see a cruel ritual intended to pressure men to try harder to get a mate, but it's essentially a form of sexual molestation. In the hotel the maid orders David to strip to his underwear and lie on the bed. She turns her back, lifts her skirt, and gyrates her tush against his crotch until he has an erection, then leaves. His very being screams against it while racked with longing. He protests the ritual and after she insists that it's mandatory, he begs her to continue; she refuses, after which David, tortured, repeats:

"That's awful. Just awful."

On his wedding night his new psychopath wife treats him to the same ritual.

People still have powerful romantic longings—a need for connection, joy, oneness with another human being—but are pathetically incapable of achieving it. There are married couples that experience an artificial way of living characterised by vapid conversations and false avowals, and then there are couples with real feeling who are unable to show it or even understand it, with disastrous results.

You keep hoping to see a happy alternative between the psychotic puritanism of the loners and the despotic oppression of the couples' factory, but you can forget that. David, having escaped to the woods, finds that the loners demand horrifying penances for sexual behaviour between persons (even flirting), although masturbating alone is quite alright.

In one weird scene in the forest David is captured by his friend, who remains at the hotel. The friend tells him to come back, but David refuses, saying:

"It's really nice being on your own, no one tying you down." It's exactly what many singles say today, but in this context it sounds hysterical.

The idea that those who fail to find a partner are turned into animals is an interesting touch, showing how society rates the single as well as suggesting an overarching interference into divine territory, certainly for those who believe in reincarnation.

There's an interesting quiz on the film's website. If you had to be an animal, which animal would it be? You must try it.

The Lobster manifests seven 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's about attainment of the true self.
- It inspires an awareness of the sanctity of creation.
- It displays an engagement with and compassionate response to suffering.
- It makes me appreciate that life is a complex and rare phenomena, making living a unique opportunity.

Wanda also writes the blog *The Mindful Bard: The Care and Feeding of the Creative Self*.



The Creative Spark

Open Wide and say Ah...

Marie Well



"It's time students wrote intros that entertained. Not just a quote, an anecdote, or a shocking stat of an A performance by Bieber.

If you open a speech like that, don't act the ham. No-one may laugh. (Cough.)

Instead, sport a straight-face.

Or better yet, learn *101 Ways to Open a Speech* by Brad Philips. Philips says pick and choose one or more ways to liven up your spiel. Open wide. I say, splash your *essays* with openers.

Profs love playful writing. And it's about time they read papers that entertained, not drained. In fact, fun academic writing is my motto. And you'll get joy wrestling with your canned opener.

But be selective. Open with strategies you know.

Philips lays out broad tips for opens; bit by bit, I hope to flesh them out.

For instance, he says, "Use self-defacing humor," but the question is how.

We've already opened this page with a joke, so let's start there.

Finesse with funnies: Philips warns about opening with a joke. Stick to insider jokes, irony, or a funny anecdote, he says. I beg to differ. Instead, go pro with crafting jokes: read Joe Toplyn.

Play the fool: Philips says, put yourself down jokingly, but don't belittle your expertise on the subject. But self-effacing humor plays out in speeches, not essays.

Steal-a-joke: Borrow someone else's one-liner, funny-joke, or cartoon, says Philips. Forget the cartoon when writing an essay, but cite all jokes.

Philips skips the *how-to* of joke-telling. In a recent *Creative Spark!* we learned the craft of making pro jokes. Now, let's turn to rhetorical openers:

Allegory: Allegories are stories symbolic of a hidden meaning: political or moral. So, craft a quick tale symbolic of a real-life political faux pas or moral failing.

Aphorism: Aphorisms are short, punchy pieces of wisdom: *What's good for the goose is good for the gander.* Don't sicken us with clichés. Instead, say the opposite of the aphorism: why, in your context, the aphorism is dead wrong. *The goose and gander learned game theory.*

Analogy: An analogy takes a simple, well-known idea to explain a complex, unfamiliar one: *despite the voodoo beliefs that rocket science is so tricky, the scientist showed the boy it's no more difficult than connecting two wires.*

Metaphor: Metaphors compare two things sharing only one or more common traits. Metaphors explode with friction.

But, Philips skips the how-to of making metaphors. In a recent *Creative Spark!* we made one type of metaphor: *a spinach metaphor smoothie*—a metaphor comparing two nouns. But others exist. A metaphor can create friction comparing a noun and an unlike adjective: a moping balloon. Or a noun and an unlike verb: a balloon whistling a tune.

