

THE VOICE

Vol 27 Issue 13 2019-03-29

Minds We Meet

Interviewing Students Like You!

Wolves in Sheep's Clothing

The Dark Side of Feeling Good

Federal Budget 2019

A Student's Perspective

Plus:

Council Connection

What a Potential Employer Seeks

and much more!



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AUSU Student Council.

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

For weekly email reminders
as each issue is posted, fill
out the subscription form
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Volume 27, Issue 13

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Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



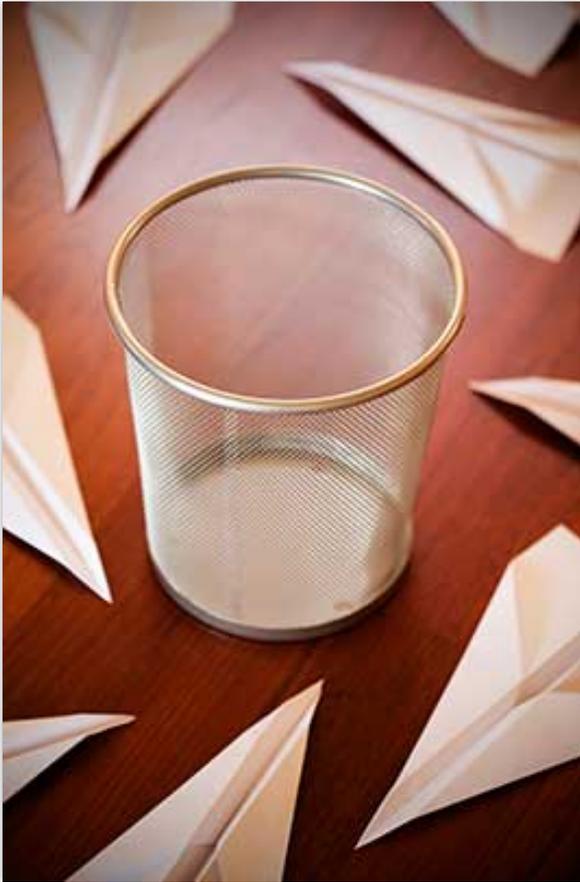
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Editorial The Nation of States

Karl Low



I've been thinking about Brexit, lately. It struck me that part of the reason there's such angst is that the various nations in the EU have never really stood up and said "We're forming a new country with all of us as part of it." Instead, they've been sidling up to it, slowly voting, in the name of trade, to agree to more restrictions on each of them. Now there are reports that some in the EU want it to create its own army. This, of course has the conspiracy theorists going bananas about dictatorial conquest about to storm across Europe, but when you really look at it, the EU seems to be developing itself into an organization not unlike Canada, with its separate provinces under a federal government, or the United States, with the various state level governments underneath their federal system.

But they've never come out and really acknowledged that that's the direction the EU is going in. Of course, if they did, as we've seen from both the US and even Canada's attempts at confederation, such a thing can come with a host of difficulties and protests. After all, everybody likes to think that their country, as it is today, is sovereign and immutable. But the reality is that we are becoming increasingly interdependent on each other, and at the same time, it seems becoming increasingly separate as well. Take the issue of BC

refusing Alberta pipelines. Without getting into the whole who's right and who's wrong on this, what we see is two governments each acting for their own beliefs, even though there's a federal government above both, which both recognize as having significant authority, and a Supreme Court that both governments acknowledge is above any of their own courts.

This is an example of two groups maintaining sovereignty while at the same time ceding some of it to another level of organization, and, despite there being some bumps in the road, it seems to generally work to make us better. (The Alberta Independence Party would likely disagree, but the fact that there's a single party campaigning for that while some 12 others have made no suggestions of separation means that they're the outliers on the issue.) Brexit is little different from Quebec, or Alberta, saying "Hey, we want to go it alone," and, as Quebec found when they really started to look into the issue, might not be such a good idea after all.

My point, however, is that if the EU stopped pretending and just came out with what they wanted to do, I think it would serve to calm a lot of the fears of many of those stumping for Brexit. It would also confirm the hardliners thoughts, but that's not so bad either. At least then it's harder for them to claim shadowy conspiracies if what's on offer is out in the open.

As for this issue, we're featuring an interview with student Alison Rowney, have a look at some of what the latest Federal Budget does for students, and flip around Wanda Watermans' article of last week, this time looking at the down-side of the positive emotions. All in all, it's a good read, so I hope you enjoy it!

A handwritten signature in black ink, appearing to read "Karl". The signature is fluid and cursive, with a long, sweeping tail on the final letter.

MINDS WE MEET



Alison Rowney lives in Alberta with her husband and her two-year-old daughter. She is close to finishing a Bachelor of Arts in Psychology and she plans to eventually take a master's degree at AU. Her long term goal is to become a sports psychologist. This is her story.

Can you give us a little bit of background information about yourself? Who are you? Where do you live, where do you come from?

I'm Alison Rowney, I was born and raised on the East Coast and moved west after high school graduation for university. After moving around a bit over the last 10 years my family and I have settled north of Calgary in Didsbury, Alberta. I'm a stay at home mom of a little girl who just turned two.

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

I originally started at AU taking courses in the summer that I intended to transfer back to the University of Calgary where I was taking a science degree. I had wanted to be a vet but, after taking zoology and doing some dissections, I knew it wasn't for me and was struggling with what direction to move in. I knew science didn't feel like the right path for me so I ended up taking some time off school and focused on some self-exploration (that, to be honest, is ongoing!). I started taking courses again a few years later to see what I was interested in and once I took PSYC 289 (Psychology as a Natural Science) I knew that was it. I had long been interested in psychology and have had my own personal experiences with anxiety, and also witnessed people close to me be affected by mental illnesses, so it wasn't a surprise. I enrolled in a Bachelor of Arts in Psychology shortly afterwards and have approximately 10 courses until I'm done!

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

My husband and I are huge hockey fans and are currently spending a lot of time watching games and following the NHL. I also love to read and stay active. When the weather is warmer, we love hiking or taking the bikes out.

What's your favorite hockey team?

I've been a huge Calgary Flames fan since I was a kid!

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

My long term goal is to be a sports psychologist. I will be pursuing a master's degree and it will likely be through AU.

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

My mom has been a huge inspiration for me, she's always been my biggest fan and so supportive in anything relating to my education. And now being a mom myself, it's important for me to be a positive role model for my daughter. Everything I do is now a reflection of what I'd like her to apply in her own life. If I want her to know that the sky is the limit, the best way I can do that is show her through my own actions.

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

I've been very lucky so far in my experience with online learning. It enabled me to ease back into the learning process slowly, while exploring my options and deciding on the program I wanted to pursue. It enabled me to keep working full time so I could afford to live and pay for my education. It's enabled my husband and I to make two interprovincial moves and start a family without causing me to worry if I would have to transfer schools. And it's enabled me to continue my education while staying at home with my daughter. Knowing I can pace myself and take life as it comes has really been a blessing, since I became a parent especially, but really throughout the whole process. I do dislike the minimal interaction we have with tutors, although I've been blessed with some excellent ones. And I miss the on-campus feel, access to resources and facilities, and being surrounded by like-minded people. However for me, the pros of online learning certainly outweigh any potential negatives.

At what point did you waver the most about continuing your schooling? What caused it and what got you through it?

While working full time and working on school was challenging, I have found it far more challenging since I became a parent. I am in awe of all the students who I know work and parent, as well as attend school. With motherhood now coming first, my schoolwork sometimes gets neglected to the point where I feel like tossing in the towel. But I keep on plugging away because I know if I don't, I would always regret it. The beauty of AU is that I know I can take the time I need. While I wish I could work through my courses at a faster pace, when the time isn't there it just can't be done. And that's ok.

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

I've loved all my psych courses and there are a few I wish I could take again to be honest! But I think the most memorable experience I've had with a course would be WGST 303 (Issues in Women's Health). I found this course challenging because it was such a different approach from my other courses, and the assignments were very diverse. After I finished the course I received an incredibly positive email from the tutor, the first time I've had that particular experience. And I've found myself applying the skills and knowledge I learned in that course in both subsequent courses and my personal life.

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

Money, ha! But seriously, nothing I can think of. If anything, AU has enabled me to NOT have to give up on things to pursue an education. If I was at a brick and mortar school at this point in my life, starting a family would have been more of a challenge. Moving interprovincially wouldn't have been possible. Both times we moved, the time between the decision being made

and the move happening was only a few months. That sort of major transition wouldn't have been possible if I was attending school on campus and unable to relocate at will.

