

THE VOICE

Vol 26 Issue 20 2018-05-18

Minds we Meet

New AUSU Councillor - Darcie Fleming

Cutting the Clutter

Making Space for Creativity

Inbox Chaos

Getting Mail in Control

Plus:

The Valued Life

Course Exam: MATH 244

and much more!



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LETTERS TO THE EDITOR



Re: Cover of 2617

Hi Karl.

I totally get what you were trying to go with in the picture (especially now that I have read your explanation), however it is an off-putting picture. It didn't stop me from reading the articles, but my mind went to "ew that's gross!" and yes, the puppy appears cute, if you could see its face. Don't get me wrong, I've had two small dogs and I've had to clean up a lot of what's pictured, but I just don't think the picture belongs, relative or not. If the dog had been turned around maybe? The part of the picture that stands out most is the bottom end of the dog and the results from it. Sorry. All I can say is, good on the reader for communicating her stance and good on you to attract more feedback. We all learn from feedback whether good or bad.

All the best,

Marie L.

I think prompting the discussion made it a good thing in the end. Or perhaps that's a poor choice of words. 😊

We love to hear from you!

Send your questions and comments to voicemagazine.org, and please indicate if we may publish your letter!

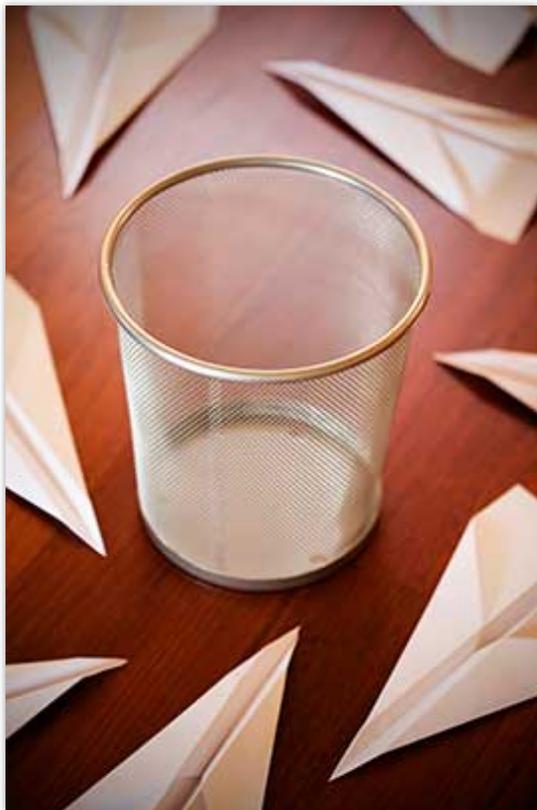
Hey! Did you know the Voice Magazine has a Facebook page?

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

Editorial

The Shell Game

Karl Low



This week, our feature article is an interview of new AUSU Councillor Darcie Fleming. Find out more about this second year AU undergraduate student and how she relates Faust and Vermont. (Hint: It's not the way that I would.)

Also this week, we have the full report of the latest Council meeting including the final vote on the proposed AUSU Fee increase. Your AUSU fees will be going up by \$0.75/credit, (generally \$2.25/course) to keep AUSU able to advocate for AU student issues and keep providing AUSU services.

Except Student Lifeline, that is. It turns out they may be cancelling that service. Not because they don't want to offer it, but because there's a strong possibility that those types of services will be provided by AU instead.

In other news, you may have heard that the U of A Board of Governors proposed a budget with significant cuts to most of their ongoing services, citing concerns with government funding, despite the government giving repeated assurances that there would be no cuts to funding and would be a small increase.

The government is in the process of following through with that, and the U of A Board of Governors has responded by essentially saying, "Thanks, we're looking at this now as extra money that we can do what we want with," no mention of rescinding the proposed cuts is being made, so the Board essentially managed to snag a big pot of money to use in whatever special projects they like. Notionally, these projects will be to enhance the learning environments and create better opportunities for students. Of course, they're not the bread and butter of basic teaching and educating, that's boring. No, these are special projects that can have champions and be noted on resumes for Board members seeking to impress friends at dinner parties or private enterprises when they go on to seek other employment.

And, so far, the government is letting them go ahead with this.

So, seeing this, Mount Royal University has just announced much the same thing. Significant budget cuts expected from all departments to address a possible shortfall in funding, despite government indicating nothing of the kind. And when the government comes through with the funding they said they would, no doubt this will also be converted to special projects, with the funding cuts to simply providing solid educational service and good teachers and tutors remaining in place.

Because, why get on a Board if you can't fluff your resume right? Who wants to just provide service these days.

Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is written in a cursive, flowing style.

MINDS WE MEET



Darcie Fleming is a second-year undergraduate student at Athabasca University enrolled in the Bachelor of Arts in Psychology program. She is a councillor in the Athabasca University Students' Union, a wife, and a mom. After three decades of work and experience in the non-profit sector, Fleming chose to return to school with the eventual goal of earning a Masters degree in Counselling.

So tell us a little about yourself, what are you doing at AU, what brought you here?

I am currently in my 2nd year of an undergraduate degree in Bachelor of Arts in Psychology, my long-range goal is a Master of Counselling.

I was involved in the non-profit sector for many years and have worked with many people from all aspects of life. The nature of non-profit is funding based and as funding decreased so were my opportunities for employment. I also found that I

was competing with others who had the degrees that many funders were requiring.

