

THE VOICE

Vol 27 Issue 31 2019-08-02

Minds We Meet

Interviewing Students Like You!

Competitive Gaming for AU

Should AU and e-Sports Get Together

Grocery Shopping While Hungry

A Budget Blower

Plus:

August Arts Report

Small Talk Tips

and much more!



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LETTERS TO THE EDITOR



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 Dis-Orientation

Karl Low



Athabasca University has recently released their brand-new university orientation site. You can check it out yourself at <http://orientation.athabascau.ca/> if you want to see what AU feels is important for new and prospective students. You may not want to, however, if you want to avoid doubts about AU's competency on the web.

I popped in myself for a few minutes today and, once I created an account (really? Although I suppose everybody wants you to have an account these days, so ah well) after the initial thought of "oh, it looks very nice" I immediately was hit by the thought of, "what the hell? How can I go anywhere?"

It seems that AU has decided that prospective students being able to access any portion of the site that interests them, like they do with any other part of the web, is simply too confusing for prospective AU students. There's too much chance they might miss some part of the orientation, I guess. Obviously prospective students won't mind at all being forced to tab through each and every section, in order, before they can proceed to the next section. I mean, so what if what you're interested in is the finances sections primarily, AU has decided you need to first find out about their history, the technology they use, how to register, what kind of student services there may be, etc, and only once you tab through that can you finally see finances.

But what's the big deal right, you can just skip through each of the first 40 (yes, 40) pages to get to that finance information, after all. Okay, so even if each page skip takes a couple seconds for the page to do its really cool power-pointesque swish in from the side that I'm sure someone on the design team was absolutely enamored with, that's only a couple of minutes of wasted time. Oh. Except I forgot the quizzes. That's right. Not only do they prevent you from simply going to the place you want, they try to ensure you haven't skipped anything by having a quiz at the end of the sections. It's not a hard quiz, of course, but seriously, does nobody on the design team have any UI knowledge? Do they not understand that if most users of the web can't find what they're looking for within three to five clicks, they'll simply go elsewhere?

You know what I bet the primary response of people will be? After the first three pages they're forced to go through, I think they'll decide that any university that thinks a cool transition and forcing a user to move through information lockstep is more valuable than the person's time isn't a university that they want to be attending. And this doesn't even get into things such as there's absolutely no indication of any student community there. No suggestion of the Facebook group, no link to the Voice, not even a link to their own "The Landing". I know from simply watching the FaceBook group that one of the concerns many students have about first signing up with AU is whether there's any sort of student community that they can find support from. To not have anything listed in what's supposed to be an orientation, then, doesn't seem like they're actually thinking about what the students need and want, but more want to show off their fancy page systems.

Now, I've been told that the university is making changes to the site even while it's launched, so perhaps some of these issues might be addressed. And maybe I'm just being a cranky old cynic. So do me a favor. Go check it out. If you agree with me, let AU know. And if you don't, by all means let me know. Enjoy the read!

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

MINDS WE MEET



Erin Dietrich, from Stratford Ontario, is 26 years old and is currently enrolled in the Bachelor of Professional Arts in Human Services program. Eventually, she plans to enrol into a master's in social work! This is her story.

Can you give us a little bit of background information about yourself?

My name is Erin, I am 26 years old, and live in Stratford, Ontario. I work full-time in the mental health field and love my job. I previously took my Advanced Child and Youth Worker diploma, and I am currently taking the Bachelor of Professional Arts in Human Services program. I have enjoyed some of my courses, but overall don't love the human services course. I took it because it gave me credit for my diploma, however, the required courses are ones that I don't find overly helpful or necessary when I compare it to the work in the social services field.

Could you describe the path that led you to AU?

I eventually want to get a master's in social work and being able to do my degree online through Athabasca University was the fastest, most realistic way for me.

Any advice for people who are on the fence about going back to school?

If someone is on the fence about going back to school I would recommend talking to someone who works in the field that you are interested in working in to see what program would make the most sense and to get a strong idea if going back to school makes sense for you. Also, I'd suggest taking one course at a time to ease yourself into it, as it is much easier to back out of one class rather than five.

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

In my limited spare time, I enjoy hiking, camping, interacting with my dogs, reading, and volunteering.

What are your plans for this education once you finish? What would be your dream job?

My plan is to apply to the master's in social work program and to run a social service or mental health agency or run my own private practice.

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

My grandmother and my mom. They are both well-educated and are always pushing themselves to their full capacity. My dad has also taught me to take full advantage of the opportunities I have in life and that I am lucky enough to be able to attend school, so I should take the opportunity to learn all that I can and give back to those who might not have the same opportunities as myself.

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

I love the flexibility and I dislike the disconnect with some of the teachers and the amount of time it takes to hear back from office-based staff.

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

Taking the required courses that I felt didn't relate to furthering developing my skills made me feel like discontinuing my involvement with school. It felt like I was spending money on something that wasn't going to impact my work with clients. I was able to stay focused because of the classes I did enjoy and felt were applicable.

What's your favorite AU course that you have taken so far, and why? Would you recommend the course to others?

EDPY 470 (Consultation and Collaboration for Students with Special Needs) is my favorite AU course thus far. It was directly related to my field of work, it was a fair challenge, the professor was great, and it was laid out great.

How do you find communications with your course tutors?

It depends on the course. Some are great, some are not so great. I do wish there was more consistency from course to course in how fast professors respond and how much feedback they give.

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

Vince Vaughn. He seems funny, ha-ha!

Could you describe the proudest moment in your life?

Working in the job that I have now, as it has been a long-term goal of mine

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

When all else fails, BE KIND! You won't regret being kind.

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

I've been to Cuba, Mexico, Cayman Islands, and Ireland.

Out of the places you have been to, which was your favorite and why?

Ireland was by far my favorite. It's a beautiful country with so much to see. Also, the people were so nice, and I felt safe.

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

I just finished reading *My Lovely Wife in the Psychward*. It's a memoir that speaks beautifully and honestly about a husband who supports his wife through significant mental health concerns and hospitalizations.

Would you recommend it?

I would recommend it to anyone working the social services field, anyone who has struggled with a loved one who has mental health concerns, or anyone who just wants a read that will give you all the feels!

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



Athabasca University Should Consider Competitive Gaming

Jeff Shermack



It's often said that collegiate sports can build a strong community for schools and raise their home school's esteem. That increased recognition from a renowned athletics program can attract more students and provide opportunities for the school to generate more revenue.

Sports teams are a common and traditional component to many Canadian universities that Athabasca University is

currently missing. Of course, it would be ridiculous for AU to expect all of its distance and online-based students to somehow travel to Athabasca multiple times every week to attend sports games in person. Not to mention the logistical web of training and organizing the teams. Traditional collegiate sports are not an option for Athabasca Students because AU is not a traditional campus-based university, but there may be a non-traditional option for integrating collegiate athletics with the AU experience. Athabasca staff and students could participate in collegiate e-sports.