What's your pet peeve if you have one?

Trying to have a conversation with someone who is glued to their phone. Smart phones are both a blessing and a curse. We are in the midst of a connection paradox to be sure. We can reach anyone, anywhere, at any time, and yet a lot of times people engage on their phones instead of having a meaningful conversation with the people around them. It's fascinating how quickly these little devices have taken over our lives!

What famous person, past or present, would you like to have lunch with, and why?

I've come across this question before and always have a hard time answering. There are so many brains I would love to pick. But right now I would have to say Ron MacLean. The history and little facts he knows about the sport of hockey always amaze me and I would love to hear more of his stories.

Describe the proudest moment in your life.

Hands down, having my daughter. And in reflection, overcoming a difficult post-partum time. I was very unprepared for the emotional roller coaster after having my daughter. I realized just recently how far I've come when I found myself laughing at an experience that at the time, had been one of my darkest moments. And that's the thing about life, sometimes the ups and downs are only recognized by how they relate to other periods of our lives.

Describe one thing that distinguishes you from most other people.

I don't have Facebook. Or Instagram. Or twitter. I found that when I had Facebook, it wasn't serving a positive purpose in my life and wasn't a good use of my time. I deleted my account seven years ago and have no regrets!

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

One of the biggest lessons I've learned is that if something isn't working in your life or you're unhappy for any reason, change IS possible. My husband and I have had a few whirlwind years and when we look at all that has happened in the span of only about four years, it's just crazy. But it's enabled us to become very proactive in that we know that we have some control over our circumstances. And when things happen that you can't control, you find ways to adapt. And I've learned to value authenticity, both in others and in how I conduct myself as well.

Have you travelled? Where has life taken you so far?

I'm proud to say I've visited every province in Canada and lived in 5 different provinces, although I haven't been to the territories yet. I've driven across Canada once and it's on my bucket list to do it again. I've also been to Hawaii and the Caribbean. My husband and I were married in Jamaica!

What was it like driving across Canada? What did you do? What were your favorite provinces to visit?

Driving across Canada was incredible and exhausting. The country is so diverse and beautiful. We did it too quickly to do much exploring so the next time I do it, I'd like to take some time in each province and really see the sights. I was born in Newfoundland and always love to visit. It's so breathtakingly beautiful and just such a wonderful place. I also loved Vancouver Island.

What (non-AU) book are you reading now?

I'm guilty of always having multiple books on the go, even though I rarely have time to read and take months to finish them. Right now I'm revisiting some favourite authors so a couple of the books I'm working on are *War and Peace* by Leo Tolstoy, and a book of short novels by Stephen King. I'm also working through the *Game of Thrones* series (2 years and counting) and started reading through Hemingway's novels for the first time.

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



The 2019 Federal Budget Changes for Young People and Students Appreciated

Francesca Carone



The federal government just released its new federal budget and some changes have been made that may affect students at Athabasca University receiving loans. Some of these changes will be exciting for students

For one thing, the budget proposes to lower the interest rates on student loans. I think this would be a great thing since most students end up in debt by the time they are done school and it can be unmanageable. In addition to lowering rates, the federal government will also allow students to have a six-month grace period so that the loans will remain interest-free after graduation. This will help make life easier for students. There will also be changes for the students with disabilities. The government plans to invest 15 million over five years to “modernize the Canada Student Loans Program” (Budget, online), which will

help vulnerable students such as those on disability.

Previously, if a student with a disability had been out of study for five years, they couldn't receive further loans until the ones they've already taken out have been paid in full. These changes will help make it easier for them to return to school after a long absence. This spending will increase supports for students with permanent disabilities (Charlatan, online). On top of that, money will also go towards introducing a new interest-free and payment-free medical and parental leave for students with loans (Budget, online). By doing this they give students who have children a break.

When it comes to young people in general, the budget hopes to help newly skilled workers get jobs. They are proposing to help young Canadians by creating “up to 40,000 new work placements per year by 2023–24” (Budget, online). Through work-integrated learning, they hope that young people will gain new skills and work experience sooner than ever. As most people know, it is hard to get a job without experience, and it hard to get experience without a job in the

right position to gain that experience. I think this move is great. This plan allows young people to gain real-world experience through work placements and hopefully building new opportunities and partnerships.

And there are more changes to parental leave and students, the new budget will also expand parental leave coverage for “post-secondary students and postdoctoral fellows, from six months to 12 months” (Budget, online). In addition, the budget proposes an international education strategy which will invest “\$147.9 million over five years and \$8.0 million per year ongoing” to help “more Canadian students participate in study, work and travel opportunities abroad, as well as invest in promotional activities” (Budget, online). For the housing strategy, they plan to invest \$40-billion to help make housing more safe and affordable for those in need. In Canada, about 1.7 million households are living in homes that are inadequate or unaffordable. A shocking statistic for some. Many people will benefit from this funding.

With all these changes to student life, we hope that it will make a difference. Canada seems to be promoting education and young people (as well as seniors and families) in this new budget.

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Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Angela is booking her first exam with ProctorU and seeks insight; fortunately, many students have experience with ProctorU and are happy to give advice. Jowayne is bogged down with ENGL 305 Children's Literature and seeks help.

Other posts include invitations to convocation, take-home exams, AU degree acceptability quotient, and courses ENGL 255, INST 358, and WGST 421.

reddit

Another mixed salad of course questions, this time ECON 357, HUMN 209, and MATH 309.

Twitter

@AthabascaU tweets: "We will be improving Athabasca University's login page. Here's why you'll love the changes: news.athabascau.ca/announcements/upcoming-changes-to-login-athabascau-ca/."

@austudentsunion tweets: "Do you want \$1000? Applications now being accepted for AUSU's awards and bursaries - deadline May 1. APPLY NOW! <https://bit.ly/1GIWJhi> #igo2AU #studentawards."

Wolves in Sheep's Clothing: The Dark Side of "Bright" Emotions

Wanda Waterman



Last week in "Sheep in Wolves' Clothing" I talked about the silver lining in unpopular emotional states. Today I'm doing just the opposite.

What kind of a Gloomy Gus would tell people to be suspicious of good feelings? Positive emotional states give us the gumption to change, grow, and achieve, and cultivating them is essential to a well-lived life. But there are risks involved in chasing down those good vibrations and holding them hostage. Experiencing positive emotional states in a conscious way can get you around a heap of pain. Here are just a few examples.

Romantic love

Eros, to which more pop songs and films are devoted than any other form of love, does, as C.S. Lewis pointed out, contain a generous dollop of selfishness. It tends to blind us to obligations to all but the love relationship. It demands single-

minded devotion from our partners. Falling in love often throws people off-balance to the point where they forget who they are. The tragedies that come in the wake of such wrongheaded romanticism are what keeps marriage counsellors and divorce lawyers in gravy.

The mindful lover won't stop loving others and certainly won't abandon the quest to know themselves and self-actualise. They'll respect and attend to the partner but resist the partner's efforts to make them feel ashamed for making time for activities outside the relationship. The mindful lover truly lives in love, respecting and honouring the partner as a precious and separate individual, while continuing to love and respect themselves.

Happiness

Happiness—that is, a deep, abiding sense of contentment and gratitude—is less a fleeting emotion than a life choice. As author Stratis Myrivilis wrote in the novel *Life in the Tomb*, "One must choose happiness." Happiness is something to be chosen, not something to be given or taken. When you start to think you're entitled to happiness or you become ready to compromise your values for it, you've lost your way; happiness will escape you like the proverbial wayward girl who flees those who pursue her and pursues those who flee her.

Want to choose happiness? Seek out and welcome those thoughts and experiences that bring you joy while acknowledging the character-building value of unavoidable conditions like sadness, stress, boredom, and dissatisfaction.

Self-confidence

Sure, self-confidence helps us reach for the stars, and that's a good thing, right? Well, if you've ever seen the Dunning-Kruger effect in action you'll know that self-confidence ain't all it's cracked up to be; especially when it allows us to make fools of ourselves. Ironically, it's usually when we think we know it all that we're missing the very information that could help us succeed.

Better to temper your self-image with a touch of realism while developing a sense of real self-worth. The self-confidence you gain will have more to do with your true value and less to do with your ego.

Amusement

Fun, laughs, kicks, letting go, and blowing off steam are among the great pleasures of life.

