

The Phoenix

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Staying Gold since 1989



FEATURING YOUR
FINANCIAL
CHEAT SHEET

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// ARTS

SUNNY DAYS AND DREAMSCAPES

Young Howler and Underside Pattern both boast uplifting and atmospheric songs that are sure to delight.

Curtis Woodcock

Arts Editor

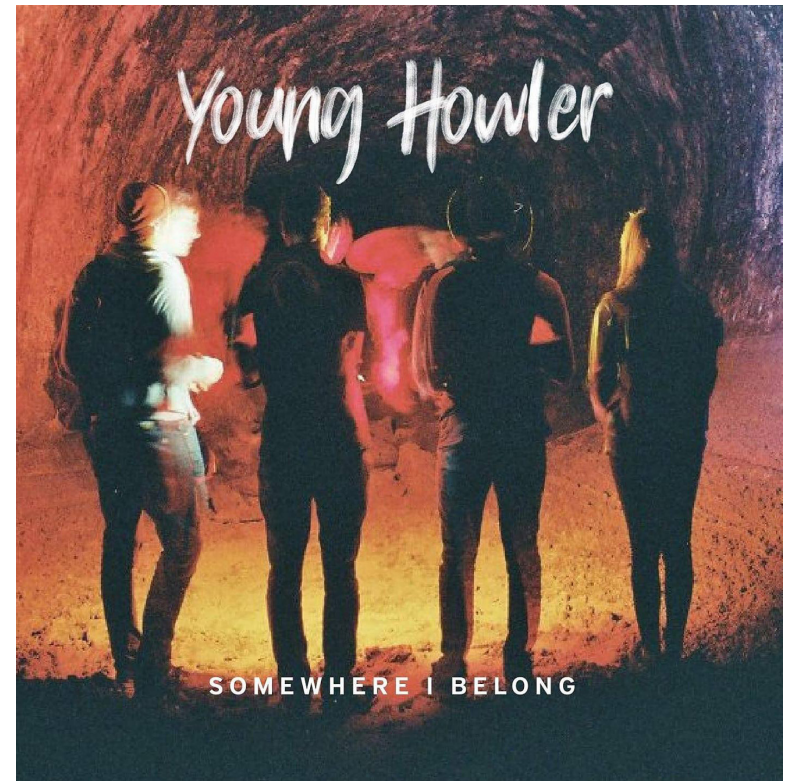
Young Howler and Underside Pattern were just in Kelowna he show took place at Milkcrate Records on Friday, November 16, sharing their beautiful melodies and sense of humor with the Okanagan.

Underside Pattern has a wonderfully refresh-

ing retro feel to them which is guaranteed to get the crowd off their feet and dancing, melding harmonious melodies in the vein of the Beatles and The Beach Boys, but with a modern flavor throughout. The band consists of members Colin Langstraat, Jonah Falk, Craig Gomez, and Corey

Gomez. The charismatic members have a fantastic sense of humor which is sure to entertain between songs. With such a relaxed and retro feel their music is perfect for a relaxing day in the sun, or a casual day in -- upbeat with enough groove to create a dancing experience anywhere the

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Dreamy guitar tones their tunes can not only get you to dance, but also carry you into a beautiful dreamscape.
”



songs may be heard.

Young Howler also boasts a kind of retro feel with a pop, alternative and In-

die flair to it. The band consists of members Zach McQueen on vocals/guitars/keys, Danson Desrosiers on Bass, Craig Gomez on Guitar/Keys, and Colin Langstraat on Drums. Both Craig Gomez and Colin Langstraat have long evenings, as they perform in both bands. The talented musicians in Young Howler are all graduates of the Red Deer College Music Program. Their music is great for any occasion. Boasting amazing vocals and such dreamy guitar tones their tunes can not only get you to dance, but also carry you into a beautiful dreamscape.



Photo Credit: Young Howlers Facebook

THE UNKNOWN DRUG: TATTOOS

The scientific analysis of why tattoos are addicting

Willa Holmwood
Staff Writer

22% of Canadians having tattoos, and approximately 70% of those have more than one. The chemistry of tattoo ink is comprised of pigments such as Iron oxide, Carbon, Ochres, Malachite, Lead chromate, Zinc oxide, and many other compounds that are suspended in a carrier solution. None of these chemical concoctions are addictive in itself. Although tattoo addiction is not formally recognized, reasons, why people are so drawn to getting inked, is similar to symptoms of drug addiction. From financial demands to physical pain, to the associated stigma, textbook addictive behaviors are seen in tattoo collectors.

From a hormonal perspective, the body releases adrenaline and endorphins when the tattoo needles continuously pierce the skin. Adrenaline is considered the “fight or flight” neurotransmitters that are released during physical exhilaration. When adren-

aline causes the body to pump increased amounts of blood and oxygen, an instant energy burst is felt. Feeling alert and focused is an attractive sensation that many people are drawn to. When experiencing pain, endorphins act as a natural painkiller when they bind to the same parts of the nervous system that morphine interacts with. This produces a natural body high, often experienced by runners, which is psychologically rewarding. The effects of adrenaline and endorphins can continue to last after the tattoo process, leaving people feeling incredible. According to the Freudian pleasure principle, seeking pleasure and avoiding pain is instinctual. Tattoos play an exciting role in this theory as pain is required to feel this addictive pleasure.