E-sports refers to online competitive gaming, and it is a growing industry, with an estimated market value of \$493 million according to gamedesigning.org (2019). Tournaments are regional, national, and even international events where players compete to be the best in a variety of popular games like Fortnite and Counter-Strike. These events are streamed for free over the internet on platforms like Twitch.com, and their viewership has begun to rival that of major sports events in recent years. The final game of this year's NBA final set a new record with an audience of 14.3 million people (Lager, 2019). In comparison, last year's international championship tournament for Dota 2, one of the most popular e-sports games, had an audience of 55 million (escharts.com).

Players that compete in e-sports tournaments often do so as a part of a team. These teams can consist of players competing in a variety of games and a variety of countries. Such organizations commonly operate like sponsors in traditional sports. The teams compensate the players and make it possible for them to practice and compete. In return, they take a cut of players' tournament winnings and use competitions as opportunities to promote their brand through the players. These organized e-sports teams have already begun to make the transition to collegiate athletics.

The National Association of Collegiate Esports (NACE) is the largest collegiate esports organization in the United States and it represents at least 63 institutions (gamedesigning.org,

2019). Ontario's Lambton College currently offers a two-year program in Esports Entrepreneurship and Administration and Durham College has already started their own varsity e-sports team and built an arena (Fadal, 2019). Both the University of Toronto and the University of British Columbia have begun to offer e-sports scholarships to prospective students. (Duncan, 2018).

The e-sports team currently at the top of the global rankings, Team Liquid, has earned over \$28 million dollars competing in 1567 tournaments (esportsearnings.com). These are earnings in an industry that could be valued at \$1.5 billion by 2020 and in which advertisers, investors, and sponsors contributed a total of \$1 billion in 2017 (gamedesigning.org, 2019).

Athabasca University is uniquely positioned to capitalize on this rapidly growing industry because of AU's online model for students. For many of us, Athabasca University is an online, distance-based experience, and engaging in e-sports would be the perfect opportunity for an online university to build something like a collegiate athletics community. AU could take advantage of the potential for e-sports to build a stronger AU community, bolster the school's reputation, attract more students, and maybe even generate revenue. The only requirement for staff and students to participate, as players, coaches, and spectators, would be something that most of us who are a part of the AU community already have access to: a computer and an internet connection.

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The Struggling Student Rants Grocery Shopping While Hungry – Don't Do It!

Angela Pappas



Our family is on a strict budget to make progress with our debt reduction plan—this includes sticking to our grocery budget, of course. We decide on a set amount to spend for groceries each month, withdraw the cash on the first day of the month, and that is the exact amount we spend for food and household products in our home. If we don't control our buying habits throughout the month, we may end up eating KD® and instant noodles for days, and we have done this in the past.

When you have university tuition costs to consider, you have to be firm with how you spend your bucks. There are many ways to tackle the grocery beast, which can get out of hand without even realizing it if you don't stay on top of things. This can include old-fashioned pantry challenges, coupon wars, using apps like Ibotta (the replacement for

old-style couponing), and getting cash back on certain items through apps like Ebates and Checkout51. All of these are topics for discussion on another day. Last weekend, however, we made the cardinal error of going grocery shopping on an empty stomach. I had just written an AU exam on Saturday morning, we were both starving, and the only food in the house was the puppy's dry kibble and a random can of tuna. I decided to act against my better judgement since I thought we both knew better and could act like adults. It turns out we can't; we should have just stopped for a quick bite to eat beforehand. Halfway through our shopping trip, we were both resisting the urge to split open the hot dog buns in our cart, unwrap the sliced ham we had just picked up from the deli, and go to town in the middle of aisle six. I could just hear the store manager blasting through the speakers, *"Attention all shoppers, use of display microwaves and plastic plates in-store is strictly prohibited. Violators will be escorted out of the premises."* If you think I'm being extreme and reckon you can handle yourself like an adult after a twelve-hour fast, I challenge you.

A 2013 study published in JAMA Internal Medic showed some interesting outcomes. As most of us would expect, the hungry participants in this study chose a higher number of higher-calorie foods. Also, shoppers at higher-hunger hours (between 4:00-7:00 PM) bought less lower-calorie foods. This was compared with shopping at lower-hunger hours, such as after lunch (between 1:00-4:00 PM). In other words, people who shopped when they were hungrier tended to buy less healthy foods compared to overall purchases (Tal & Wansink, 2013). However, what was more interesting was that hungry shoppers bought more items in general, not just food items – talk about racking up a steep tab at the checkout counter. While a notice of Retraction was published on this research letter, on September 19, 2018, I still tend to believe the results do have some credence. My family is a prime example of this. So, before you do decide to go grocery shopping, even if you don't have a chance to grab a bite beforehand, you should have a line of attack to defeat the budget beast.

One good habit is to have your week's menu planned out and the corresponding shopping list in hand. This way, you can walk in with a strategy and there is much less chance of walking out the proud owner of twenty loaves of bread. Another way to tackle the problem of being a broke and struggling student is to be prepared when venturing out for groceries. You may be thinking to yourself that it's just grocery shopping, but you need to be prepared with patience.

Nevertheless, there's more to it than that. Have you ever ran into a grocery store to pick up just one or two items and walked out with a cart full of things? It's happened to all of us, and it's no accident. In fact, it's considered a win for the sales and marketing teams; grocery shopping, from start to finish, is deviously orchestrated. The marketing team has their eye on you, and they're armed and ready. The shopping experience is strategized and planned out for every shopper before most consumers even know they will be a shopper. From the minute we grab the oversized grocery cart (to fill it with more items than we intend to) and walk through the doors, we are greeted by an arrangement of seasonal items. Things like frosted Christmas tree cookies in December, chocolate hearts and bonbons in February, chocolate bunnies at Easter, S'mores kits in July, are all intended to act as a speed bump. They make you slow down and think about which dainties you can have as a treat on the way home, as a reward for taking the whole clan with you to get this week's food items. Also, I don't know about you, but I will confess I've snacked on something while in-store and then paid for it by scanning the empty wrapper when checking out.

Once you move past all the seasonal treats, more often than not you'll find yourself in the produce section, filled with fruit, vegetables, and flowers. All this isn't first in your path to encourage you to buy more of it. They place it there to make you feel like a responsible, healthy adult and to stimulate the senses. Fresh produce will be the first thing you see because the "happy" shapes and colours will put you in a good mood. The result is a happier shopper, who also tends to spend more cash. According to Martin Lindström, author of *Brandwashed: Tricks Companies Use to Manipulate Our Minds and Persuade Us to Buy*, the periodic sprays of fresh water that douse the produce are just for show. Lindström says, "Those sprinkler-like drops serve as a symbolic, albeit a bogus one, of freshness and purity" (2012). When all the fruits, veggies, and good intentions have found their way into your shopping cart, you then proceed to feel good about your choices. Which means you're more likely to cave in and buy the less healthy items you will now find throughout the store.

There are multitudes of marketing strategies you may not be aware of, which do affect our buying habits. Things like strategic shelving and eye-level product placement, sample and display tables, rewards systems, and dozens of others I came across made me feel a bit vulnerable and targeted. While researching for this article, I realized that I rather enjoyed learning about the various marketing ploys organizations use. If anything, it made me feel more aware and empowered. I looked into AU's Marketing (MKTG) 396 – Introduction to Marketing and Marketing (MKTG) 406 – Consumer Behaviour and added them to my list as potential electives. I believe courses like these can be both enjoyable and do benefit us in the real world.