They also have limits. Haven't you ever heard someone say, "Sing before breakfast, you'll cry before supper"? How many times do wild parties end in chaos, destruction, and ambulance rides? How often do bouts of uncontrollable laughter result in hurt feelings and misunderstandings? How often does "fun" leave you feeling emotionally exhausted?

Mindful amusement knows when to put the brakes on. It sees when too much joking could hurt someone, when letting loose might be getting dangerous, or when we simply need to stop having fun and get on with the business of living.

Comfort

The word "comfort" conjures up images of easy chairs, fuzzy slippers, and cookies still warm from the oven, but too much time lounging around munching on cookies might not be all that good for us.

Comfort should be a reward for hard work and a means of restoring a tired brain and body—not an end in itself, and certainly not pursued as a lifestyle. Being healthy and sharp requires regular activity, healthy eating, and pushing ourselves to our limits, none of which feels all that comfortable.

There's also a political downside to too much comfort. History shows that in political contexts it's often those living in the most comfort who create the biggest impediments to progress, for example the obstinacy of the 19th century British House of Lords in delaying bills meant to improve the lot of England's farmers and workers.

By all means, enjoy your comfort, guilt-free. Just don't get too attached to it.

Enthusiasm

This is a hard one to knock. Enthusiasm aids learning, promotes achievement, and grants us joy in work and play. What's not to love? For one thing, enthusiasm can be as blinding as romantic love, and just as obsessive.

I have a friend whose dream it was to become a doctor. She was driven daily by the enthusiasm behind her dream. I could see she hated studying science and had an aversion to certain medical conditions, but it took a random invitation from a law school to make her stop and ask herself if she could really be happy as a doctor. She's now a successful attorney, and she still wonders out loud why she'd ever dreamed of entering medicine.

Life changes. We change. Life changes us. Stopping from time to time to ask yourself if this is still what you want should be a regular part of the journey toward your dream. Being true to yourself demands it.

Wanda also writes the blog [The Mindful Bard: The Care and Feeding of the Creative Self](#).





Course Exam

AU courses, up close

Brittany Daigle

Course Exam

Brittany Daigle

HRMT 322 (Employment Law) is a three-credit, senior level Human Resource Management course that introduces students to the branch of Canadian law that governs relations between employers and employees, primarily in non-unionized workplaces. The course is designed to provide students with practical knowledge of employment law, focusing on constitutional law, common law, and statutory law. This course is not a course designed for lawyers in training but rather for those who need or want to acquire a working knowledge of employment law that can be applied on the job. HRMT 322 has no prerequisites and there is a Challenge for Credit option if students are interested. The Voice Magazine looked at a previous version of the course back when it opened in 2005, but since then, the structure and assignments for the course have changed.

Employment Law is made up of five units, one assignment weighing fifteen percent, one assignment that weighs twenty-five percent, two quizzes weighing fifteen percent each, and a final examination weighing thirty percent. The units in this course cover topics such as the employer-employee relationship, ending the employer-employee relationship, human rights, the domain of employment law, and regulating employment by statute. In order for students to receive credit for HRMT 322, they must achieve fifty percent or higher on each of the quizzes and assignments and fifty percent or better on the final examination. Any quizzes or assignments that are not completed or submitted will receive a mark of zero. The final examination for this course must be taken online with an Athabasca University-approved exam invigilator at an approved invigilation centre. It is the responsibility of students to ensure that the chosen invigilation centre can accommodate online exams.

Dr. Alex Kondra has been working at Athabasca University for seventeen years and has been the course coordinator for HRMT 322 for about three years. Alongside this course, he coordinates ADMN 232 (Introduction to Management) and RIBL 687 (International Business: Understanding and Managing Legal Risks), and coaches for undergraduate case competitions. He provides a brief introduction, stating “I earned a PhD in Business Administration (Major: Industrial Relations, Minors: Organizational Analysis, Economics and Statistics) from the University of Alberta in 1995. I previously taught at Acadia University and was a faculty member while Acadia rolled out the first all laptop environment in Canada. I have served at Athabasca University as the acting Vice President Academic, Dean of the Faculty of Business, Executive Director of the Centre for Innovative Management, acting Associate Vice President Academic, acting Director of the School of Business, and program director for AU’s undergraduate business programs. I am currently the MBA program director as well as an Associate Professor, teaching in areas of organizational theory and human resources.”

When asked to describe the course to students, Dr. Kondra explains “This a comprehensive introductory course on employment law that would be useful to any supervisor but particularly those who wish to specialize in Human Resource Management.”

Dr. Kondra provides insight to what type of work ethic students will have to have to be successful in this course, stating “There is a lot of very detailed material as it is fundamentally grounded in the law and this means attention to detail is very important. There are a lot of technical points that must be understood. Detail is very important. Writing skills for the assignments are critical.”

He continues by providing advice for students who are currently enrolled or who are considering enrolling, stating “Reading cases for a non-lawyer can be daunting, but we help walk you through the mechanics of what to look for and how to understand what judges say. The course has a text based on Alberta and BC law, but we take steps in the course materials to cover fully the laws of other provinces to ensure the course can meet the needs of students across the country.”

When asked what he believes students will take away from this course, he explains “The nature and substance of that relationship is explored from when an employee relationship exists as opposed to an independent contractor; to understating the application of Humans Rights and employment standards, which encompass that relationship.”

He continues, “The most important part you will take away from this course is how to understand the legal cases involved and knowing how to apply them to the real-life situations you will encounter.”

Every course has material that may be more difficult to some students, Dr. Kondra explains what he believes are the most difficult aspects of the course, stating “They struggle with the true nature of the employee/ employer relationship and the power balance between the two. However, once the student understands that we are more interested in the substance of the relationship and not its form, students come to appreciate how we learn to apply cases and rules to the relationship and when that relationship truly exists.”

Whether HRMT 322 is a degree or program requirement of yours, or if the content discussed above sounds like it would be of interest to you, this course will have you learning plenty of fascinating material surrounding the topic of employment law.

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



Fly on the Wall Putting Procrastination on Pause

Jason Sullivan



Realizing the Unity of our Vision

Let's put procrastination in perspective. It's a nagging worry that can engulf us. Like being lost in a hall of mirrors, there are a lot of daily distractions to dissuade us from our studies. To take confident strides over the hurdles life erects we need a clear-eyed assessment of our big picture. Where are we coming from and where do we intend to go?

Perspective requires more than the present, and dominant, point of view. Time passes because there are countless things that need doing in life; nature

abhors a vacuum and our idleness soon leads us to busily waste time. Countless moments of

opportunity pass where studying might not seem like the most pressing option. And, like a coffee cup nudged ever closer to the edge of our desk by a perspicacious pet, our success at AU can easily inch itself—at first imperceptibly, but then with terrifying haste—toward disaster.

Failure can actually happen, but that doesn't mean it needs to. Placing ourselves in a realistic rapport with the flow of our own life and the expectations of our course material can deliver us a greater success; we just have to be aware of what's flexible and what isn't. We need to see the big picture to appreciate the details.

Consider visuals themselves. A two-dimensional picture lacks clarity and tends to illustrate only one aspect of reality at a time. Likewise, to see our lives and our academic journeys in a light that combines pragmatism and passion we can no more string together facts to understand the goals of our journey and its goals than we can race from moment to moment without drawing necessary conclusions from this procession. Studying requires a global view rather than a photo album.

A Study in Interpretation, Comprehension and Meaning

To see each possible study moment as something positive requires the application of the right interpretive lens. Here we can employ the classical sociologist Max Weber who used a wonderful German word: *verstehen*. *Verstehen* means “to understand, perceive, know, and comprehend the nature and significance of a phenomenon. Or to grasp or comprehend the meaning intended or expressed by another person. Weber used the term to refer to the social scientists’ attempt to understand both the intention and the context of human action” (Elwell, online). A lot more than the mere present exclaims from this term; nothing is self evident even if we think we're right there in each moment of our life. *Verstehen* demands imagination and a broad perspective and, when it comes to warding off the darkness of procrastination, a combination of comprehension and understanding can go a long way.

Everywhere in life, personal omniscience passes into our mind in the form of personal wisdom. We're never who we were yesterday, and we're certainly not the same student as a decade ago. Our life experiences can only aid our perspective on our selves and our surroundings as we make time for our AU coursework. It's all grist for the mill. Likewise, the one thing eternal in the moment is the process of change. Maybe that's how the past gets that way; it slides by camouflaged as the present. But in terms of procrastination the key is to see the potential for usable time within our days. Unlike geometrical patterns replete with rigidity, or even beautiful fractals that seem endlessly creative, we aren't bound by rules internal to our being so much as by a flexible interaction between ourselves and our context.