So, open wide, stick out your tongue, and say *ah, another A paper.*

Women Of Interest

Josephine Cochrane was born March 8, 1839, in Ashtabula, Ohio, and died August 14, 1913, in Chicago, Illinois. She was the inventor and designer of the first automatic dishwasher. Cochrane needed help with the construction of the dishwasher and sought the assistance of mechanic George Butters. Cochrane's dishwasher was the first to use water pressure, rather than scrubbers to clean the dishes. On December 28, 1886m she received a patent. When Cochrane attended the 1893 World's Columbian Exposition in Chicago she won the highest award for the "best mechanical construction, durability, and adaptation to it's line of work." Shortly thereafter she began receiving orders from commercial establishments, such as restaurants and hotels, however it took a long time before the automatic dishwasher became a part of the common household, as homes had to be built with special plumbing to be able to withstand the high water temperatures required. Josephine Cochrane was of the belief that if you want something done right you better do it yourself.

Further information on this noteworthy woman can be found at the following websites:

https://en.wikipedia.org/wiki/Josephine_Cochrane

<https://forgottennewsmakers.com/2010/04/20/josephine-cochrane-1839-1913-invented-the-dishwasher/>

<http://learningabe.info/dishwasher.html>

compiled by Barb Godin

Owning Your Choices

Deanna Roney



Last week, I wrote an article about fear; whether it was motivating you or holding you back. Sometimes, it is the fear of other's opinions and perceptions, perceived or otherwise. By this I mean, making a choice because someone has either told you that you should take this road, or you believe that is what they want; you toss your own ideas aside and follow someone else's perception of what is best for you. While seeking advice from others is always highly recommended, learning more about your choices, especially when you can't discern which fear is true, is helpful in coming to a decision. However, you

need to file those bits of advice away and use them to find your own truth, your passion, your answer: not theirs.

A choice that might be right for someone else, may not be the right choice for you. Only you can know what it is you are hoping to gain, in the end, after the madness. There is a chance that the decision you make will let someone down. That it may not seem like "the best" choice. But, there comes a time when you need to understand that the choice you make, while it may make no sense to anyone else, is the best choice for you, in this moment.

Chances are, if you are struggling to make a decision, trying to learn which fear is holding you back and which is motivating you, you have carefully considered the decision: weighed all the options, considered the pros and cons. You have even possibly argued with yourself trying to debate the proper conclusion. So, when you come to a conclusion, and one that feels right, you have to own it. State it with confidence, and hold onto it, knowing you are making the best choice for you at this time; you may let some people down, and they may not understand the choice. But, the only person who needs to is you.

I have been lucky, any decision I make I have support behind it. If I believe it is best for me, then so do those around me. Though that doesn't mean I don't feel pressure to heed their advice. This pressure, though, is entirely self-inflicted. I have made the choice about holding off on pursuing an MFA several times before I decided I needed to own it. I understood I needed to face the fear of failure first, that I needed to take some time and find my voice before I pursued more schooling in it. However, each time I came to that conclusion, when I felt solid in my decision, the foundation wavered with a single thought of doubt. Doubt that came with anyone asking the question, "what are you doing" I could never answer, "writing, not doing an MFA, working on my book." Instead, I would answer, "I don't know, I'm giving myself a bit more time to decide."

After wavering so many times I have finally found strength in my choice. I argued with myself, I tried to understand and interpret my fear, I talked to those around me, but in the end, the choice was one which felt comfortable within myself, it was the feeling of right. The feeling that I had made the best choice for me in this moment. I will never completely close the door on the pursuit of more education, I'm the type who loves school, but, I am closing the door on it for this year.

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

Music Review The Temperance Movement

Samantha Stevens



Band: The Temperance Movement

Album: *White Bear*

British heavy blues-rockers, The Temperance Movement, is back with their second studio album *White Bear*, which was released at the end of January this year. Fans of bands like Monster Truck and Wolfmother will appreciate the heavier rock guitars and pounding drums, whereas fans of Pearl Jam, The Goo Goo Dolls, and Blur will love the reverberated vocals and complex lyrics. *White Bear* is an album not to be missed.

Formed in 2011 by Glasgow-born vocalist, Phil Campbell, and guitarists Luke Potashnick and Paul Sayer, The Temperance Movement grew to include bassist Nick Fyffe and the Australian-born drummer, Damon Wilson. In 2012, the band released their first EP, *Pride*, which was followed a year later by their self-

titled debut full-length album. In 2015, after *White Bear* was finished, Luke Potashnick left the band on good terms, and Matt White replaced him on guitar. The Temperance Movement has opened for the Rolling Stones, and earlier this year, they toured with Canadian rockers, Monster Truck.