You might be the one in the family that is good at keeping your self-control intact and tend to stick to your grocery list. However, when you go shopping with your kids, or significant other, there's a better chance you'll buy items that aren't on your list. One option to avoid the pressure significant others and children can put on a grocery budget is to go solo. It might be less fun, or it might be a blessing. When I go solo, I end up saving both money and time; I'm in and out carrying exactly what I need. Another option, which I have yet to try, is online grocery shopping. I have many friends that swear this method saves both their busy schedules and their sanity. You choose what you need on your PC or smartphone, and then opt to have your groceries either

delivered to your home, or you can drive by and pick them up at a set day and time that you've pre-booked. Using this method, you decide what's in your cart, period. There are no temptations to dodge and you can keep track of your total bill throughout the whole process. If you do go over your budget and don't realize it until you get to your online shopping cart, you can make the necessary adjustments. Something many of us hesitate to do at a physical checkout counter. Your order is then brought to you straight to your car at the arranged time or delivered to your front door and onto your kitchen countertops. There may be a pickup or delivery fee, which may be approximately five or ten dollars, but that's pennies compared to the grief you will save from blowing the budget like you would have otherwise. At the end of the day, when it comes to how you spend your hard-earned dollars, don't be afraid to spend a buck, if it will save you ten.

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Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance and personal development related.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Arctic Physical Therapy Scholarship

Sponsored by: Arctic Physical Therapy Fairbanks

Deadline: August 31, 2019 11:59 pm EST

Potential payout: \$500

Eligibility restriction: Applicants must be Canadian or U.S. residents, be attending university or college in Canada or the U.S. on a full-time or part-time basis by January 2020 (any field of study,) and have a GPA of 3.0 or greater.

What's required: An online application form, including a maximum 999-word essay on a specified topic related to physical therapy.

Tips: You can probably find some meat for your essay on the Arctic Physical Therapy Fairbanks website.

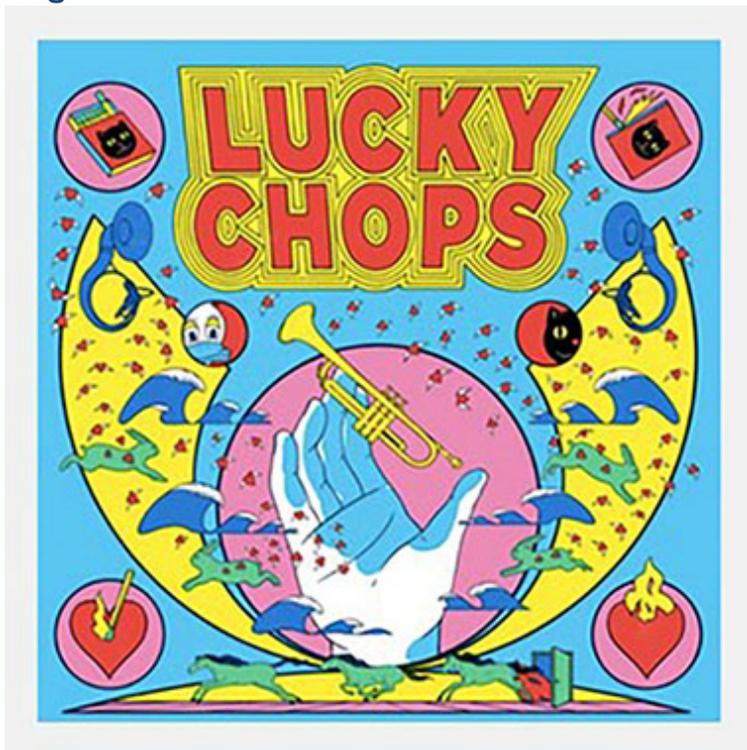
Where to get info: www.physicaltherapyfairbanks.com/physical_therapy_fairbanks.php



The Mindful Bard Arts Report

August 2019

Wanda Waterman



“Only art penetrates what pride, passion, intelligence, and habit erect on all sides – the seeming realities of this world. There is another reality, the genuine one, which we lose sight of. This other reality is always sending us hints, which without art, we can’t receive.

- Saul Bellow

The Mindful Bard never stops scouting for promising new talent and rediscovering gems from times gone by. If you have any suggestions of music, film, writing, or any other creative works worth checking out, feel free to mention them in the comments section below!

In Latest Things

Lucky Chops, the New York brass funk ensemble that will surely invoke happy memories of your high school band, has just

put out “Full Heart Fancy,” the first single from their self-titled album, which is set for release in a couple of months. These young fellas have managed to build a small cult following by busking in the New York subway for the last 14 years. Their instrumental music has a deliciously geeky vibe that keeps this joyful escape from being yet more mindless zombification. People, we need this.

Band members are tenor sax player, Daro Behroozi, trombonist, Josh Holcomb, and on trumpets, Daro Behroozi and Joshua Gawel, and they’re on a mission. When asked where all their exuberance comes from they had this to say:

“Our exuberance stems from our desire to convey the joy and power instrumental music can deliver. We want to inspire others to express themselves in unique and original ways by learning and playing instruments. We’re living in a time when school band programs in NYC and across the country are being cut and defunded, so we aim to introduce the next generation to the amazing world of instrumental music.

“We believe that music can be a therapeutic healing tool, and at our shows we fill our sounds with that power to hopefully heal those in our audiences who may be hurting. In addition, we believe there’s a healing joy found in dancing, so we work hard to craft danceable rhythms and beats into our music. Though our music is meant for everyone, we do get particular fulfillment from seeing young students at our shows; we do our best to encourage them in their individual creative pursuits, and we often do special programs in schools across the world. We started our Lucky Chops while in our high school band class, so our hearts go out to all the band nerds out there.”

The album’s release will be followed by an extensive European tour.

Another self-titled debut comes from the Rose Valley Thorns, whose luminous re-imaginings of the bluegrass tradition bring the genre into the new millennium with bells ringing (one of the

songs is called “There’s an App for That,” while another is about one band member’s fight with MS).

Members include brothers Joshua (mandolin) and Jared (guitar) Bergmann and bassist Corey Highberg. They record using single vintage microphones, which does make you feel like you’re listening to them at your local pub. The introspective lyrics sometimes make this sound like the Incredible String Band—not surprising as they’re inspired by the same musical traditions.

I asked the band what in their life experience made it possible for them to create original material in this very traditional genre, and I got this reply from Joshua Bergmann, the band’s singer, mandolin player, and songwriter:

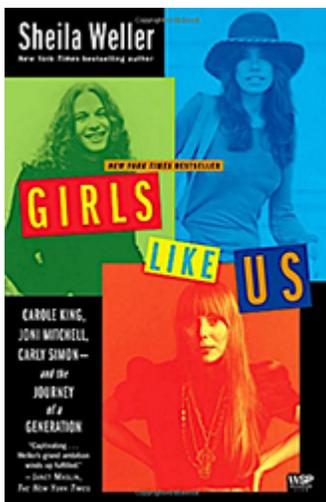
“My whole life I’ve always been drawn to things that feel raw and authentic and that sense of nostalgia that they touch in me as they reach something older and deeper than myself. The town I grew up in, Ojai, California, is a small mountain town with a really down-to-earth and artistic vibe. Being raised there definitely gave me a respect for traditional music.