I had the experience but not the piece of paper. Ultimately, I had a choice of minimum wage jobs or go back to school and here I am. I entered AU out of necessity but remain by choice, I would not want to be anywhere else.

I chose psychology as I found it intriguing how individuals cope (or don't cope) in different situations. I have a drive to help people and in helping people I help the community. I have discovered a love for learning.

How did you originally find out about AU?

As a born and raised Albertan I have known about AU for a long time and went online to find more information.

What is the last book you read?

The Complete Maus by Art Spiegelman.

That's a graphic novel about the holocaust isn't it?

My son gave it to me, it has an intriguing story, and a very interesting writing concept.

What show do you think everyone should binge watch?

The Dead Files

Why did you choose to run for AUSU council?

I have volunteered since I can remember as I like to contribute to my community. Working at a board level is in my wheelhouse, and I am very comfortable and experienced in advocating for others. It is a great opportunity to meet people and discover AU.

What are your academic goals for 2018?

To maintain a high GPA so I can remain on the honour roll. It is nice to receive acknowledgement for hard work and it keeps me accountable.

If you could have a meal with someone from history, who would it be?

Sir Francis Bacon, not only for his contributions to psychology and law, but also to find out if he is the author of the works attributed to Shakespeare.

What is one thing you would like to complete personally in 2018?

I would like to attempt to read Faust, but I have a feeling that won't happen, so I will say to return to Vermont in the fall.

Scott Douglas Jacobsen works with various organizations and runs In-Sight: Independent Interview-Based Journal and In-Sight Publishing.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: 4-H First Generation Scholarship

Sponsored by: 4-H Canada and The Coca-Cola Foundation

Deadline: May 31, 2018

Potential payout: \$1000

Eligibility restriction: Applicants must be Canadian residents, be 4-H members, be starting or returning to post-secondary education in September 2018, have a GPA of at least 3.0 or equivalent, and demonstrate financial need. Additionally, the applicant's parents or guardian must not have pursued post-secondary education themselves.

What's required: An online application, along with a reference letter, a current transcript, proof of acceptance to a post-secondary program, background on your 4-H involvement and how this scholarship will benefit you, and a 500-word essay on one of two topics.

Tips: Read the [FAQs](#) for additional information.

Where to get info: 4-h-canada.ca/sites/default/files/2018_4-h_first_generation_scholarship_guidelines.pdf



Cutting the Clutter

Making space for creativity

Barbara Lehtiniemi



By the time my AU studies wrapped up in April, my office space was a disaster zone. An explosion of textbooks covered every available surface, mingling with a backlog of books and magazines languishing in to-be-read piles. Writing projects, research materials, and photography equipment added to the chaos, along with the inevitable piles of filing, newspaper clippings, and to-do lists.

My office space occupies a portion of our guest room. We don't often have overnight guests, so the bed becomes extended desk space, piled with work-in-progress and items looking for permanent

homes elsewhere. The bed seldom got cleared off except just before guests arrived.

One such guest arrived early in May. Since my studies were over, I decided to take the opportunity to really clean out the office/guestroom.

First step was to simply box up anything that was taking up valuable floor, bed, closet, or desk space. I temporarily stored those boxes in the basement, where they sat untouched for a week. In the meantime, the newly tidy guestroom got a good cleaning. I set up temporary desk quarters in another room.

Flash forward to after our guest's departure. I looked forward to reclaiming my office space. However, I liked the room's newly spartan and spacious look and I was determined not to flood it with the boxes of clutter I'd put in the basement.

Instead of sifting through the boxes that had come out of the office to identify what could or could not return to the office, I began working with just my computer. Whenever I identified a real lack—a need to have something close at hand—I would go to the basement and retrieve that one item.

Finding essential items in many hastily-packed boxes sometimes become an adventure in itself. In which box did I pack away library books that are soon due? Where is my stapler? Envelopes? Zoom lens? It's tempting to unpack the boxes one-by-one and find everything but I'm afraid I'd end up with the same mess I started with.

I apply the same discipline I used during my AU studies by creating self-imposed rules: nothing goes on the bed or the floor, nothing rests temporarily until a better home is found. By considering each item individually, indentifying its purpose and assigning it a permanent home, I hope to avoid the shifting detritus of university studies and other projects.

After a few weeks, I plan to go through the remaining packed-away items. If I haven't needed them by then, perhaps I don't need them at all. Even if we never have another overnight guest, I get to enjoy working in a de-cluttered space. A sense of order frees the mind—creativity thrives in open spaces.

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



Inbox Chaos

Deanna Roney



There was a time when I didn't organize my email inbox. Email came in, got read, and piled up right there. Nothing (almost) was deleted, nothing was filed into other folders, nothing was flagged. If I wanted to find something I just did a search.

However, while my personal email remains a state of chaos, my professional email has become organized. Through this, though, I have found there are some dos and don'ts when it comes to creating folders for filing emails into.

There is such thing as too many folders.

I started with very specific folders for certain tasks. This seemed like a good idea until that email that could easily be filtered into two or even three folders. Or some emails in a thread could be filtered into different folders. Where do they go? It isn't about picking the right folder, that was easy enough, but I have found that when it comes to

trying to find that email again is when it can get a bit tricky, even counterproductive. I spent more time looking for a specific email, searching the various folders, than I really should have or needed to or had time to. But what was the answer?

There is such thing as too few folders.