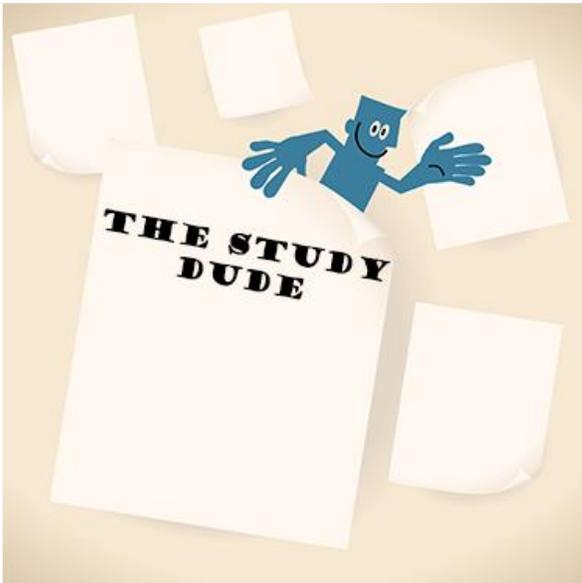
The majority of the tracks on *White Bear* have that heavier, bold rock sound that rock fans love. However, The Temperance Movement shows themselves as almost progressive in their compositions and play styles. For example, "A Pleasant Peace I Feel" is a relatively tame track, as far as heavy rock goes. The drum beat is steady, but it is shifted to be a background feature, second to the softer muted vocals and repressed guitar. There is a light crescendo as the song takes off, but it never reaches the same fervour as the other songs on the album. "A Pleasant Peace I Feel" really is an unexpected find on a heavy rock album.

"Oh Lorraine" is the driving single from *White Bear* and for 5 weeks the track "topped the Canadian Rock Radio chart" (<http://www.indoorrecess.com/temperance-movement-hit-1-rock-radio-5-weeks-row-oh-lorraine/>). This track is exactly what one would expect to find on a rock album: loud guitars, thumping drums, and repetitive, but fun, lyrics. "Oh Lorraine" is best enjoyed with the volume turned way up.

Then there is the slightly psychedelic "Magnify". There is just something about the guitar that brings to mind 70s psychedelic rock. Interestingly, the vocals still have that amazing blues feel to them, making "Magnify" a very progressive song without compare in the rock world today.

Those interested in checking out *White Bear* can find the album at all of the usual venues. And if live rock shows is your thing, The Temperance Movement is playing in Canada starting September 27th at Club Absinthe in Hamilton, Ontario. For more information, and to see if they are playing at a venue near you, check out their website.

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



Study Tips from a Semi-Anonymous Friend

Toxic Lipstick!

There is nothing more that The Study Dude wants for you than to sag your skin with makeup O.D.'s.

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.

This week's Study Dude explores Douglas Stone and Sheila Heen's book *Thanks for the Feedback: The Science and Art of Receiving*

Feedback Well. They show you how feedback can give off positives and flare up emotions—from profs to colleagues.

Upside of Feedback

When you look past the whiplash of feedback, you might find a rainbow.

Once a prof of a scriptwriting class crossed out nearly every second word of a scene I wrote. He showed my scene to everyone and then handed it back to me, his face smug and self-satisfied.

I left the room *the bad-example*, and that night I cried.

But instead of wallowing in despair, I stared at the edits—for days.

With the insight I gained, I slashed away at my script, shrinking it to half its size, rewriting entire scenes, shocking the prof. And that lesson on slashing size serves me now. Thanks for the feedback!

Stone and Heen let you in on the upsides of feedback:

- Feedback is a means to learn who we are.
- Feedback can create solutions, make companies profitable, make teams cohesive.
- Employees often hate the performance review process. [Students often worry about grades.] But it helps us see where we stand.
- Employees often think managers give lousy feedback. [Students often don't get adequate feedback from profs.] Again, it helps us see how we rate.
- You don't have to accept the feedback you get. But the benefits of seeking to understand feedback include higher self-esteem, better relationships, and greater learning opportunities.
- When we seek out even negative feedback [say from a prof], our performance typically improves.
- Feedback fosters healthy relationships [with your prof].
- Don't argue when given feedback [from your prof]. Don't get defensive either. Welcome the dialogue.
- Even your children learn from the ways you accept or reject feedback. Do so wisely.
- If you choose to seek out feedback, your subordinates will model your behavior.
- Learn from mistakes and try out new ways of behaving, and others will, too. If you learn, we all learn.

Defensiveness with Feedback

Getting feedback from your prof or colleague can boost your output. So, why get defensive?