“The phrase ‘old soul’ is pretty cliché, but this stuff has resonated with me since a young age. Songwriters like Bob Dylan and Paul Simon really moved me as a young teenager, with such profound creativity while tapping into that indescribable feeling of a resonance with something ancient.

“So while I started falling in love with traditional bluegrass I still needed to create, to write songs. With the world we live in today and the context of my life, I didn’t feel drawn to write the typical traditional bluegrass or folk music. I needed to give the music a twist to reflect my own life experience. That’s where all the modern flairs come in, and I’ve embraced that. Old meets new!”

They’ve just begun touring Colorado to promote the album.

Odds and Ends



Still getting off on the music of Lex Norwood, the Kansas composer/producer/ keyboardist who created [A Struggle For Peace](#), an album that weaves social concern and sensual joy into spiritual transcendence. Just keeps lifting me higher.

Another happy find is the verbal deluge [Kevin Bennett](#), a singer-songwriter, author, and comedian. Listening to his clever Beefheartesque musical ramblings is something like witnessing a train wreck. On careful examination his flood of words carries messages both edifying and entertaining.

Moving on to books, the nonfiction *Girls Like Us*, by Sheila Weller, is about how three iconic female singer-songwriters — Carol King, Carly Simon, and Joni Mitchell — helped change the world for women in the sixties and seventies.



In my opinion it was Carol King, the least glamorous of the three, who best exemplified the artistic life well-lived, plugging away at her craft, dressing her children with one hand and plunking out new tunes on the piano with the other. It was like she'd internalized Rodin's advice to artists to simple "get to work."

Weller has broken up and interspersed the three women's stories to make a great read, their lives often echoing and intertwining. All three had powerful work ethics that garnered them gobs of fame and fortune — that did nothing to protect them from bad relationships and other heartaches.

Also, after having heard her name bandied about for years I finally decided to check out Laura Nyro, whom I'd always assumed was an introspective folksy like Janis Ian, so I was amazed to hear her sounding as Motown as all get out. It was Nyro who wrote "Wedding Bell Blues," no less. You're never too old to banish ignorance.

I'm still haunted, two weeks after having seen the 2017 film *Braguino*, directed by Clément Cogitore. It's a documentary about a backwoods Siberian family. What constitute mundane elements of this family's life are some rather jarring images: one boy among a herd of towheaded children staring into the camera as if examining the viewer's very soul, the up-close shooting of a massive bear, and later a ruffled and beribboned little girl playing in the sand, wearing on her feet that bear's paws as shoes, the claws peeking out, sinisterly, under the pink ruffles of her dress.

And finally, the indie horror short *Possibly in Michigan* is to die for hilarious. I hear youngsters are memorizing the opening song, and well they should.

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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Thomas expresses concern that he hasn't received a tutor letter on the eve of his course start date; turns out he's not the only one waiting on tutor info. Colleen celebrates registering for the final course of her degree; way to go! Casey is uncertain of the process to book an exam through Proctor U; responders say it's a two-step process, book with AU then ProctorU.

Other posts include sociology, marking delays, electives, new grades page format, and courses CRJS 493, MATH 260, PHIL 350, PSYC 289, and POEC 230.

Twitter

@AthabascaU tweets: "Today, together with the @CFL, we're celebrating our partnership. That's right, #AthabascaU is the Official Educational Partner of #CFL! ([link: https://bit.ly/2KbfqRu](https://bit.ly/2KbfqRu)) bit.ly/2KbfqRu #canpse #edtech #onlinelearning #learningonline #cflpa."

@austudentsunion tweets: "Did you know as an AU student, you can get student discounts all across Canada? Check out this great list of all the places you can save money at! ([link: https://bit.ly/2YbcbkJ](https://bit.ly/2YbcbkJ)) bit.ly/2YbcbkJ #igo2AU #cdnpse."



The Study Dude

Your Journey Will Lead to Success

Marie Well



I know this much about your journey: You likely have studied or will be studying at AU. You have worked or will likely work a career. And you've suffered hardships and heartaches.

I write because I pray your journey leads to success. Author Lana Otoya says "One way to make sure your journey is fulfilling is to make sure you're living your life congruent with your personality, deepest values, strengths, passions, and mission" (location 1785 of 3222, 55%).

Before you journey into an AU major, let me urge you to take a career test. Career tests can reveal your perfect major—and dream career. "Thankfully, there is a high-quality measure available online for a relatively small fee This is the Jackson Vocational Interest Survey, or JVIS You can take the test online here: <http://FriesenPerformance.com.jvis.com/take>" (location 1682 of 3222, 52%).

When you discover your interests, enroll in your ideal faculty; pursue your perfect career. And give it all you've got. "Maybe your dream is to get into the top medical school or take your start-up business to the next level. Whatever the dream, the principles are the same. You get only one shot at this life, so make the best of it. No regrets" (location 77 of 3222, 2%).

But you will face hardships. We all do. I have dreams of giving 100% unconditional love to a career. To achieve this, I hope to never speak ill of corporate faults, but to nurture passion instead for corporate strengths. Despite these goals, my weakness remains stress. Anxiety attacks. Fear of failure. Somehow, I must overcome these faults. Somehow, we all must overcome our faults. And I believe unconditional love paves the way.

But we each have unique values—and personalities. "Your personality and values at times seem to be incongruent. For example, you can value calm and stability, but have a personality style that makes you susceptible to negative emotions and stress" (location 1300 of 3222, 40%). That's me. You may have your own personality challenges, but none of them make you any less than incredible. We are all on our own separate journeys. Your journey is as precious as anyone else's. But tread the path that best suits your personality and values.

But regardless of the path you choose, struggle will be part of your journey. "The reality is that you are going to face pain and setbacks no matter which path you choose Even if you make the best choice for you, realize and accept that it will still be a struggle Even if you ... find your dream job or reach your goal, there will still be parts of it that you don't like or that are hard or make you uncomfortable" (location 1773 of 3222, 55%). I battle stress. And I worry about my skillset. But I brim with passion which keeps my chin high. Your passions will build you up, too.

Despite our passions, we all face hardships and heartaches. But these trials can pay off. I suffered during my university degrees. Terribly. I got a master's degree, but I didn't reach my dream of

a Ph.D. So, I'm working through the heartache. I struggle to place no blame on others, but instead to find forgiveness, understanding, and gratitude. "Whether you suffer depends on how you see it. If you live your life and pursue goals that are in line with who you are, what you value, and your purpose or mission, then the struggle will be worth it" (location 1785 of 3222, 55%).

So, know your strengths, values, passions, interests, and personality. My hope is that, by knowing yourself, your journey leads to success.