The mass inbox of chaos was not the answer either. While this way meant I could just run a "search" and find what I was looking for in one spot, it didn't solve the issue at hand. Sometimes I need to look back and check a specific topic of emails, say essay ideas, and I want those to all be in one area, or information on grading or scholarships I don't want to have to search for each individual email or run a search for a few keywords; I want them all in one spot for easy access.

The single inbox also means that I perpetually have badges on my phone. If there are emails that need attention later or ones I haven't got to but are not urgent, the single inbox doesn't help me keep those things separated.

Being too specific creates more chaos.

This touches on the "too many" folders issue. The key is to be vague in the folder headings. Have just enough to cover the basics, but don't get overly specific. Have folders that will cover everything within the heading "English" not "English papers" and "English notes." If you choose, you can create subfolders. For my freelance work I have a main folder "Company Name" then subfolders, "to do", "sent" etc. Having a "to do" folder is great for work that needs to be done on a specific date, or when the deadline is a few weeks away. This is the folder I will keep an eye on and reference when scheduling my bullet journal.

If there is something that needs attention now then I will mark it as "unread" and leave it in my inbox. This way when I see that badge on my phone it is a reminder that there are tasks that need my attention, and it won't get missed until I go back into my to-do folder to schedule out the next week,

This method of organizing my email has been great for me, so long as I keep on top of filing things away. It makes things easy to find, it means when I open my email I see only what needs to be dealt with immediately, it keeps things neater, and it keeps my stress-level low. Seeing too many emails (read or unread) in my inbox makes me feel like they all need attention, now. Having them filed away helps to keep the workload organized, it helps me find that ever-important work-life balance, and less chaos is always better.

Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>



Brittany Daigle

Course Exam

AU courses, up close

Brittany Daigle

Course Exam

MATH 244 (Business Mathematics)

MATH 244 (Business Mathematics) is a three-credit introductory mathematics course that is designed to introduce the basic mathematical skills that are needed to understand, analyse and solve mathematical problems that are encountered in business, finance, and in investment decision making.

MATH 244 has no prerequisites, though students are expected to be able to perform the basic arithmetic operations, such as addition, subtraction, multiplication, and division with ease, and to have some familiarity with fractions, algebraic operations, and with some basic mathematical principles. There is a “Mathematics Diagnostic Assessment” that contains seventy questions that will help you to assess their mathematical skills. Based on your score, it will recommend which Athabasca University mathematics course that you are likely ready to take successfully.

Business Mathematics is made up of twelve units, four assignments weighing five percent, one midterm worth thirty-five percent, and a final exam weighing forty-five percent. The twelve units within this course cover practical and useful topics such as marketing mathematics, annuities, loans, mortgages, bonds, sinking funds, investment decisions, and compound interest. This course will teach you the reasons why your student loan takes a ridiculous amount of time to pay off!

Dr. James Greenwood-Lee was born and raised in Calgary, Alberta, and is the course coordinator for MATH 244 (Business Mathematics), as well as SCIE 326 (Scientific Reasoning), MATH 409 (Number Theory), MATH 481 (Mathematical Modeling II), MATH 495 (Mathematics Projects), and MATH 496 (Mathematics Projects). He joined Athabasca University in 2010 as a tutor and became an Assistant Professor in 2015. He completed an undergraduate degree in Zoology at the University of Calgary and then went to Queen’s for his graduate studies in Mathematics. After that he moved back to Calgary because he and his wife wanted their children to grow up close to their family. He states, “Now I have two awesome kids, who are continually besting me at everything!”

If you are interested in learning more about Scientific Reasoning, read my [SCIE 326 Course Exam Article!](#)

He continues, “MATH 244 is offered as an individualized study, with twelve units to work through. Evaluation is based on four assignments, a midterm, and a final exam. The assignments are straight forward, consisting of problem sets for students to work through. The importance of the assignments lies in the opportunity for students to receive feedback on their work prior to the exams. The exams are each three hours long, with the midterm focusing on the first half of the course and the final focusing on the last half. Technically, the final is not cumulative, but because the later units build on the earlier units, there is some overlap. A list of key formulas is provided for both the midterm and final exams and approved financial calculators can be used.”

Dr. Greenwood-Lee states, “MATH 244 requires consistent work from the student and practicing exercises is essential. Be sure to check out the online resources that are included as part of the e-text. Most importantly, seek feedback and discussion from your tutors and your peers.”

When asked who he would recommend this course to, he states “Who should take this course? Everyone! Why? Simply because we should all have a very basic understanding of financial mathematics and there are some very practical applications which we all face at some point or another. How do these mortgages compare, and which type of mortgage is best suited for me? How much is that car loan/lease really costing me? How should I invest my money if I am risk adverse vs risk tolerant? Think of it this way: it is math you might actually use!”

Whether MATH 244 is a degree requirement of yours or the topics mentioned above are of interest to you, this course will have you learning practical and useful topics that will definitely help you in the future!

Brittany Daigle is 22 years old and completing her BSc in Computing Science & Information Systems with AU from Toronto, Ontario.



The Study Dude Exam Prep Tips

Marie Well



Tiny tricks help you ace exams. For instance, memorizing textbook facts word-for-word can get the A. Also, studying steadily can psyche you into clear-headedness come exam time. And avoiding lazy profs can get you better grades. But the master exam hack? Get prior years' exams.