Upon the onset of his university schooling, Karl Marx wrote a loving and flowing letter to his Father. In it he described his vision for understanding change within reality.

“The mathematician may construct a triangle and demonstrate its properties; but it remains a mere idea in space, and undergoes no further development. We must put one triangle beside another, then it assumes different positions, and these differences in what is essentially the same endow the triangle with different relations and truths. On the other hand, in the concrete expression of the living world of thought—as in law, the State, nature, philosophy as a whole—the object must be studied in its development; there must be no arbitrary classifications; the rationale of the thing itself must disclose itself in all its contradictoriness, and must find unity in itself” (Marx, 18).

This creative unity of our selves as AU students includes both the centrifugal forces of our desire toward our learning (after all, we are here by choice, not compulsion), and the stubborn

centripetal desire to procrastination that can drive us toward doing almost anything but engaging in the fruitful fulfilment of our course obligations. To become a whole student is to make peace with this internal contradiction.

A world of interplay occurs in every moment of life and not only do these interactions alter our substance, they provide potential for our growth as students. As the saying goes, you're never more than four feet from a spider. When we're home we're never far from our coursework and we want that to be a positive, rather than fearful, reality. Not only do our courses alter us and build an edifice for our future enlightenment, the approach we take to this process provides a recipe for either dizzying glorious success or abject white-knuckling discomfort. We won't have maximized our potential if we look back on our studies as a series of near-misses where we scrambled to make up for time lost to procrastination. What we want is to achieve a sense of harmony with our coursework where it comes to abide at a natural nook in our lives, one that we are drawn to rather than must perpetually drag ourselves towards by the scruff of our academic necks.

Productive Deconstruction: The Concrete and Immutable and the Fluid and Malleable

Flexible interpretation and immutable alteration are two hallmarks of each moment known as the present. An awareness of time, and the fissures within our view of it, provide opportunities that can translate well in pursuit of our AU studies. To avoid procrastination means to find the time to get things done and this requires evaluating and assessing our lives so we can identify and create windows of opportunity. These portals evade procrastination.

To take a social science example, justice as a concept operates flexibly in relation to law as a concrete juridical apparatus. Deconstruction works wonderfully to elucidate this process whereby laws change in reaction to the universal concept of justice. John D. Caputo describes the difference between that which can, and that which cannot, be deconstructed. "What is undeconstructible: justice, the gift, hospitality...is neither real nor ideal, neither present nor future-present, neither existent nor idealizable, which is how and why it incites our 'desire' driving and impassioning deconstruction" (Caputo, 128). To achieve the mystical Nirvana of academic success, that itself is undeconstructible, is to apply practical tools to the concrete realities of all-too deconstructible daily life.

John D. Caputo notes how deconstruction, far from a relativistic anything-goes ideology, actually underpins justice itself. Ideas like justice are not themselves susceptible to deconstruction; they function as useful guides and abstractions. The Law, like our study regimes, is eminently deconstructible because it constitutes a series of actions and enforcements that are amenable to change over time. Likewise, our AU coursework is immutably present. We have to get it done on its terms. Education itself, as an abstract process, is also undeconstructible. But the methods of its acquisition certainly are: distance education itself is a literal deconstruction of traditional brick and mortar schooling. Finally, the act of studying, in itself, cannot be deconstructed, but how we actually engage with our time bears closer consideration and observation if we are to incisively critique our approach to our own coursework. Like a triangle versus a life philosophy, the latter is where successful creativity lies.

Our Personal is Political, An Example from History

Caputo sources a key moment in history that we may relate to in our personal AU worlds. We need to get our study selves to the front of the buses of our lives and that means deconstructing our daily realms in order to bring justice to our future. Caputo notes the sociological case of Rosa Parks:

“Before Rosa Parks decided to visit the undeconstructivity of justice upon Montgomery, Alabama, for example, it was legal, legitimate, and authorized to force African-Americans to the back of the bus. So to ‘deconstruct’ does not mean—how often do we have to say this?—to flatten our or destroy but to loosen up, to open something up so that it is flexible, internally amendable, and revisable, which is what the law should be” (Caputo, 13)

Our study regimes demand flexibility and evolution because we are fitting them into the complexity of our lives; the abstract law of when we should study runs against the abstract justice of meeting multiple obligations. Too much ‘should’ing on ourselves is counter-productive and redolent of narrow-mindedness. Most important: its negativity leads to procrastination. So we want to find a way to meet the needs of our live while maintaining a sense of doing justice to our coursework.

Deconstruction of our study regimes involves having an image of what our future study schedule will look like with an eye to any past procrastination challenges. We have to make and remake our lives according to what works, with an eye to the justice we want our future student selves to receive. Distance education is solitary, and we are each our own judge, jury and executioner. Being as how were all human, we all procrastinate; the key to change is to assess the present not as just a series of moments but as a string (a concatenation) of opportunities for growth and evolution.

Instead of worrying about our coursework in the immediate future (and thus potentially putting off our needed studies) it helps to think of what is to come in our education. The future is bright because our past is glowing with embers of past triumphs. And, pretty much by definition, everything we do at AU is a challenge with potential for growth. If it was easy it wouldn't be worth it. Likewise, it's one thing to enjoy, say, psychology, and another thing to actually read the textbooks and write the assignments.

Think of how we choose electives. By taking a course we know we'll enjoy we assume we've made a good decision; but what if we stretch our limits with something we're not familiar or comfortable with? In the end, we've pushed ourselves in a different direction and potentially increased our abilities while risking a lowering of our grades. But in the big picture there's no wrong choices in terms of our education; the means by which we accomplish our goals is the part we want to feel empowered about. Like each moment of life, mappable in terms of angles or in terms of meanings, the simplest decision in a split-second embodies many possible meanings. In this way there is no present; it's a gift that we give and receive to ourselves not because its a thing in itself, but because we decide what it means and how and what we will do with it going forward.

So, with an eye toward the glowing beacon of our future success, let's identify our goals and get that studying done. Because, hey, as CCR, famously sang “someday never comes (Fogerty, online).

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Council Connection

March 14, 2019 Meeting

Carla Knipe



Athabasca University Students' Union

The March 14th meeting of AUSU was “business as usual” but had a major change, one that Council hopes will be for the better. The conference call format changed its platform to the provider Zoom, which specializes in video and conferencing systems. Zoom will allow AUSU councillors to make more connections with each other as well as AUSU students. The dial-in procedure is now different than in the past, but pop-up video windows in the platform allow attendees to view meeting participants by video. There is also an audio only option, if you don’t need to see the faces. You can set Zoom to display all the cameras that are running, or just the camera of the person who’s currently speaking. Doing that gives the meeting a different feel, giving a better sense of who’s speaking. So much so that it seemed odd the few occasions someone without a camera spoke.

After the usual protocol of calling the meeting to order and adopting the agenda and last month’s minutes, Council got down to work. There were no action items to review this month, but Council has been compiling its annual report. President Brandon Simmons expressed

his gratitude to Donette Kingyens for her work in compiling the report. This year’s report is a bit different, as it used photos taken by AUSU and more graphics to put more of a “human” face to the report, to make it more visual and more appealing, and not just facts and figures on the page. Council acknowledged that this year’s report is only a start of what is possible going forward, and hopefully next year will improve on this format. Executive Director Jodi Campbell commented that this year’s report looks great, and is a professional looking document that contains more infographics that enable the reader to see the organization at a glance. Councillors voted unanimously to accept the report, and if you have a few moments, you should consider taking them to check out the [2019 AUSU Annual Report](#) yourself, to see what Council has been doing and is planning to do in future.

There were few policy revisions this month, with the Administration: Professional Development and Administration: Annual Timeline and Executive Workplan policies being on the agenda. These were not substantive changes to the actual policies but were general language changes that tightened up the policies for clarity and to reflect the current practices of council. These changes were approved unanimously. The next motion was regarding the policy, Policy Administration: Membership in Good Standing – Removal and Reinstatement. The two policies these directives used to be in have essentially remained the same; however, they have been combined into one policy and the revision was to include gender neutral language. There was no further discussion by Council and was carried unanimously.