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Fly on the Wall Because Deadlines

Jason Sullivan



What's "It puts the lotion on its skin or else it gets the hose again" This timeless line from *Silence of the Lambs* (and its countless attendant memes) may enter our mind clothed in hyperbole as we study on hot summer days. Maybe we have air conditioning and maybe we don't; sometimes we might eschew A/C and douse ourselves with a garden hose. Yet sometimes even a study break can feel like a torturous chore leading inexorably to more punishment. When that happens, we may return to our coursework minus a key element: our academic inspiration.

What summer gives in delicious indolence it can take away in scholastic productivity. And we can't just fake it till we make it. Writing good assignments isn't about rote robotics; we're expected to pour, add, splice and dollop liberal doses of our authentic selves into the mix. When theory meets practice, essays are born; we cannot merely connect passages of quotation with linguistic twine and expect success. Likewise, if we're adorning our verbiage with linguistic makeup but feeling forced to do it because—deadlines, then mortal pathos can get in the way of our butterfly urges. Put another way if we aren't feeling the *it* of inspiration we're probably not gonna have any Grade A fun writing assignments on those dog days of summer. The question emerges: besides requiring our natural need to be physically comfortable, from where else might the essence of our inspiration arise?

Our *mis en place* sets the stage. Soaked head or no, there's studying to do, and someone's got to do it. Not only run of the mill studying either, but AU Assignment Writing, the type where there's a scanty four big essays per course and each more crucial to our final mark than the next. Just showing up in a class and collecting participation points by swaying the discussion to our favourite pet peeves and current event bugaboos is not an option. Nope, at AU we have to stay on task and be our own taskmaster. And that means cracking the books and getting those typing fingers limbered up for creatively wielding our new knowledge. AU assignments require a concatenation of streaming ideas and information, morphed into an essay sculpture worthy of an erudite Rodan.

To be effective, we put a lot of us into our work. That is, we make it clear that what we've learned we can apply to the assignment questions under inquiry. Our brains become crammed with reams of information, piled up in great haystacks awaiting the brain's baler. After countless hours reading and note-taking we're full to the rafters but that's not what the learning is about. It's the assignments where we prove our worth and those require the magical pixie-dust additive of inspiration. To write more than dubious academic prose requires a sparkle of insight, a sizzle of eureka.

Yet, the origin of these bolts of genius remains murky. Karl Marx stated that “we set out from real, active human beings, and from their actual vital processes we demonstrate the development of the ideological reflexes and echoes of this vital process. Even the phantasmagorias in the human brain are necessary supplements of man's material vital process” (Marx, 95). How much of our vital impulses are mere diktats of our social environs, and how much are truly new creations? And can a quick hose-off really reset our creative buttons? To consider this we must first investigate the germinal root causes of inspiration itself.

A Malebranche of the Creative Tree

There's no sense in torturing oneself into studying harder; the tortuous route by which an idea bubbles to the surface of our consciousness happens of itself easily enough. Why do we think what we think, anyway? Many of the simplest thoughts arise from a hypothalamic desire: a snack, for instance: subliminal messages emerge from unconscious nether lands requesting an apple or some pie, and they appear with the prowess of practised procrastination whimsy. Yet deeper inspiration, of the species that makes it into our essays as the amalgam of all we've learned in a given course, that $n + 1$ of rote facts and figures tintured with our personal aroma of greatness, that's some tricky terrain to chart. The causative calculus and etiological eddies of inspiration have stumped philosophers throughout history and, not without irony, verdant growth has followed every seeming dead end. Perhaps the way into inspiration is not out of our normal thoughts but straight through the morass of the mundane. We just have to flutter the mix a bit.

One traditional school of thought is that, well, thought is not only our own but also simultaneously belonging to someone else. And that someone, for most of the history of Western Civilization was, God. A classic pre-Modern thinker in this vein was named Nicolas Malebranche (1638-1715). His theory of *occasionalism* stated that “created things are in themselves causally inefficacious and that God is the sole true cause of change in the universe” and “it is God who creates us and conserves us from moment to moment and who alone acts on us and for us” (Doney, 140). Legions of more recent thinkers have wondered about a mystical animating spirit that gives us our get-up-and-go. There's a certain mystery associated with those divine moments of mental elasticity that we otherwise know as our creative impulse.

For Malebranche, our minds are the keys to the divine and we share them, in a sense, with a Creator: “in man there is a soul, or mind, distinct and separable from the body; awareness of mental states is immediately infallible” (Doney, 140). Say what we will about ideas we've had, or songs we've imagined, but the key at AU is to get those ideas out of their transient mental states and into tangible status as written assignments. As such, Malebranche's image of the divine origins of inspiration are a reminder that the stardust we are composed of has the capacity to make greatness in the form of top grades if only we think of our potential that way. We may all be akin to grains of sand on the cosmic beach but that same sand can either adorn windows with stained glass or a litter box for pussycat's pleasure. The difference is in how we channel our essential makeup and if we find joy in the process.

From Miracles to Materialism

Fast forward the historic-philosophical VHS to the present day, or not too presently present so much as to the time when Beta machines and 8 tracks were prescient states of the art and VHS was lingering over the horizon like a sea of bunny ears antennae, and we have Louis Althusser. In 1970 his theory of ideology, and especially the way ideology reproduces itself, bunny-like, with the silent knowing glances of the ruling class, broke ground in understanding why people believe what they believe and how creative inspiration comes to serve the interest of the status quo.

Althusser stated that “the reproduction of labour power requires not only a reproduction of its skills, but also, at the same time, a reproduction of its submission to the rules of the established order, ie. a reproduction of submission to the ruling ideology for the workers, and a reproduction of the ability to manipulate the ruling ideology correctly for the agents of exploitation and repression, so that they, too, will provide for the domination of the ruling class ‘in words’” ([Althusser, online](#)). In words begin responsibilities to the beliefs of our culture, or at least coherence in the eyes of those who judge and mark our work.

As the saying goes, we're never more than four feet from a spider. And likewise we're never far removed in thought from the dominant ideology of our culture. It's not a matter, though, of domination or liberation as a binary. Jacques Derrida states: “when one speaks of hegemony—that is, the relation of forces—the laws of structure are tendential; they are determined not (do not determine) in terms of yes or no, hence in terms of simple exclusion, but in those of differential force, more or less. It is fitting here to emphasize the impossibility of a sheer exclusion in order to account for the effects of repression, hence for returns of that which should not return; symptoms and disavowals that this very law can produce and reproduce, never failing in fact to do so” (Derrida, 293). At some level we always reproduce ideology we've lived even as we bring to the fore new living approaches and innovations.

So then, in words, therein ideology. For our inspiration to transcend or upend common sensibilities is to adopt the critical thinking skills that form the bedrock foundation of higher learning. Think here of how when choosing our courses or major we can't avoid the twinkling sensation that we will perpetually be asked what we're going to do; that is, *get*, from our education. And that question reverts almost exclusively to economics. Lingering behind the cognitive bushes of such a question is that we're being asked how we will make a living in the future, diplomas or degrees aside. In contradistinction, we might note how few of our well-meaning interlocutors ask the opposite question: how miserable would you be if you took schooling only to achieve monetary benefit? A quarter century ago the band Green Day addressed this thought in timeless fashion: “my mother says to get a job, but she don't like the one she's got” ([Green Day, online](#)) If only we all could become rock stars and astronauts, right?