This is why: At a former job, I got unwanted feedback from the administrative assistant. And she happened to sell Avon; I wore a bare face.

She hounded me to slap on the lipstick. After tireless rants, I gave in. (Not bad for a Dude!) But, after she purchased some makeup samples, I backed down.

I offered to pay for the samples, but she wanted more than lipstick; she wanted blood.

She made daily rounds with the office staff, whispering to everyone—excluding me. Whenever I entered the lunchroom, her loud complaining voice would stop short.

On the rare occasion, when someone said she looked nice, she'd shout, "I'm glowing from all the makeup."

She even complained to a manager who, in turn, requested I wear makeup. Do I really need makeup that much?

I dreaded going to work. But, I had a choice: wear it or trash it.

My face today remains free of toxicity. But what if I asked for more clarity? Listened closely? Grown?

So, celebrate the useful, even if it hurts, and scrap the useless.

And avoid getting your emotions fired; first, recognize your triggers.

Stone and Heen reveal the three emotional triggers associated with feedback:

- We often feel attacked when given feedback—even though the feedback givers think they're doing us a favor.
- Identify what causes your emotional trigger when given feedback.
- You have three emotional triggers: truth triggers, relationship triggers, and identity triggers.
- A truth trigger happens when the feedback just seems wrong, false, or unhelpful.
- Relationship triggers crop up when we coil back from feedback giver's reputation, perceived intentions, or lack of credibility.
- Identify triggers strike when feedback calls into question our self-identity.
- Feeling attacked with feedback is not unusual: it's normal. And you don't have to accept the feedback. But, we want to learn how to handle feedback so that we can enter the dialogue... and grow. To start, recognize your emotional triggers.
- From there, try to listen. Probe. Get the data. Maybe even change.

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

Stone, Douglas, & Heen, Sheila. (2014). *Thanks for the Feedback*. NY: Penguin Books.



Do the Work

With about three and a half months left until the end of the year I'm on track to reach my goal of reading sixty books in 2016. I'm at forty-eight. What has helped immeasurably has been the audio books I've counted towards the total. Whether they've been mine or borrowed from the library, they've made driving both pleasurable and productive.

The audio book that had the biggest impact on me is Byron Katie's "Your Inner Awakening." I listened to the six disks three times back to back. Even though I couldn't do any of 'The Work' as I was driving, the impact of the author's sweet voice telling her story and interacting with people in her courses had a profound effect on me. I felt a pervasive calm and insight. I felt empathy for people I was angry at or had been hurt by. I felt like I'd been given a gift.

Thirty years ago Katie found herself in the depths of despair. A sudden and profound insight led to The Work that has since helped hundreds of thousands of people. The simplicity of the process is definitely part of its appeal. No one needs years of therapy or thousands of dollars. Relief is close at hand and free for the asking.

Katie's famous four questions transform lives. Begin by picking a concept that is troubling you. It can be the thought that you need more money or that your mother doesn't love you or that your spouse never listens or that your kid is disrespectful. Or any of a thousand other beliefs causing you pain. To investigate the concept she suggests closing your eyes, being still, and witnessing what surfaces as you answer the questions.

The questions are:

1. Is it true? Yes or no. If it's no, go to number 3. (My mother doesn't love me.)
2. Can you absolutely know that it's true? Yes or no.
3. How do you react, what happens, when you believe that thought? (Sadness, pain, lost opportunity, et cetera)
4. Who would you be without the thought? (Happier, grateful, loving, et cetera)

Then do the turnaround. Turn your original statement around to the self, to the other, to the opposite and find three concrete examples of how each turnaround is true for you. (I don't love me. I don't love my mother. My mother does love me.)

Don't cheat. Despite the gushing I've done, the good vibes won't 'stick' until I do the work in writing. Mentally answering the questions doesn't cut it. Luckily, all the paperwork we need to do this is available as a free download on Katie's website. I'll be packing a wad of worksheets for my annual October retreat at Canmore. Until then I can glow in the knowledge that it's possible to be happier, more peaceful if I'm willing to do the work. I just wish my combine had a CD player instead of a static-y radio for the hours of harvest that lay ahead, from where I sit.



Dear
Barb

Barbara Godin

Negative Nellies

Dear Barb:

I come from an estranged family and until recently we hadn't seen each other for years. For the past three years I have tried to organize a family reunion at a nearby park, but it has not worked out well. When everybody attends, they usually stay within their own family group, so I thought if I rented a picnic shelter where we could all eat together that would remedy that issue. No so much, since everybody still sits in their own corner of the shelter, rarely mingling with others. Also it's very difficult to get everyone to attend; they just don't see a need to do this. It seems it is always the same people who attend. Maybe through the years they have filled their lives with other family members or friends. I seem to be the only one that wants to do this. I'm to the point where I'm wondering if it would be better to just let it go as it's not something everybody wants to do. What do you think, would I be better to just let it go, or should I keep trying? Thanks Tereza.