The bulk of this month’s business was to discuss the AUSU Policy Manual and AUSU Policy Handbook. This project was a huge undertaking by council. Vice President Finance and Administration Natasha Donahue updated the rest of Council. In past months, there has been much discussion and debate of the form and function of the manual and handbook, and how it will be used. It was decided that the full, detailed manual will exist within council and not be a

public policy document as per the guidelines and examples of other post-secondary student unions. But the resolutions of the policies would still be publicly available on the AUSU website as the AUSU Position Policy Handbook. If anyone outside of AUSU council were interested in reading the detailed notes around the policies, contained in the full AUSU Position Policy Manual, they could request the full document. Julian Teterenko asked why can't AUSU just make the Policy Manual public in the first place. The answer is that the AUSU Executive felt that, after discussion and consultation, that the public document would be more concise, versus the verbose policies.

It was noted that if council wanted to vote to put it all online, they could, but the decision to put the full AUSU Position Policy Manual online was a result of discussion and evaluation of best practices both within AUSU and other student unions. Vice President External and Student Affairs Melinda Goertz acknowledged that there are various levels of information for other organizations including councils; there is the behind the scenes information all the way down to end user information, and Vice-President Natasha Donahue said that the handbook is for the casual user; for instance, if someone isn't familiar with AUSU they would be bombarded by info if they were to read the entire policy manual. Emmanuel Barker also noted that not having the entire manual online takes the pressure off AUSU by not leaving Council open to being misquoted and misinterpreted by the media. If someone wanted to quote AUSU policy on a certain matter, they could contact AUSU directly for explanation or clarification, especially in the heat of the moment when an emergency issue occurs. However, Executive Director Campbell noted that overall, the risk is very low for misinterpretation, even if AUSU decides to put the manual or handbook online. It's more about a presence and transparency.

President Simmons asked Council how they would like to proceed with this issue, whether to amalgamate the two documents or display them publicly. Councillor Mark Teeninga responded by proposing an alternative way forward, about how to make the document transparent for membership but not for the wider internet. Perhaps technology can help by creating a form of a "firewall" where the security for these sensitive documents might be really important so free and open access to them may be not the best practice. He suggested that perhaps AUSU could use a sign-in protocol that limits viewing the documents to certain people such as AU students. Emanuel Barker liked this idea and noted that AUSU maintains a member list so any access requests can be double checked against the list. After the lengthy discussion, Council remained split on the issue and needs more discussion going forward. Therefore, this month's motion was carried, with Councillor Teterenko opposed, only to acknowledge that Council needed to get further clarity. President Simmons said that AUSU will hold off posting these documents in whatever form until the launch of the improved AUSU website, which is currently in the works, and noted that, regardless of this, AUSU wants to do more press releases in the future to respond to issues as they arise.

The meeting moved on to the monthly reports. The President's report discussed the recent Town Hall meeting with AU President Neil Fassina. President Simmons said that the experience was positive, even though the number of attendees was unpredictable due to the parking situation in Edmonton near the AU office as well as the timing of the Town Hall, which was in the middle of the day. However, it was well attended both by those physically at the gathering and also who listened in by telephone. President Simmons said that for him, the highlight was meeting the very first AUSU president. He enjoyed chatting about how things were done in 1992 versus now, with technology such as Skype and Zoom. President Simmons said that he wants more face to face interaction and AU wants to do the same with their meetings so they can visually bring people together. He feels the new format will do wonders for AUSU's working relationship.

Also of note, the Vice President External report focused on the recent Faculty of Business meeting and the many initiatives that AU is working on, including a virtual Co-op placement that will see AU Business students working through various scenarios to give them practical soft skills as they exit AU and enter the workforce.

The rest of the AUSU Executive are also working on many different initiatives that will make the AU student experience better, especially in forging connections between students and AU. They also noted that the new AUSU podcast has launched, and Council invites everyone to listen to the first episode. It's only thirty minutes long, so it would be a great student study break! Council is excited that it is up and running after a lot of planning. But the podcast does not yet have a name. Hopefully it will soon! The next episode will be recorded at the CASA Annual General Meeting.

Finally, there was a question from the floor regarding concerns for the cuts to post-secondary education in Ontario under the Ford government. AUSU has had some developments here, notably getting together with many Ontario schools to create a document to send to the Ontario government, but the cuts will be a major part of the discussion at the CASA Annual General Meeting in Halifax.

The meeting was adjourned at 8:02 PM.

The next meetings of council will be on **Thursday, April 11th, 2019, 6:30pm MST**, and **Thursday, May 9th, 2019, 6:30pm MST**

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Irene Adler Prize

Sponsored by: Lucas Aykroyd

Deadline: April 30, 2019

Potential payout: \$1000 USD

Eligibility restriction: Applicants must be women, Canadian or U.S. citizens, and either beginning or continuing post-secondary education in Canada or the U.S. in a program related to journalism, creative writing, or literature. See [submission guidelines](#) for full eligibility requirements.

What's required: A email with a completed entry form and a 500-word essay on one of three topics.

Tips: Read the [2018 winning essay](#) for inspiration.

Where to get info: www.lucasaykroyd.com/scholarships



The Not-So Starving Student Farmers' Markets 101

Xin Xu



For students looking for a weekend activity that involves exploring locally grown produce, farmers' markets make an excellent choice to accompany the warmer weather. Unlike the usual trip to complete the groceries list, farmers' markets provide an array of artisan food products, crafts and sometimes even live music. However, if you're planning to try your hand at picking up some quality produce for your dinner plans, then this read will be important for you. To help you get the most out of your farmers' market trip, we've compiled some tips and tricks from university students.

The early bird gets the worm

Regular farmer's market goers might notice that as the day progresses, the quality of the fruits and veggies diminish as the stock depletes. To improve your experience, if you plan to bring home some produce, arrive early during the day to ensure the freshest pick. Unless you're going for preserved items such as jam and pickles, starting the day early can give you a huge advantage. For example, at the Granville farmers market in Vancouver. Starting the day at 9:30 am, my

close friend and I were able to purchase an entire bag of fresh avocados for \$2!

Pick items that are in season

With the heaps and rows filled with fresh produce, it's inevitably overwhelming. Especially for millennials growing up in urban areas; many of us are unfamiliar with the seasonality of freshly-grown veggies and fruits. Consuming fruits and veggies off-season may not only contribute to paying higher prices, but also to a compromise in the authentic taste of those products. For example, have you ever wondered why strawberries in the winter are less sweet and ripe than those in summer? Part of the reason may be that the strawberries are grown in greenhouses with artificial light and moisture conditions. Do some research (on your cell phones) before buying a particular fruit or veggie.



Ask the farmers questions

For beginners visiting farmers' markets, we might shy away from asking questions and observe other customers' behaviors. However, part of having a wholesome experience is taking the opportunity to ask ample questions to farmers. Many of vendors are highly knowledgeable about their products and provide you with surprising information about their produce. For example, asking the vendor at a pickle stall at the Edmonton Farmer's Market taught me that using different vinegar types lead to very different tasting pickles! For the experienced visitors, try asking for samples if none are provided.

BYOB (bring your own bags & change!)

Coming to the farmers' market prepared will mean less time spent trying to scramble for change or look for bags. If you're planning on picking up ingredients for the kitchen, then bringing a reusable bag will make your navigation that much smoother!

, pickled veggies and corn.

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



Porkpie Hat

On the Virtue of Experience



Darjeeling Jones

Live enough years, and you begin to understand that there is no measuring, no charting the immense distances between who you once were, who you have become, and who you will be. I distinctly remember hearing David Bowie for the first time when I was twelve years old, and even then having a dim inkling that, mid-way through "Golden Years," things had changed, some neural connection had been made that would cause me to forever see the world in just a slightly different way. When I was fifteen years old, I checked out a copy of *A Clockwork Orange* from the school library(!). The person who closed that book was not quite the same person who had first opened it. At a rough

calculation, I would say I have had my heart broken seven or eight times over the years. Each time, two different versions of myself stood contemplating each other from opposite sides of the that fracture - a thin, jagged line, perhaps, but it may as well have been a canyon.

For the past few months, my life has been turned upside down by personal loss and all manner of discord, including terminal illness of a close family member, conflict at work, and the sudden death of a beloved pet. Please believe me, I am not looking for or in need of sympathy. I am fully aware that there is absolutely no one who does not have their share of pain and loss. As the great Sam Roberts has pointed out, "there's no road that ain't a hard road to travel on." And, to counterbalance the bad stuff, there's been a ridiculous amount of sweet magic: lovemaking,

friendships enduring, laughing, dancing, crying, breathing. Pleasures to wonder at are always there, if we take the effort and time to notice and appreciate.