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Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.

The Fit Student

Small Talk Tips to Win Friends

Marie Well



Why learn small talk? Well, I want you and I to have the skills to build big social supports. According to author Lana Otoy, “It is in your best interest to jump on the opportunity to form a new relationship every time you are presented with one” (p. 13 of 73, 15%).

I’ve grown much better at small talk. I started adding chitchat in a seamless way—as if the speaker and I were one voice. By doing so, I discovered harmony. And I want to help you master the art of harmony, too. That’s if you’re not a master already.

But I’m no master of small talk. I tend to agree with a speaker before fully processing what was said. A female mentor tells me to think before I speak. She says I might have something interesting to add. I believe every one of us has something interesting that could change the world.

And everyone has something great to chitchat about. Some people offer funny facts or fun stories—naturally. But what about those of us who don’t chitchat comfortably? “The truth is, everyone hates small talk to some level ... You may not believe it right now but, with some effort, you will get a little better at it, then a lot better at it, then master it” (p. 10 of 73, 11%). But take comfort: “it’s normal to have a few nervous pauses, awkward silences and blank stares even if you’re getting along great with the person” (p. 17 of 73, 21%).

The best lesson I learned for small talk is to listen.

Whenever someone talks to me, I try to put aside everything—and listen. I look the speaker in the eye, with a smile, as I absorb every word. “Being a good listener means that you actually hear what the person was saying ... All you have to do to be a good ‘talker’ or be seen as a ‘really nice person’ is to be a good listener” (p. 20 of 73, 25%). A loved one used to say, “You don’t listen.” Now, I drop everything the minute she expresses herself. But your listening skills may already be top-notch. Yet, I believe if you listen even closer, you’ll hear a choir of heartbeats.

I believe the next best lesson is to not judge.

I learned to never say, “You’re wrong!” To hear that can crush you. And I learned to stop criticizing. No, I seek agreement instead. For instance:

If they tell you something personal, like, ‘I really love playing video games on my PC’ and you respond with ‘oh wow that’s so nerdy,’ you are not accepting them and you are closing the connection that you might have had with this person. You have now lost their trust and they will be less likely to keep telling you things and even less likely to want to be your friend. (p. 26 of 73, 36%).

When we don’t criticize, we make more friends. And that’s my hope for both you and I: bigger social support systems.

Yet another lesson I learned is to approve of others.

But, while “approval means that you don’t judge or criticize them, it doesn’t mean you agree with everything. If they say something like they do cocaine binges every weekend, you respond honestly with something like: ‘oh wow that sounds crazy, but I could never do that, I’m way too straight edge.’” (p. 26 of 73, 36%). When friends make bad choices, maybe say, “You’re awesome,” but humbly let them know why you wouldn’t make the choice. And if someone you love dearly makes the bad choice, that’s more reason to guide them gently.

We can also show genuine enthusiasm toward a speaker.

“When humans are put into social situations where they may be uncomfortable, the biggest thing they want to be is accepted. In order to be accepted, the other people in the room must approve them. What you do by responding enthusiastically to their stories is telling them that you approve of them” (p. 25 of 73, 34%). A trick I’ve learned is to think up as many fantastic traits about others as you can. Throw in a compliment every now and then, but don’t get stuck (like I do) into giving compliment after compliment (Otoya, 2018). Make one compliment and then veer back into the conversation (Otoya, 2018). Repeat for mutual pleasure.

And if someone gets left out of the crowd, shower that person with approval. When I took ballet lessons, no-one would talk to me because I danced so badly. But one woman befriended me. And her beautiful face etches itself on my memories to this day.

We should laugh at other people’s jokes.

“If you are laughing at their jokes and agreeing with their frustrations, the more they will think ‘wow that guy (or girl) was such a great person, I had so much fun talking to them’” (p. 28 of 73). Each of us has a different personality, and there’s a treasure to be found in each one. Sprinkle in a two-way sense of humor, and you’ve made a friend for life.

And try to insert body language.

“Using facial expressions, even slightly exaggerated ones, is a great way to encourage the other person to keep talking” (p. 28 of 73, 38%). “You nod and make facial expressions that respond to the story ... You absolutely cannot be engaged in a conversation if your mind is occupied with other things and using your body to react to the story is a great way to stay present” (p. 22 of 73,

AU-thentic Events **Upcoming AU Related Events**

Undergrad Program Orientation for New Students

Wed, Aug 7, 5:00 to 6:00 pm MDT
Online

Hosted by AU Faculty of Business
business.athabasca.ca/event-details/business-undergraduate-new-students-information-session-082019/
Register online at above link

Calgary Student Social

Fri, Aug 9, 5:30 to 8:30 pm MDT
The Rec Room Calgary, 1180 - 901 64 Ave NW, Calgary AB

In person
Hosted by AUSU
www.ausu.org/event/calgary-student-social/
RSVP to services@ausu.org

Hack the Library: Using Discover to Access Journal Articles, Books, and E-Books

Tues, Aug 13, 3:00 to 4:30 pm MDT
Online

Hosted by AU Library
library.athabasca.ca/orientations.html
No pre-registration necessary

AUSU Annual Members Meeting

Tues, August 13, 6:30 to 8:00 pm MDT
Online

Hosted by AUSU
www.ausu.org/event/ausu-annual-members-meeting-3/
No pre-registration required; e-mail governance@ausu.org for meeting package

All events are free unless otherwise specified

99%). I find, when I add a comment to everything a person says, I often cut them off. So, using body language instead of a comment can keep the conversation from stumbling.

Express interest in all their interests.

Author Lana Otoya says the following about a memorable lady: “She was curious to learn more about all the things I talked about, yes all of them. So, if I said that I was into mountain biking, she would ask follow-up questions as though she wanted to take up mountain biking herself” (p. 28 of 73, 38%). I’d love to learn all about your interests. And I especially love reading your profile write-ups in The Voice. Each person contains a fascinating universe within them.

But an error I make in writing articles is talking too much about myself.

I do so to generate original material. But in conversations, we should try to sprinkle in educational tidbits. “The person you are talking to will be a lot more forgiving if you are talking about a topic rather than yourself. So, if you are talking a lot about how to mountain bike, the person is at least learning something new and they will be able to tolerate this for a lot longer than stories about your life” (p. 21 of 73, 27%). I personally would love to hear stories about your life. After all, every story has a life lesson.

Lastly, we should avoid speaking poorly about other people.

Better yet, stop talking about other people altogether. That way, we avoid edging into the gossip zone. Gossip builds enemies, not friends, and destroys trust, especially at work. But don’t listen to me. At work, when gossip starts, I nearly get into fist fights, defending the person being gossiped about. And I’ve lost friends when I won’t engage in gossip.