Let's delve further into the above tricks:

First, exams might use answers taken word-for-word from textbooks. A psychology course had exam questions straight from the textbook. So, I memorized facts word-for-word. Later, when students complained about the test's toughness, the prof said the top student (me) finished each test within the first fifteen minutes. The class groaned.

But then the prof asked me to give a test tip. So, I said the correct answers use the exact textbook wording. After that, student grades shot up. The prof, miffed, threw sand, adding exam questions based on lectures alone.

Second, steady studying trains your brain to keep calm exam-time. During an actuarial (math) exam, I couldn't solve a single question the first run-through. But, prior to the exam, I spent over fifty hours each week solving math problems. So, working steadily—and calmly—to grasp math was second-nature. I passed with an A-minus.

Interestingly, the same psychology applies in MMA or boxing. The more you calmly practice, the more that focus carries into the ring.

That's why cramming fails to yield top exam results. Cramming at home, you spend less time solving, more time stressing. That stressed mindset sneaks into the exam-room.

Third, stay clear of lazy profs' exams. One math prof tested using numbers he whipped up last minute. As a result, the exam answers had long roots, even unreal numbers. Not one clean answer. As a result, every student second-guessed their answers. So, stay clear of lazy profs; they skyrocket stress-hormones test-time.

Fourth, get prior years' exams. Tony Roe shows the art of using prior years' exams for top test results. Her reveals his trick in his book *Effortless Learning: Learn the Secrets That Teachers Never Told You: The 7 Steps to Master any Subject, Memorize More and Focus Fast (While Studying Less)*:

- Before you get your hands on prior years' tests, know the learning objectives: "To master the art of answering questions, you must know what the learning objectives are" (Location 1531, 68%)
- And know all the required formulas: "To find the answer, you will need to master the different type of formulae and how they work with each other" (Location 1544, 69%).
- Then get your hands on prior years' tests: "Try to get all the past year questions and other school exam papers. In order that you master all the questions, it's essential that you take all the questions and classify them into the various formulae" (Location 1562, 69%).
- Next, dissect each question from prior years' exams into steps: "You will be required to write down the necessary steps in doing the questions" (Location 1593, 71%).

AU-thentic Events Upcoming AU Related Events

MBA in Hockey Management Info Session

Tues, May 22, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business
business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-5/
Register online at above link

Psychology Resources Library Orientation

Wed, May 23, 5:00 to 6:00 pm MDT
Online

Hosted by AU Library
library.athabascau.ca/orientations.html
No pre-registration required

Online MBA Application Workshop

Thurs, May 24, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business
business.athabascau.ca/event-details/online-mba-executives-information-session-14/
Register online at above link

New Program Students Orientation (Undergrad)

Thurs, May 24, 5:00 to 6:00 pm MDT
Online

Hosted by AU Faculty of Business
business.athabascau.ca/event-details/business-undergraduate-new-students-information-session-may2018/
Register online at above link
2nd Annual Accounting Conference:

Making Sense of the New Changes

Fri, May 25, 9:00 am to 4:00 pm MDT
Double Tree by Hilton West Edmonton, 16615
109 Avenue NW, Edmonton AB

In person
Hosted by AU Faculty of Business and CPA
Alberta
business.athabascau.ca/event-details/2nd-annual-accounting-conference-making-sense-of-the-new-changes/
Register online at above link

Research Software Tools Workshop: Introduction to R for Data Analysis

Sat, May 26, 9:00 to 10:30 am MDT
Online

Hosted by AU Faculty of Graduate Studies
fgs.athabascau.ca/news/events/stats-workshop.php
Register online at above link by May 22

- After that, list the learning objectives. Then list the questions from prior years' exams that correlate with each learning objective. "I took the past year papers and looked at all the questions and classified them to the ... objectives" (Location 1581, 71%).
- Then, for each learning objective, do only three related questions: "You don't need to do all the questions but would just need to do around 3 questions that test you on the similar questions" (Location 1627, 72%).
- Why only three questions? "You don't learn anything from doing the same questions over and over again" (Location 1627, 72%).
- Lastly, don't get discouraged if you don't know the answers straight-away: "At first, you may not know how to answer a single question But the crucial part is, after looking at the solutions, you must be able to understand the solution, and then do it by yourself" (Location 1609, 72%).

Decades ago, I wrote most of a Wikihow post on how to pass math tests. Most of what I wrote remains intact today. Yet, I also wrote Wikihow tips on how to be happy. But my happy tips disappeared the next day. And don't ask about my beauty tips. They got wiped away faster than mascara during a good cry.



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Elli makes a comparison of getting a degree to getting a wax; painfully true! Dustin asks for feedback on studying languages at AU; several students share their experiences. Kish seeks clarification on whether to book exams with ProctorU or AU first; most responders say ProctorU first, but Kerri says for ProctorU exams, students should book with AU first (the opposite of the procedure for in-person invigilation.)

Other posts include the BHRLR program, most and least favourite courses, and courses EDUC 317 and HRMT 322.

Twitter

@AthabascaU tweets: "Looking for experience in a university atmosphere? #AthabascaU is #NowHiring a variety of summer students for temporary employment. Apply now ---> <http://bit.ly/2KdcBLF> #yycjobs #yegjobs #abjobs."

@AthabascaUBiz tweets: "Leaving your convocation plans until the last minute? Check the Countdown to Convocation page to get back on track. See you June 8-9! <http://bit.ly/2rvm6yY> #AthaU18 #CountingDownTheDays."