One thing I am absolutely sure of in this life is that all my experiences, good and bad, have made me a richer, more complicated, more interesting person. Like you, dear reader, I am reckless, afraid, jubilant, tragic, absurd, delighted, inconsolable, carefree, and doomed. I am hopelessly flawed; I am practically perfect. It's a wild, bloody, bare-knuckle kind of world, and it takes a tough skin and a tender heart to get by. Even though I have scars inside and out, and don't sleep so well, I would never choose to trade my hard-won toughness and savvy for some version of an earlier innocence. I want to keep experiencing the fullness of the world, for all its devastation and all its beauty. I do not wish to run from hurt, or pretend it doesn't exist. I won't numb my brain with the novocaine of idle distractions and petty denials.

The magic and the pain of life are two sides of the same bright coin, the currency of experience. Let's plug it into the great cosmic vending machine; it's well-stocked with trinkets and poetry; press the buttons and watch the hours and days come tumbling down. Let's spend it at the turnstiles, step out onto the platform, feel the energy of the crowd surging around us, and ride that future-bound monorail train, no matter what its future destination may be.



What a Potential Employer is Seeking in a new Employee

Tara Panrucker



When we first start searching for a rewarding new job, we're often preoccupied with the perks and other benefits on offer. During the initial interview, we may inquire about vacation leave, pension plan, dental insurance, and so on. Unfortunately, if we're absorbed with what we're going to get instead of considering what merits we're bringing to the job, we're making a major mistake.

For one thing, the new employer is likely to ask pointed questions about what you're looking for and how you'll fit in with the company. For another thing, he or she may also ask about previous job challenges and how you solved them. Knowing how to communicate your skills, experience, and ethics is going to give you an advantage over less prepared candidates.

In addition to presenting a positive face to the company, consider more specific work principles to present to a prospective employer.

- How will you increase sales or clients for the company? Remember, if you're not generating an increase to the business, they're not making more money and may no longer be able to afford you down the road. Basically, if the company is not profitable, you won't be either.

- A potential employer wants to see you demonstrate your familiarity with the company, its products and the services provided. You establish your interest and curiosity about the company if you've taken the time to research. Simply navigating through the company's website and LinkedIn profiles will assist you in answering a potential client's questions and communicate clearly and professionally that you're prepared to work hard for the company.
- Furthermore, you should be able to demonstrate self-awareness, your skill set, and pertinent experience and how it will benefit the company.
- Prove you are prompt by arriving on time for the interview and show courtesy and politeness to every staff member you encounter. Your initial actions validate that you take the position seriously.
- Employers also want to understand your willingness to learn new things and that you're teachable and possess a positive 'can-do' attitude.
- Demonstrate the ethics of loyalty and responsibility by refraining from bad-mouthing previous employers, instead focusing on previous wins.
- When you take pride in your work but also own up to your mistakes, a prospective employer views you as professional and transparent; this makes them feel confident they're hiring someone with solid core values.
- Even if this isn't going to be your chosen career, when you treat it as a valuable step towards your goals and appreciate the extra skills you pick up along the way, employers are more apt to help you achieve your goals.
- If you can both follow direction and take initiative, management will see you do not need to be asked to do something twice. Most bosses do not want to micro-manage their employees.
- Lastly, potential employees who exhibit consistency and have produced a measurable, quantifiable amount of work in past employment are desirable employees.

It's helpful to remember that scoring a new job is not all about you, it's about creating a mutually beneficial arrangement for both parties. Respecting coworkers and remaining professional will take you a long way in both your career and any new work relationship—indeed, in all areas of your life. Success may be a long and winding road, but there are no mistakes or bad jobs, only learning experiences, or, at least, lessons learned.

AU-thentic Events Upcoming AU Related Events

AU Open House

Wed, Apr 3, 10:00 to 11:00 am MDT

Online

Hosted by AU

www.athabascau.ca/discover/open-house/

Register online at above link

second session: Wed, Apr 3, 5:00 to 6:00 pm MDT

Looking ahead...

Edmonton Meet & Greet

Wed, Apr 17, 5:00 to 7:00 pm MDT

The Rec Room, 1725 99 St NW, Edmonton AB

In person

Hosted by AUSU

www.ausu.org/event/edmonton-meet-greet-8/

Email services@ausu.org to RSVP

All events are free unless otherwise specified

If you communicate all of these standards to a prospective employer during your initial interview, you help to put the interviewers at ease and make them able to sense you will become a valuable asset to the company.

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



The Fit Student Look Like a Celebrity—The Tony Robbins Way

Marie Well



Last week, I watched a documentary called *Being Tony Robbins*. Mr. Tony Robbins lives on a gorgeous island and bathes in a waterfall. But when he revealed his daily routine, I realized my impoverished life was just as rich. Don't believe me? Well, he meditates daily. I meditate doing the Wim Hof method. He has a sauna followed by a dip in an ice-cold pool. Well, I hop straight from a hot steam into an ice-cold shower. He exercises on specialized machinery. I exercise at high intensity seven hours a week. He has a personal trainer. I have fitness books and my boyfriend who trained all his life.

But wait, I have a boyfriend who acts like a personal trainer? Not fair? Well, I'm your personal trainer now. Free of charge.

I'm almost 50 but have a better body than when I was 18. I now look at age 50-plus celebrities in bikinis and I look just as fit. But I smile when I read comments about celebrity privilege. You don't need 24-hour personal trainers, 24-hour dieticians, and a beachside resort. You just need a gym membership, the Cronometer app, a diet plan (tweaked for your taste buds), and Arnold Schwarzenegger's *The New Encyclopedia of Modern Bodybuilding: The Bible of Bodybuilding, Fully Updated and Revised*. You'll drop weight and look better than most 18-year-olds in no time. Who said 50 wasn't fab?

Once you condition your body to move five hours a week, you crave it. Rest days feel like torture. You yearn for the headspace, the endorphins, the beautiful body. Also, you'll never worry about your weight if you work out and eat whole foods. But what if you don't like the gym? Don't worry—the gym highs await, ready to pounce, once you get conditioned.

Gym membership offers you many of the perks in Tony Robbins' lifestyle: a sauna and an ice-cold shower, a workout, and a bench on which to meditate. Let's discover how you, too, can look like a celebrity on next-to-no budget:

Hot Steams and Ice-cold Showers

Tony has an ice-cold pool right outside his sauna. Celebrity privilege? Well, an ice-cold shower and steam do just as well. Find a gym with a steam room and ice-cold shower. When I took my first ice-cold shower, I went into shock. But now, nothing beats ice cold. Ice-cold showers boost immunity and circulation, aid in weight loss and muscle recovery, lower risk of stress and depression, bolster alertness, and shine the skin and hair (Borreli, June 24, 2014, 8:00 AM). Couple an ice-cold shower with a smoking hot steam, and the fun multiplies. A hot steam bath “improves circulation ... lowers blood pressure ... reduces stress ... clears congestion ... promotes skin health ... burns calories ... [and] boosts the immune system” (Watson, June 1, 2017). But who needs a steam bath anyway? Just dial your shower from hot to ice-cold every two minutes, and you’ve got the free version of Tony’s spa. You don’t need the Bahamas when you’ve got a bathroom.

Workout

Tony works out every morning on specialized machinery. Celebrity privilege? Well, you don’t need machines. You don’t even need a gym membership. You can use body weight instead with push-ups, bear crawls, jumping jacks, and other free fun. But if you want a gym membership, buy Arnold Schwarzenegger’s *The New Encyclopedia of Modern Bodybuilding: The Bible of Bodybuilding, Fully Updated and Revised*. (Don’t worry—you don’t have to read his whole book. Just go straight to his page listing his workout routine, and then search YouTube for examples of each exercise in action.) Do Arnold’s weightlifting routine, but also throw in 25-minutes on the stationary bike. Train seven hours a week with two rest days. Within two years, you’ll look like Tony flew you onto his island for a Victoria Secrets’ photo shoot.