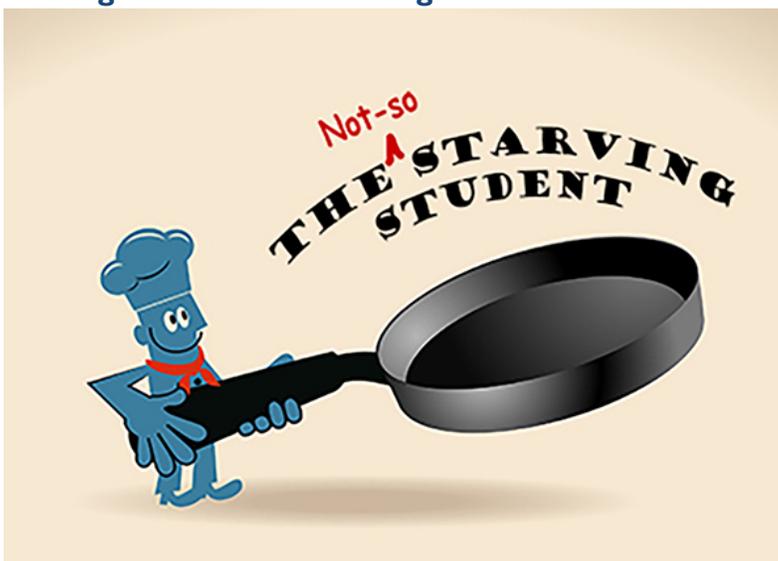
But if you, dear reader, have tips on how to avoid gossip, please share with a letter to the editor. You’ll build harmony—and win friends.

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The Not-So Starving Student Visiting the Green Tea Village

Xin Xu



Over the weekend I had the opportunity to visit one of the most exotic locations in the province of Hangzhou: green tea village. Situated on the outskirts of the West Lake, the village spans as far as the eyes can see, and this has been both a therapeutic and culturally meaningful trip for me. For AU students who are looking for an adventure in China, Hangzhou tea village is highly recommended. Particularly as a tea-lover, as I find myself constantly looking for new sources of refreshing tea leaves.

The tea village is a vast expanse area featuring a special type of green tea known as Longjing tea. Being one of the four

famous tea types in China, Longjin is a favorite of many local Chinese and is exported throughout China and worldwide. I was blown away at the first sight of green bushes reaching into mountain

tops and in valleys. In many ways the natural beauty of the tea plants felt like a scenery designed for tea tasting.

After admiring the vast expanse of tea plants, I walked into a small tea shop within the village. The shop was a simple building with small rooms to sample the tea. Each room with giant oak tables that gave the ambience much elegance. After sitting down in a room, a tea connoisseur showed us the various Longjing tea available. In bamboo baskets he laid out the year's freshest tea leaves and asked us to predict which tea leaves were of the finest quality.

Some of the key features I learned regarding the physical quality of green tea:

1. Shape of the tea leaves.
2. Size of the tea leaves.
3. Color of the tea leaves.

Whereas leaves that are broader and wider indicate maturity, smaller and finer leaf tips are more tender and flavorful, indicating a higher quality. A lighter color of the leaves reveals a fresher quality, whereas darker colors may have been more oxidized overtime. Overall, the best combination of the three qualities showed the best batch of leaves.

After examining the leaves, we were invited to taste test the four batches of tea, ranking the taste of the tea from the most bitter to the most refreshing. Depending on the harvest season, different variation in leaf size and the characteristics of the weather, each of the batches tasted different. Chinese green tea connoisseurs divide tea quality into two categories. One type of tea leaves harvested before the traditional "Qing Ming" festival and another harvested after the festival. The tea leaves harvested before the festival are considered "before-rain" leaves and considered to be of higher quality than that of the "post-rain" leaves. When asked the reason for the contrast in quality, the local tea expert shared that post-rain leaves grow much faster and thus the tea itself lacks the complexity in flavor as the before-rain leaves.

We wrapped up our trip with a visit to the local green tea museum that featured China's history and love for tea. In fact, there is a university degree dedicated to the study of tea! For tea-lovers worldwide, a trip to Hangzhou, China is an excellent way to brush up on your knowledge and enthusiasm for tea.

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



Course Exam

AU courses, up close

Brittany Daigle

Course Exam

Brittany Daigle

EDPY 470 / PSYC 470 (Consultation and Collaboration for Students with Special Needs) is a three-credit, senior level course that is designed to increase awareness of the framework and rationale

for collaboration, the facilitating factors involved, and of strategies for implementation. The main emphasis of the course is on understanding collaborative consultation as a process that enables people with diverse expertise to work together to generate solutions for educating students with special education needs in regular public-school classrooms. Before taking EDPY 470, students must take EDPY 351 (Inclusive Education for Students With Diverse Needs), PSYC 389 / EDPY 389 (Learning Disabilities: Issues and Interventions), or an equivalent. There's also a challenge for credit option if students are interested.

Consultation and Collaboration for Students with Special Needs is made up of four parts (contexts for working together, processes for working together, content of working together, and working together now and in the future) in twelve units, four quizzes worth twenty percent, a course project worth forty percent, and a final examination weighing forty percent. The twelve units within this course cover topics such as problem-solving strategies, communication processes, roles of school personnel, management, assessment, and so much more. To receive credit for EDPY 470 / PSYC 470, students must achieve a grade of at least fifty percent or better on the final exam and on the course project, as well as an overall course grade of at least fifty percent, which is equivalent to a "D."

Erin, a 26-year-old currently living in Stratford, Ontario, enrolled at AU in 2016 and will be completing her degree in December of 2019. She is in the Bachelor of Arts in Human Services program and she works full-time in the mental health field providing counselling to high school aged students and support to youth in the justice system. She spends most of her spare time hiking, watching TV, or with dogs, and has taken EDPY 470 / PSYC 470.

Erin explains EDPY 470 / PSYC 470 as a fantastic course, stating "It focuses on consultation and collaboration within the school system. I currently provide consultations and work collaboratively with one of our local school boards and I found this course aligns perfectly with the values of the agency I work with. It really takes you through the steps of what is important when working collaboratively in what can be difficult situations. It is a good combination of theory and practical tips and tricks. The professor I had for this course was great!"

As for the structure of the course, she states "This course had four online quizzes and a larger final assignment. They were laid out in a way that were easy to understand. The quizzes were short answer. You are provided three hours to complete each quiz. It did take me close to the three hours each time, but I provided a lot of detail in each of my answers. The textbook was definitely necessary, but worth the read."

She explains that she would absolutely recommend this course to other students, stating "It was a good combination of easy and difficult. It challenged my thoughts and allowed for personal growth and reflection."

As for any tips or tricks, Erin states "Read the textbook and take notes either by hand or in a word document so you can make easy reference when writing the online quizzes."

When asked how communication with tutors have been for this course, she states "The tutor marked my quizzes and assignments very fast and gave excellent feedback. The detailed feedback on the quizzes was helpful when completing the assignment."

Whether EDPY 470 / PSYC 470 is a degree or program requirement of yours, or if the topics discussed above are of interest to you, this course will have you learning a lot of interesting content surrounding the topic of consultation and collaboration for students with special needs,

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



Too Faithful for Marriage?