Youtube

Watch the Honourable Marlin Schmidt, Minister of Advanced Education, field questions about AU from Colin Piquette, MLA for Athabasca-Sturgeon-Redwater, during a recent question period in the AB Legislative Assembly in May 8, 2018 QP Athabasca University, posted by Jossycakes.

A Valued Life

Tara Panrucker



Living life in harmony with a value system creates a strong foundation for a meaningful life. Fostering your own personal values gives you a guideline you can refer to in all situations. Think of your values as priorities—a code of ethics to live by. Values can drive behaviour and provide structure and purpose in conducting your life.

Every person, society, or company has a value system, whether aware of it or not. When you're conscious of your principles, you can more easily express who you are and what you stand for, so communication and relationships improve. In addition, after you consider your standards, decision-making becomes much simpler.

There is a value system for every area of life. Ideals assist us in choosing a life partner, career, friends, and overall lifestyle. Referring to them helps

narrow and fine tune short-term and long-term goals by reminding you where to focus.

Identifying your personal values helps to live a meaningful and satisfying life. Ideals will help answer questions like “Should I take that job?” or “Is that person right for me?” Thinking about times when you were the happiest, fulfilled, or proudest will help you determine your values.

Prior to writing down your values, consider asking:

1. Do these values make me feel good about myself, even if they're unpopular?
2. Am I okay sharing my values with people I respect?
3. Do my actions currently support my values, or are they in conflict?

The categories of a value system encompass relationships, career, family, social, spiritual, leisure, educational, and many other areas. There are literally hundreds of values you can live by.

Values may change over time, but they will always affect multiple areas of your life. Values further guide us through tricky and difficult circumstances. When you're aware of your values, it makes difficult choices clearer.

While you can sprint through life never giving a second thought to your values, you may feel a sense of something lacking. Living a life out of line with your personal values can feel wrong and become a major source of unhappiness. It's worthwhile to examine what is meaningful and significant to you, in addition to the people you care about.

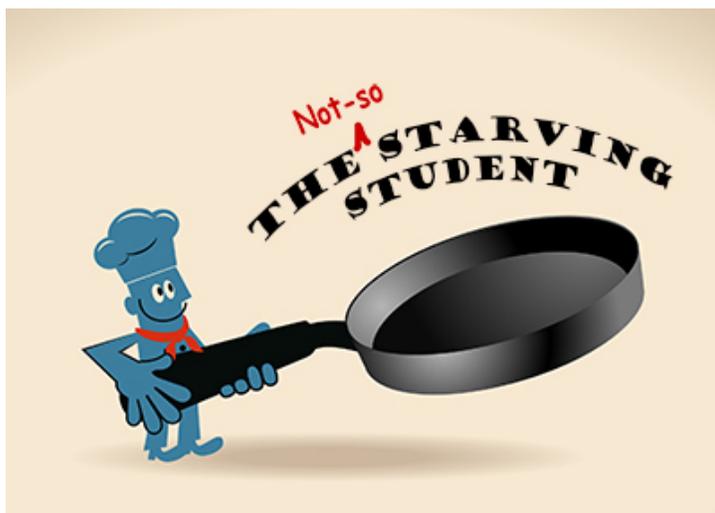
Epictetus was a Greek stoic philosopher whose writings on living a meaningful life still apply today. An excellent guideline is an interpretive book of his writings by Sharon Lebell. *The Art of Living—The Classical Manual on Virtue, Happiness, and Effectiveness* may sound quaint and archaic, but Epictetus's words remain relevant.

Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.



The Not-So Starving Student Cast Iron Primer

Xin Xu



I had another moment recently that called for kitchen inspiration. Specifically, in the spring and summer, grilling on an outdoor barbecue can be a headache (literally, for those with pollen allergies). While browsing the shelves at HomeSense, I picked up a cast iron grill that has opened up endless possibilities for summer meal preparations. Whether you have spring allergies or are just reluctant to prepare the outdoor barbecue for grilling, the cast iron stove top grill can be an excellent option to create authentic, smoky, and delicious dinner items.

Prior to using:

Unlike other cookware, cast iron requires the added step of “seasoning” or coating the surface of the pan or grill with a thin layer of vegetable oil. The process may be a turn-off for many beginner chefs looking for a ready-to-use tool. However, the coating is quick and simple with only thick paper towel and vegetable oil required. “Seasoning” will help with long-term preservation of the tool from rusting.



While using:

Have you ever ordered hot plate dinners at your favorite Asian restaurant? Ever wonder why the food seemed to taste better even if it was the simplest two-item stir fry? Cast iron (or hot plate) is known for its incredible ability to fortify foods with iron and for changing the inherent flavor of the ingredients. Hence, not only does it taste more impressive, but for those with iron-deficiency, such as menstruating women, cooking your dinners with this tool can be healthier too.

Another benefit of using cast iron is that the even temperature cooks food thoroughly and keeps the dinner warm even after leaving the food on the hot plate for lengthier periods of time. The hefty weight of the iron helps distribute heat evenly and cooks protein quickly.



After using:

Cleaning this tool requires a bit of patience. After my first use, I was distraught to find small pieces of protein cemented to the bottom of the grill. Especially for a cast iron grill, the uneven surface may trap some of the grill ingredients. While frantically using a scrub to remove these might seem like a good idea, the most efficient way to eliminate the burnt content is to boil small amounts of water on the cast iron. The boiled water helps remove the trapped material almost effortlessly.