Meditation

Tony meditates and does affirmations every day. Celebrity privilege? Well, you can do that, too, anytime. First, do the Wim Hof method of meditation to charge your body. And then download an app called *My Affirmations*. But don’t use the default affirmations in the app. Delete them all. Replace them with your own researched affirmations. For instance, for the topic of “Wealth,” research online ways to get rich, then put them in your *My Affirmations* app. For the topic of “Social Skills,” research how to get social skills, too, then put them in your app. The *My Affirmations* app allows you to record your voice. So, listen to and repeat your affirmations after your Wim Hof method of meditation. No offence, Tony, but my readers are about to steal your million-dollar lifestyle.

Diet

Tony wakes up to guzzle a greens shake; for breakfast, he has free range eggs and organic coconut bread; for lunch, he has a salad; for a snack, he has a protein meal-replacement shake; and for dinner, he has an organic proteins source with “roasted potatoes, asparagus, and broccoli” (Feloni, Oct. 24, 2017, 12:18 pm. ET). His diet surges his energy for his motivational speeches.

Celebrity privilege? Heck, no! You can buy greens powder from most any health food store or online at Amazon. You can even better Tony’s diet by eating three fruits and seven to nine veggies a day. Add nuts and seeds and one organic protein, and you’ve got the diet of a celebrity.

You can even enter Tony’s diet on the Cronometer app, but tweak it to your taste-buds. Make sure you get all your required nutrition (RDA) and stay under your calorie allowance. Set the app for weight loss, weight maintenance, or weight gain mode—whatever you desire. You might drop

forty pounds fast—like I did. Then you'll know why everyone goes away to Mexico for the weekend.

Now, you've got the lifestyle of a celebrity awaiting you. So, crank that shower ice-cold and get ready for push-ups. But wait! What about Tony's eight-figure salary? Well, I haven't figured that one out yet. But when I do, I guarantee I'll write about it in the free (and just-as-good) version of *Times Magazine*: yes, *The Voice Magazine*.

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The Study Dude Let Dr. Rogers Pop you a PhD



Marie Well

If you've got belly aches, consult a doctor. If you've got study pains, consult a doctor. The doc might just pop you a PhD. MD Peter Rogers touts study ideas that helped him score top of class for a medical degree.

So, what does the doctor order?

Study and get fit—that's it.

When my classmates asked me how I got the grades for grad school, I said, "I have no life." When they further prodded on what I did for fun, I said, "I workout in the gym three hours a day and audit a ballet class." (But I only took four classes that semester, including the ballet.) Dr. Peter Rogers agrees with my student lifestyle. He says, "A common survival approach for 1st year students is to give up almost everything in life except exercise and conversations with friends, and to study as much as possible" (p. 89 of 243, 41%). Why listen to him? He coached wrestling while scoring at the top of his MD

program.

Solve problems in your head just before bed.

In Junior High School, I replayed my math homework for the day as I lay down for bed. If I couldn't remember a step, I'd force myself out of bed and consult my textbook. The semester I did this, I won the award for top math student in my grade nine class. "For something that is

important to you, like a review list for a test tomorrow, it is helpful to go over it just before going to bed, so that your mind will focus on it, as you sleep that night” (Rogers, p. 75 of 243, 36%).

Practice straight away.

Dr. Rogers says, “Doing practice questions immediately after studying a subject helps us clarify the concepts, and to capture them into our long-term memory” (p. 74 of 243, 35%). After class, I skipped straight to the math problems, often avoiding the textbook explanations. After all, the prof gave the skinny. But at online universities, the prof is often absent, so we need to scour the textbooks. But there’s a better way to make the most of your study time: buy outline books.

Buy outline books.

I loved outlines. I’d make them from cue cards or straight in MS Word’s outline view. But I never clued into the value of an outline book. What’s an outline book? It features tons of headings, each followed by short blurbs. So, the headings serve as a makeshift outline: “In general, outline format books are more precisely organized and make better ‘foundations’ for ‘condensed notes. For many subjects, I like to buy a medium length outline book and then just add additional information into the margins to personalize it and add value to that book” (Rogers, p. 71 of 243, 33%).

Dr. Peter Rogers further says, “A concise textbook tends to provide a good summary of a field and contains a higher return on investment per hour studying Typically, I would study primarily from a smaller, concise textbook, and then only use a big textbook for looking up stuff” (p. 70 of 243, 33%). For you nursing hopefuls, “you could just buy an outline format review book and then go online to see pictures and drawings of relevant topics” (Rogers, p. 73 of 243, 35%). So, instead of buying just assigned textbooks, make better use of study time with outline books.

Always refer to solutions before solving the questions.

Dr. Rogers reveals, “A lot of students say, ‘I don’t have the time for question books.’ That is because they spend too much time trying to test themselves to ‘figure out’ the answers. My way is faster and better. Just circle the answers, understand them and memorize them” (p. 74 of 243, 35%). In other words, memorize and understand the solutions manual before trying the questions. Makes sense. Sometimes I’d do math problems, getting them all wrong the first go. Talk about fuzzy thinking! I would’ve performed better by referring to the solutions manual straight away. By doing so, I could figure out the steps for solving problems with fewer errors. Less fuzzy thinkin’; less time eaten.

Befriend book indexes.

I told my students to borrow every library book on a topic the day the essay’s assigned. Then look in the indexes for a possible essay topic. If the topic is in the index of all the books and has many pages dedicated to its discussion, then you’ve found a winning essay idea. But you can take indexes further. Our MD friend, Dr. Rogers says he “will reference [a relevant] magazine article into the index of the main book” (p. 72 of 243, 34%). I’ve never tried that, but he scored top of his class for his MD degree.

Never naysay the doctor’s advice. After all, Doctor Rogers may pop you a PhD.

References

Rogers, Peter, MD. (2014). *Straight A at Stanford and on to Harvard. Teenager Version: How to Become a Great Student*. E-book.



Sleeping Dogs Lie

Dear Barb;

Hi, my father passed away four years ago and my siblings and I were devastated. I would say my mother was as well, but now I'm not so sure. A few months after my dad died, my mom went out for a visit to B.C. to see my uncle—my dad's younger brother. When she came back she seemed happier than I had seen her in a long time. Two months after her return she announced that she was moving to B.C. with my uncle. At the time we were shocked, but ultimately my siblings and I eventually accepted that my mom was happy with my uncle.

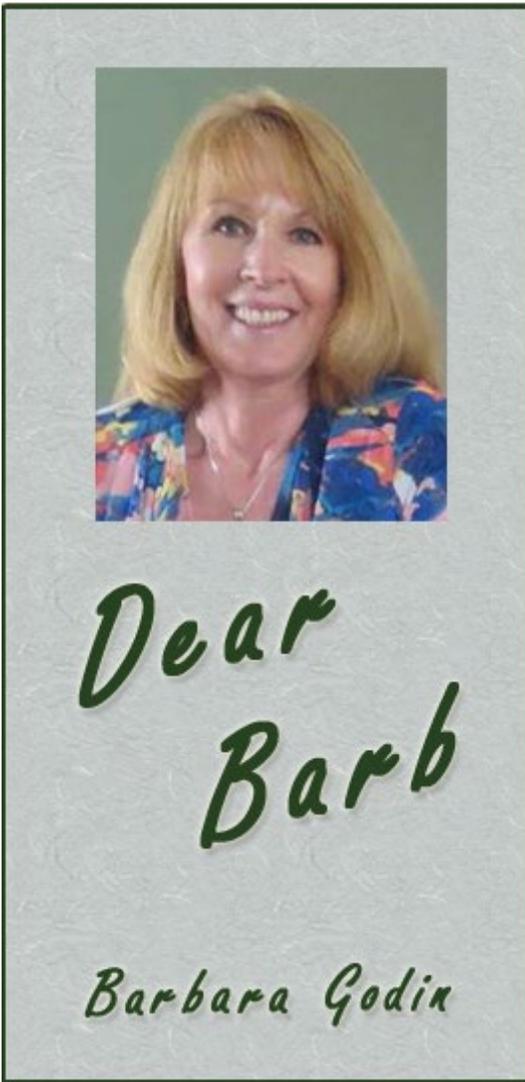
I'm not sure how my dad would have felt as there were problems between the brothers. Many years ago, before my younger brother was born, my uncle lived with us, at that time something happened and my dad told my uncle to leave. My uncle moved to B.C. and the brothers have had minimal contact through the years. In view of the present situation between my mom and uncle, I'm wondering if something happened between them and that is why my dad told my uncle to move out. Also through the years everyone has always commented that my brother looks like my uncle. At the time I just thought oh he looks like Uncle Gerry, now I'm wondering if Uncle Gerry really is my brother's father! I have been thinking about asking my mom, but I don't what to cause problems. I don't think my brother suspects anything because he is not really aware that there were problems between dad

and Uncle Gerry. Do you think I should bring this up, or just forget about it? Thanks Wayne.