Dear Barb:

I met this really wonderful girl last year while I was attending the University of Ottawa. We get along great and have discussed marriage. She lives in B.C while I am in Ottawa, but we are managing to keep in touch. The issue is that Janelle is Muslim and I am Catholic and I have my doubts about whether we can make a marriage work. We have had some heated discussions but have been able to resolve them so far, however, once we bring children into the situation, I am not sure it will be so easy. For example, I definitely want my children to be raised Catholic, while Janelle wants the children to be raised within the Islamic faith. Also, she has not told her parents that I am not Muslim, as according to Islamic faith a Muslim woman can not marry a Catholic man. I foresee a lot of problems in addition to the distance, so I'm not sure if this relationship would work and if I should continue or end it now. Thanks, Dan.

Hi Dan:

Thanks for writing. Since you already seem to have so many doubts this may not be the marriage for you. Uniting two people with completely different religious beliefs is difficult, and if you have doubts going into it, it's only going to make it that much more challenging. You will definitely be met with many obstacles from her family, depending on how strict they are in following

the Islamic law, as a Muslim woman may not marry a non Muslim man:

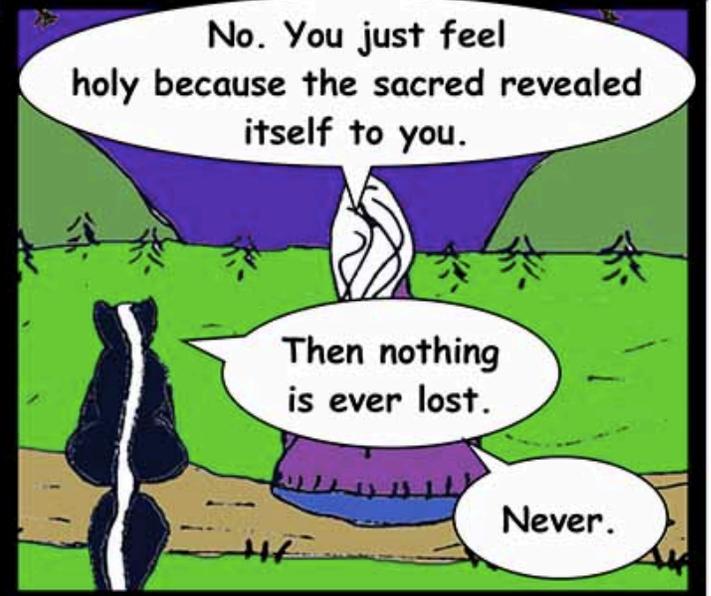
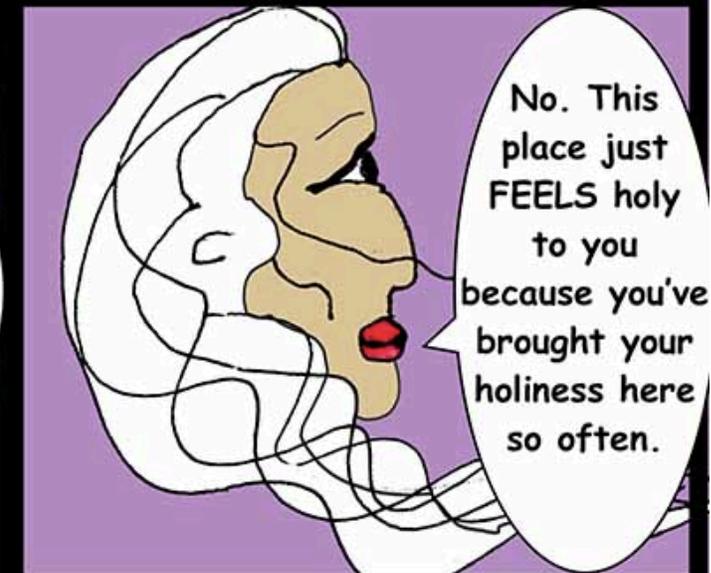
“Under Islamic law, regardless of the school of thought, Muslim women may not marry non-Muslim men, while Muslim men may only marry non-Muslim women who meet the definition of *Kitabia* (also spelled *Kitabi*, *Kitabiyya*, *Kitabiyah*, or *ahl al-Kitab*), or “people of the book,” which typically refers to followers of Christianity and Judaism. In some countries, including Burma, Israel, and Indonesia, there appear to be restrictions on interfaith marriages involving people of religions other than Islam as well.” (Library of Congress, *Prohibition of Interfaith Marriage*)

There are many issues that need to be worked out before you enter into this marriage. For example, will you both respect each other's religious practices and traditions? It is important that you each participate in the practices of the other's religions, if you chose not to, it will create wedge, not only within your religious lives, but also in your everyday life. You are already thinking about future children, and the faith they will be raised within. Your children can be raised within both faiths, and then they will have the freedom to make their own choice as adults. Before you choose to enter into marriage, you need to iron out all of these issues, plus possibly begin sharing each other's religious practices now and see how comfortable this is for you both. It is definitely possible to make an interfaith marriage work, but you need to be committed and I don't feel that commitment from you right now. The two of you need to discuss the direction you want the relationship to go. Good luck Dan.

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
Sacred Places

Wanda Waterman



The information on this page is provided by the AU Students' Union. The Voice does not create this content. Contact AUSU at services@ausu.org with any questions about this article.

IMPORTANT DATES

- **Aug 9:** [AUSU Student Social in Calgary](#)
- **Aug 10:** [Deadline to register in a course starting Sep 1](#)
- **Aug 13:** [AUSU Annual Members Meeting](#)
- **Aug 15:** [Sept degree requirements deadline](#)
- **Aug 31:** [Deadline to apply for course extension for Oct](#)
- **Sep 10:** [Deadline to register in a course starting Oct 1](#)

Eyewear Discounts

AUSU teamed up with FYidoctors to bring some great “preferred partner” savings on eyewear to our membership. You can save up to 40% on eyewear!

FYidoctors has over 300 locations across Canada, and growing, so you are sure to find a location near you!

There are multiple discount packages available, including:

OPTION A

\$200 Single Vision Package (Approx Retail Value \$350)

Includes select frames and standard scratch resistant and anti-reflective coatings.

OPTION B

\$300 Progressive Vision Package (Approx Retail Value \$475)

Includes select frames and standard lens with a scratch resistant coating.

OPTION C

Save 20% off your entire eyewear purchase including non-prescription sunglasses.

OPTION D

Save 10% off, per box, all Contact Lenses.

Find out more online [here](#), including how to access the savings!



FYidoctors Eyewear Savings | UP TO **40%** OFF

Calgary Student Social

AUSU is holding a **student social event in Calgary!** Come on out to chat with fellow AU students, get some free swag and pizza, or try the arcade or a game of pool!

When: Friday, August 9 from 5:30 - 8:30 pm MDT

Where: [The Rec Room Calgary](#), 1180 - 901 64 Ave NE

Please RSVP to services@ausu.org or on [Facebook!](#)



Annual Members' Meeting

AUSU is holding its **Annual Members Meeting on August 13, 2019**, in accordance with AUSU [bylaws](#). All members are welcome! It's a great opportunity to find out more about your AU Students' Union and provide feedback to your elected representatives!

When: Tuesday, August 13, 2019 at 6:30pm MDT

Where: Zoom Video Conference

Visit our website [here](#) for more information!



CLASSIFIEDS

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

THE VOICE

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