**Overall:**

For amateur chefs who are hoping to spice up their meals with some creativity, the stove-top cast iron grill can be exciting to learn and use. The cost is relatively low compared to other cooking equipment and the grill itself can last you a lifetime; the iron is nearly indestructible. Compared to Teflon coated non-stick pans, this option is healthier and less damage-prone, making it an easy alternative for preparing sumptuous protein meals.

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



The Fit Student

Fast and Furious Fast-Diet

Marie Well



What if the stars in *Fast and Furious* fasted and got gym fury? No head on collisions. Better brain health (for aching exams). Better body builds too.

I once went from obese to frail by fasting. I ate less than 600 calories daily for years. My skin paled. My eyes zombie-zoned. But once I began chowing—and getting fit—my eyes sparkled.

Not only did I once look obese, so did a friend of mine. I told her to eat from smaller plates and swim a hundred laps daily. And then I watched her go from over 300 pounds to a slim, youthful figure.

Another friend wished to drop weight for her wedding. So, I took her to Aquasize and told her to eat half her servings and drink diet cola. (Bad advice.) She lasted less than a month. On her wedding day, she wore a plus-size

gown. But a decade later, she sent me a photo of her—fit, lean, and beautiful, sporting tiger-skin pants. She said she had begun running miles while cutting out carbs.

Today I'd give my friends better weight-loss advice. I'd say strength train, do high intensity interval training, and start Mosley's two-day fasts. Yes, two-day fasts.

If done right, fasting gets you leaner—and healthier. Dr. Michael Mosley invented a two-day fast: you fast two days a week on 500 to 600 calories.

I'd consider fasting a single day a week, which Mosley recommends for weight maintenance (not weight loss). That is, if I hadn't dropped so much weight. Now a scrawny size 2, I'm trying to put on muscle. So, I'm eating a hundred grams protein daily. I'm also strength training and doing high intensity interval training. Just not fasting.

But you might want to try Mosley's two-day fast. He'll lean your waist, calm your mind, and boost your health. Michael Mosley's reveals the secrets to his two-day fast in his book (coauthored by Mimi Spencer) titled *The Fast Diet: Lost Weight, Stay Healthy, and Live Longer with the Simple Secrets of Intermittent Fasting*:

- Mosley's two-day fast is simple: "I decided to try eating 600 calories, two days a week ... I split my food in two, a moderate breakfast, miss lunch, and a light supper. And I did it twice a week I found the 5:2 approach to be the most effective and workable" (p. 53).
- And you decide which two days of the week to fast: "Which days should I choose to fast? It really doesn't matter. It's your life, and you'll know which days suit you best" (p. 97).
- On the two-day fast, you'll drop weight at super-speed: "As a basic guide, you might anticipate a loss of around a pound with each fast day" (p. 83).
- While fasting, eat superfoods like nuts, berries, fruits, and especially veggies: "Vegetables and legumes are ... amazing, and you should rely on them on a fast day. Packed with nutrients, their bulk fills you up, they have relatively few calories, and they keep your blood sugar low" (p. 100).
- You can exercise on fast days too: "Even a more extreme three-day total fast has no negative effect on the ability to perform short-term, high-intensity workouts or long-duration, moderate-intensity exercise" (p. 113).
- So, what are the benefits of fasting? "One of the things that calorie restriction does, for example, is to switch on a process called autophagy. Autophagy, meaning 'self-eat,' is a process by which the body breaks down and recycles old and tired cells" (pp. 24-25).
- Another benefit to fasting includes muscle retention: "One other significant benefit to intermittent fasting is that you don't seem to lose muscle, which you would on a normal calorie-restricted regimen" (p. 32).
- Plus, fasting makes you happy and keeps you smart: "Fasting can improve mood and protect the brain from dementia and cognitive decline" (p. 36).
- Research mice display even more fasting benefits: "The mice that had been forced to fast for sixteen hours a day put on far less weight ... and suffered much less liver damage, despite having eaten exactly the same amount and quality of food. They also had lower levels of chronic inflammation, which suggests they had reduced risk of ... heart disease, cancer, stroke, and Alzheimer's" (p. 35).

My boyfriend fasts twice a week, 600 calories a day. He looks healthier than the covers of Muscle Magazine. So, do the *Fast and Furious*: barbells, bike sprints, and the two-day fast.

(Warning: Consult a doctor before starting any fast diet. Children, pregnant women, and people on medicine should avoid fasts unless doctor approved.)



Council Connection May 10, 2018 Meeting

Karl Low



**Athabasca University
Students' Union**

New Council, new rules. The meeting started at 6:30pm, an hour later than it used to start, on a Thursday, not a Tuesday. Twelve councillors were present, while councillor Julian Teterenko was absent with regrets. A roll call helped to put names to some of the voices that would be heard throughout the meeting.

After approving the minutes, going through the action items noted a number of things on hold, waiting either for AU to move forward, or because Communications and Member Services Co-ordinator, Donette Kingyens, has been ill and unable to work for the last couple of weeks. Best wishes and hopes for a speedy recovery are sent to her.

Taking us into the main business of the meeting, we started off with the vote to approve the proposed fee increase of \$0.75/credit. What might otherwise have been a fairly routine vote on this matter, as it was the second reading, was made more interesting in that this was a new group of Councillors who got to look at this and decide whether it should move forward. There was some discussion as to why the fee was set to increase on October 1 of this year, rather than with the new year or with what is typically known as the start of a new school year at the beginning of September.