Hi Tereza:

Good for you, at least you are trying to get your family together. Often we see big family picnics at parks or other places and we want the same thing, however, after many years apart it can become difficult to reconcile estranged families. It's obvious you want to get your family together, but that isn't always possible. For a family to become estranged there must have been some trauma or dysfunction to cause the separation and often people don't want to be reminded of what happened. They fear getting together may dredge up old issues. Through the

years individuals move on and find their own sense of family through their spouse, friends or neighbors. If you really want to do this I would suggest you keep trying, eventually some individuals may come around. On the other hand, you can still develop your own relationships with your family members and have one on one visits, or a small gathering of the ones who want to get together. Quite a noble gesture on your part, good luck Tereza.

Dear Barb:

I am writing in about my bitchy neighbors. I have lived next door to them for three years and they never have anything nice to say about any other neighbors or the neighborhood. They even complain about the dogs walking by. I figure if they are talking to me about all the neighbors, I'm sure they are bad mouthing me as well. They only see the negative in life. I have tried to point out the positive, but it really doesn't work, they say I'm just sticking my head in the sand. Really, why are people like this? How can a person be happy when they don't see anything good in the world? Just venting I guess, Erik.

Hey Erik:

Thanks for your letter, I'm sure there many people who can identify with your feelings. Some people only see the negative and that's all they want to see. They may have grown up in a home where that was the norm, or things may have occurred that caused them to see the world as a negative place where nothing good happens. There is really not a lot you can do about this, except keep your positive attitude and don't let them drag you into their way of thinking.

Follow Barb on Twitter @BarbGod

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.

Alan's voice has the sound of coming home in it.



His eyes are my doors to freedom.



One reason I'm in therapy is to figure out whether THE PROBLEM is me or him.



It doesn't help that our government casts our relationship in doubt.



Maybe they're right and you DID marry me just to get Central status!

I KNEW you didn't love me enough to stick this out!



How can a psyche-clone hologram possibly help me with this?



That's what we're going to try to figure out.



Let's start by defining "THE PROBLEM."



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The Doppelgänger Cure, by Wanda Waterman



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IMPORTANT DATES

- **Sept 30:** October course extension deadline
- **Sept 30 – Oct 3:** AUSU By-Election Ballots Open
- **Oct 5:** [By-Election Results announced](#) (4:30pm MT)
- **Oct 5:** [AU Open House Webinar](#)
- **Oct 10:** [Deadline to register in a course starting Nov 1](#)
- **Oct 13:** AUSU Council Meeting
- **Oct 15:** November degree requirements deadline

AUSU By-Election Candidates

There are **nine official candidates** for the 2016 AUSU By-Election! They are listed below (*alphabetically by last name*):

- **Sarah Blayney Lew** (Kingston, ON)
- **Robin Bleich** (Ridgeway, ON)
- **Kevin Crouter** (Halifax, NS)
- **Cyra Frisk** (Trail, BC)
- **Carly Gallant** (Thunder Bay, ON)
- **Amanda Lipinski** (Prince George, BC)
- **Joshua Ryan** (Orleans, ON)
- **Mark Swarek** (Nanaimo, BC)
- **Mark Teeninga** (Stoney Creek, ON)

Join our [Election Forum](#) to find out more about the candidates and ask them questions.

You can also check out the candidate biographies on the AUSU website [here](#).



All AUSU members will be emailed a confidential ballot on September 3, 2016. The voting period is September 3 to October 3, 2016.

Email any questions or concerns to the the Chief Returning Officer at cro@ausu.org.

Awards and Bursaries- Apply Now!

Applications are now being accepted for AUSU’s November cycle awards and bursaries. Each award is worth **\$1000**.

Academic Achievement Award (2 available): For students who have achieved academic excellence.

AUSU Bursaries (5 available): For students in financial need and/or with exceptional life circumstances.

Balanced Student Awards (2 available): For students who balance multiple commitments.

Returning Student Awards (2 available): For students who have returned to studies after a long break of two or more years.

Student Service Awards (2 available): For students who do volunteer work.

... and introducing AUSU’s new Single Parent Bursary!

Single Parent Bursary (1 available): For single parents in financial need.

Apply online [here](#). **Deadline November 1.**



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