Hey Wayne:

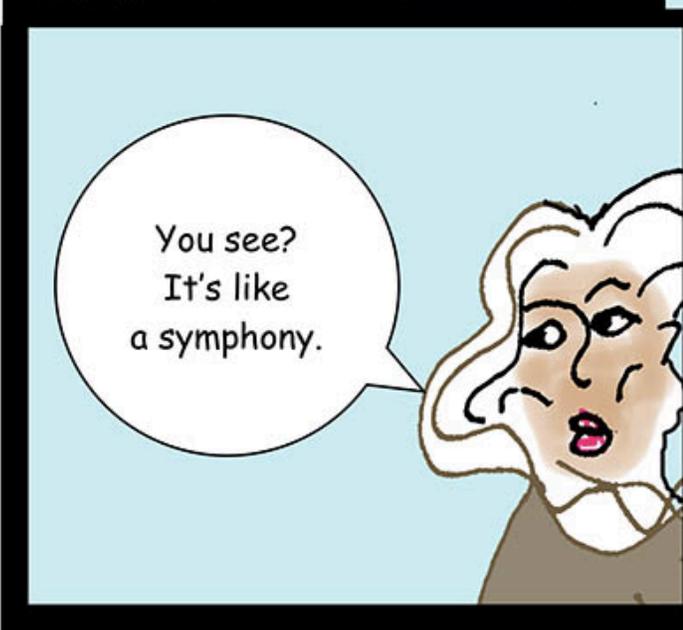
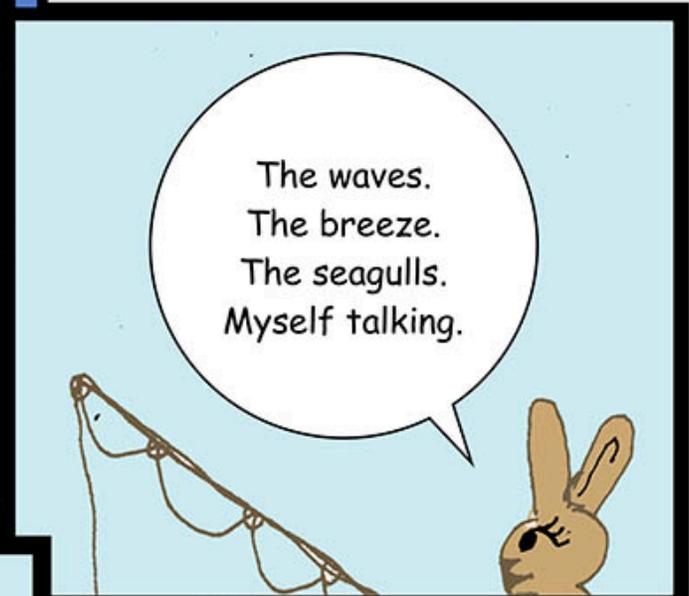
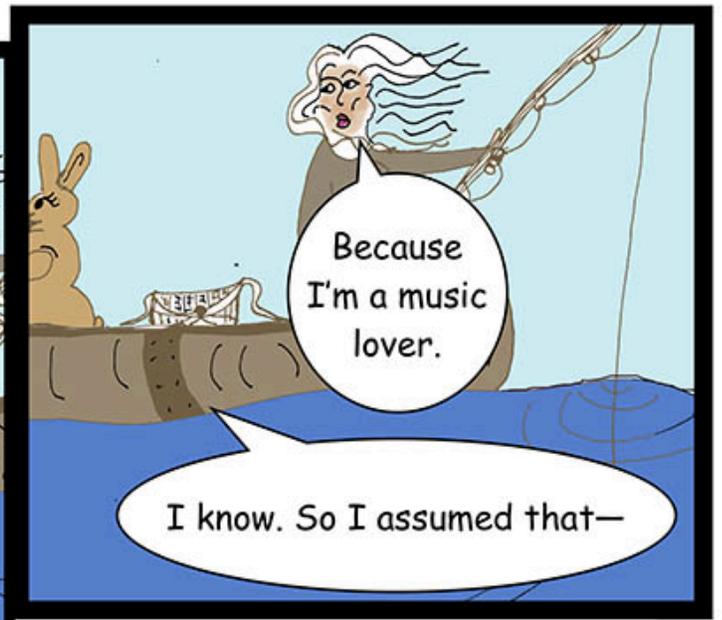
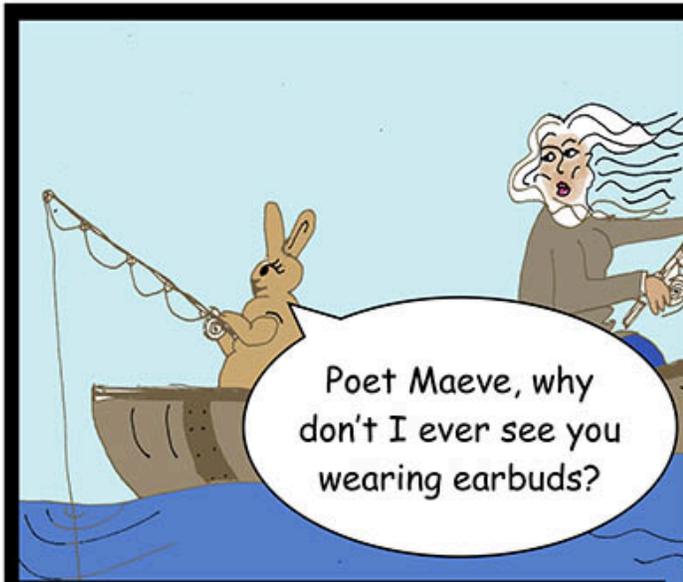
Thanks for your letter. Let me begin by saying I'm sorry for your loss. It appears that your parents have given you and your siblings a good life and you should be happy for that. If your mother has now found happiness with your uncle, that is their business. If you choose to bring up the parentage of your brother, you will definitely be bringing up a lot of issues that may be better left unsaid. It is possible that nothing happened between your mother and uncle, and it was simply a problem between the two brothers that caused your uncle to move away. If what you are suspecting is true, and your brother has never questioned this issue, learning this would greatly impact his life. Discovering who his father really is, may make him question his whole life, which seems to have been a good one. So my suggestion would be to stop thinking about this and let sleeping dogs lie.

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.



Poet Maeve In Memory

Wanda Waterman





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IMPORTANT DATES

- **Mar 29:** [Deadline to apply for course extension for May](#)
- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [AUSU Council Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 9:** [AUSU Council Meeting](#)
- **May 10:** [Deadline to register in a course starting Jun 1](#)

This space is provided by AUSU. The Voice does not create this content. Contact services@ausu.org with any questions.

Pledge Your Vote!

The Alberta provincial election is coming up on April 16, 2019. We believe students should have a say in the future of our province. Every voice matters when it comes to deciding on the future of our province.

Choose your Alberta. The future belongs to you.

We encourage all students to PLEDGE to vote in the upcoming election. By pledging to vote, you join thousands of other students across Alberta who want to make their voices heard.

[Pledge your vote online here.](#)



Important Election Information:

Register to Vote: voterlink.ab.ca.

Where to Vote: maps.elections.ab.ca.

Important dates:

Special Ballot (mail out)	Mon, April 8
Advance Poll Voting	Tues, April 9 to Sat, April 13
Election Day	Tues, April 16

For more information about the upcoming Alberta 2019 election, visit elections.ab.ca.

Need \$\$\$ to get to Convocation?

The [2019 Athabasca University Convocation](#) is coming up in June! If you are planning to travel to convocation, it's **time to books your travel plans** – hotels in Athabasca fill up fast over convocation weekend!

If you are in financial need, AUSU can help you pay your travel costs through our [AUSU Travel Bursary!](#)

Applications are accepted any time of year; however, they must be submitted a **minimum of 30 days prior to the date of travel**. AUSU will arrange and pay directly all travel bookings directly with the provider.

The Travel Bursary can also be used to cover other travel costs associated with AU studies for students in need, such as travelling for exams, practicums, or labs.

Find out more or apply online [here](#).



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Publisher Athabasca University Students' Union
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The Voice is published almost every Friday in HTML and PDF format.

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ISSN 2561-3634