It was noted that AUSU's financial year starts on October 1, and that the amount was calculated with that in mind, along with other changes to next year's budget such as AUSU no longer funding the Student LifeLine service. You read that correctly, but, like me, you'll have to wait a little longer to find out more.

Council voted, and the motion passed unanimously. It means an extra \$2.25 cost added to most AU student courses, but will ensure that AUSU stops having to eat through its reserves to fund the programs you're already receiving, and so can maintain them in future.

The meeting moved along swiftly after that, with the policy updates centering on regulating councillor and executive behavior to ensure Councillors remain accountable to the group and ensuring timelines were reasonable for the Executives and Council as a whole.

During the reports, President Brandon Simmons noted attending the AU Open House brought some benefits, including being able to show the Provost of AU the student side of Moodle. Something which he had never seen before, which could go a long way to explaining why the administration at AU often seems clueless when students note inconsistencies in the interface between different faculties or even courses.

He also mentioned that they used the open house and other meetings to continue to push on the issue of late exam and supplementary exam fees. AU's VP of Student and Academic Services, Alain May, has agreed to look into them.

There was also a question about whether the AU Board of Governors would have AUSU representatives for the next meeting on May 25th, and while this is something that's controlled by the government, the feeling was that it would be done by then.

It was also noted that AU wants some sort of 24/7 mental health initiative, and that they want representatives from both AUSU and the AU Grad Students Association (AUGSA) on the committee. AU apparently has money specifically ear-marked for this project available from the government and needs to move quickly if they hope to take advantage of it. This is the reason why it was noted that AUSU would likely not need to continue paying for the Student LifeLine service, as it was something AU would find a comparable (or perhaps better) service for students to use.

While there are some concerns about the transition between the two organizations, the hope is that it will all happen very smoothly, and thoughts are being put toward how to best serve those students who may be in middle of using one service when the program transitions.

There was also a question raised as to why President Simmons noted in his report that AUSU would not be seeking a board position in the Canadian Alliance of Student Associations (CASA) this year. President Simmons responded that while the board positions do give considerable influence, they are also a significant commitment of time, and with the various changes going on both at AU and AUSU (including the switch to a larger Council and the upcoming adjustments to AUSU's Student LifeLine service) it was felt that AUSU should spend its time with a stronger internal focus this year.

He noted, though, the caveat that CASA is hiring a new Executive Director, which would be an excellent reason to have a board position. Fortunately, the AUGSA president is on the hiring committee for the new Executive Director and says they're very happy with the choice, which suggests that the choice will also work well for AUSU in general.

Other executive reports also took a moment to note the value of connecting at the AU Open House, and how being able to bring student concerns and views directly to the executives in a more relaxed setting may have opened some lines of communication, including comments about how AU might want to have Councillors join other open houses so as to better communicate what studying at AU is like to prospective students.

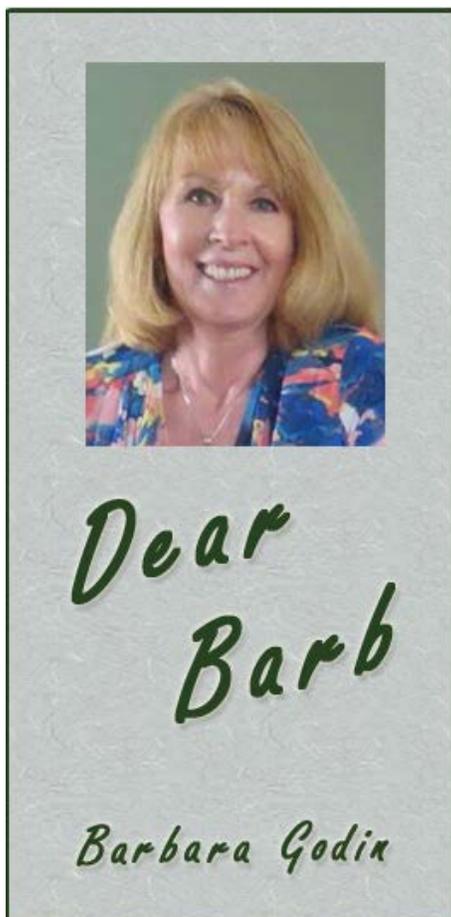
Finally, the formal portion of the meeting came to a close and the observer question period started. Naturally I was wanting to know more about the possible cancellation of Student LifeLine and how this relates to the AU budget and fees, as that's a significant line item on the budget. However, AUSU has known about this possible change for some time, and knows that AU wants to have the new group selected by August, the AUSU renewal date, to ensure they keep the money the government is offering. This is part of the reason that the fee increase was lowered to \$0.75/credit rather than the previously proposed \$1.50.

I remain skeptical about whether the university can achieve this timeline, as this is the university that took over 10 years to get student email addresses, but that, at least, is the goal.

With that, at 7:59pm, the meeting was adjourned, the next meeting is on June 16 at the AU Councillor retreat. Contact ausu@ausu.org if you want to attend in person or by teleconference.

Karl is a graduate of AU's English Program (with Great Distinction he likes to point out) and works as the managing editor of The Voice Magazine. It's not as glamorous as you might think.





Neat Freak

Dear Barb:

You know those hoarding shows on TV; well my mom is the opposite. She is a super neat freak. She cleans the house constantly. Mom dusts and vacuums the entire house every day! As soon as any of us put a dish down she is right there putting it in the dishwasher and wiping the counter. After dinner she cleans the entire kitchen. Plus the bathrooms are cleaned top to bottom every day. There is no clutter in our basement or garage. My mom is constantly going into my room and putting stuff away. Even one sheet of paper on the desk, she will hide in a desk drawer. To be honest I have trouble finding out where my school work is half the time! I have heard that this is an actual condition; do you think my mom needs professional help? My dad's used to my mom's neatness, but it is driving me crazy. Is there anything I can do to at least keep her out of my room?

Thanks, Penny.

Great letter Penny;

Merriam Webster defines a neat freak as “a person who always wants things to be very orderly and clean.”

The majority of individuals are messy, not extremely, but kind of messy, so your mom is in the minority. Excessive neatness can be categorized into obsessive-compulsive personalities, or even obsessive-compulsive disorders. Both can be treated with medication and counselling, however when the condition reaches the point of a disorder, and includes anxiety attacks it may require more extensive treatment. I really don't know what level your mother is.

According to the Los Angeles Times newspaper, almost 15% of the population display some signs of an obsessive-compulsive disorder. Often these conditions run in families. When it reaches a point where the importance of the cleanliness or orderliness is causing unhappiness in relationships then it is a definite problem that needs to be addressed. According to you, it's reached this level and is affecting your relationship with your mom. You need to sit down with your mom and tell her how her behaviour is making you feel. Be totally honest, it's possible she doesn't realize, but rather thinks you appreciate her cleaning up after you. Establish a place, maybe your desk, where she is not allowed to touch anything. Decide that this is your personal space and she is not to handle anything on top of, or in your desk. Be very definite with your mother that her behaviour is causing you great stress and unhappiness—that you need her to meet you part way. All you can do is hope that you can reach her. If not, then I would suggest you and your father get together and encourage her to get some professional counseling.

Hope I was able to help, and good luck, Penny.

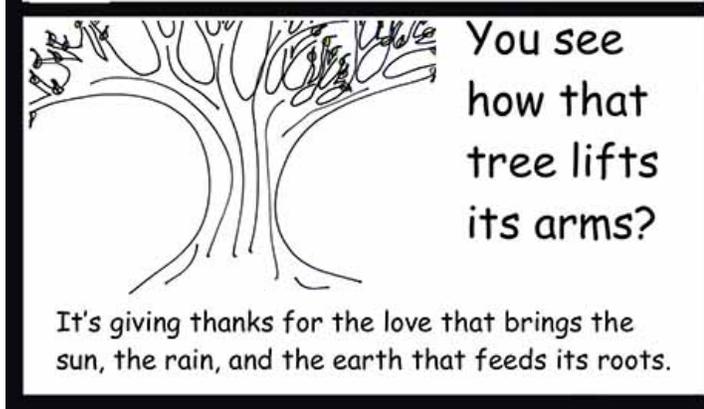
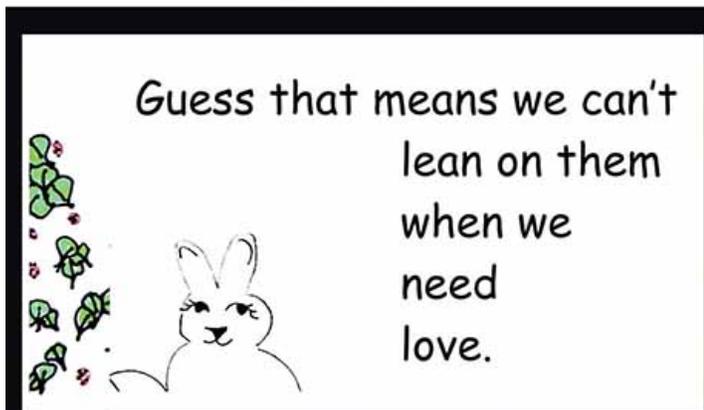
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Poet Maeve
Just Look at a Tree

Wanda Waterman





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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IMPORTANT DATES

- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [Council Changeover Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 10:** [Deadline to register in a course starting June 1](#)
- **May 15:** [June degree requirements deadline](#)
- **May 31:** [Deadline to apply for course extension for June](#)

Stress Awareness

Going through a stressful time? You're not alone. Three-quarters of adults experience stress in their daily lives, recent studies have shown. Major stressors include money, work, and personal health concerns. Trying to balance your studies with work, relationships, and a social life – all while trying to set yourself up for future success – can be tough.

Student LifeLine is there to help you identify your sources of stress and find effective ways to manage them.

Check out the [Stress Awareness](#) feature on their homepage (Username: **AUSU**, password: **wellness**), where you'll find a variety of resources to help you lead a happier and less stressed life, including a brand-new Stress Management Toolkit.

You7 can also contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak to a caring, professional consultant for free expert advice or help!

This is a FREE service for all AUSU members!

Student Lifeline provides help and support 24/7 for any issues, from health, wellness, work, life, money, school, community referrals, and more!



Want to Know More About Your new AUSU Executives?

The new team officially took office on April 10, 2018! Click the links below to check out their biographies!

AUSU President: [Brandon Simmons](#)

VP External and Student Affairs: [Melinda Goertz](#)

VP Finance and Administration: [Natasha Donahue](#)



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