Concerning social biology, symbols represent a form of body modification that is a way of expressing identity. The meaning behind location reveals a lot about why people choose to get tattoos. Places like legs, hands, and arms are easily noticed and displayed for the world to see. Compared to locations like the chest and back, hidden tattoos tend to be more



Photo Credit: Lauren St. Clair

personal and intimate.

The endless diversity and customization of tattoos is a freeing thought that humans find appealing. Evolutionarily, attracting mates has significantly shaped the development of humans. Being able to stand out in a crowd and have others interested is highly beneficial to Darwinian fitness.

Perhaps there is an innate, subconscious addiction to tattoos from this biological perspective.

Receiving a tattoo can be a spiritual process. Being perfectly still for extended periods of time while the body produces feel-good hormones is an addictive and meditative experience. The satisfaction of marking

one's body with something meaningful, beautiful, or even completely random is a way of solidifying a certain feeling amongst the chaos in life. Tattoos are a powerful drug that possesses a highly addictive nature in allowing people to express themselves without the constraints of time.

LIVING THINGS FESTIVAL

L I V I N G
T H I N G S
Kelowna's International Arts Festival Jan. 5th - Feb. 4th 2018

“

**Come together to cherish
the pleasure and power**

”

Photo Credit: Living Things Facebook

The Living Things Festival will begin on January 11, 2019.

Curtis Woodcock
Arts Editor

It's that time of year again when our Faculty of Critical and Creative Studies, with Neil Cadger at the helm, is gearing up for another beautiful year of the Living Things Art Festival.

The goal of this festival is to offer the local and regional art communities an event dedicated to bringing in essential and innovative touring

performances of theatre, music, dance, performance art, as well as hybrid forms. It is becoming more and more apparent that in this landscape of virtual communication, and how these opportunities are expanding exponentially, the power and sacredness of the live setting are becoming rarer and more valuable.

Living Things is a space where the creators, performers, and audience alike come together to cherish the pleasure

and power that a live performance holds. Celebrating the pure and playful magic of the stage, this will be the third iteration of the festival which is a great accomplishment. Living Things will take place on January 11 and run until February 9, 2019. As the event comes nearer the acts that are slated for this year's festival will be revealed on the Living Things Website. We can expect performances from acts hailing from the United Kingdom, The United States, Montreal, Vancouver, as well as the Okanagan Valley.

Living things will take place in multiple locations around town such as the RCA Mary Irwin Theatre and the Black Box Theatre, which is located in the back of the Kelowna Community Theatre. There will also be live public installations in the FINA Gallery, and in the Creative and Critical Studies building here at UBCO, as well as exhibitions of both student and faculty artwork at the Alternator Gallery.

This festival aims to bring members of all the different artistic com-

munities together to share in collective performances that bring all of these mediums together in one place. The Living Things festival is supported by the City of Kelowna, the Canada Council, the BC Arts Council, and the Faculty of Creative and Critical Studies. Keep your eyes on the Living Things Festival website as well as The Phoenix for more information as it becomes available.



Photo Credit: Katherine Lange

ONE PERSON CAN MAKE A DIFFERENCE

Stan Lee's contribution to Marvel changed the image of bigger than life superheroes

Pierre Frigon
Staff Writer

"I guess one person can make a difference," were the memorable words were said by Stan Lee in Spider-Man 3, during one of his numerous movie cameos, and after his passing they have never had more meaning.

Although known for his cameos, he's also the creator, or co-creator, of multiple superheroes, such as Spider-Man, The Incredible Hulk, and Iron Man. Arguably, he revolutionized the entire comic book industry.

The story of Stan Lee is one of passion. Before creating the superhero group,

The Fantastic Four, he had grown dispassionate about his career with Marvel and wanted to quit. His editor kept telling him to write in a certain way, with less character interactions and story, while adding more action.

This made Lee dispassionate of the work he was putting out, and he was stuck

doing uncreative things. After talking to his wife about wanting to quit, his wife told him that if he was going to quit, he might as well make one last comic that was in his vision. Thus, with the help of Jack Kirby, they created the Fantastic Four together -- a team of heroes that got their powers from a horrible accident. But at the core, "Fan-

tastic Four" is a story about family, with all its wonderful complexities.

After the "Fantastic Four" became a huge success, he went on to co-create (alongside Jack Kirby and Steve Ditko), Iron-Man, Thor, Hulk, Dr. Strange, Ant-Man and Spider-Man, amongst many others. And just like the Fantastic Four, they all deal with very human issues that makes them very relatable. Iron-Man is an alcoholic, Hulk is someone that deals with anger issues, and Spider-Man has to deal with being unpopular.

In an age where superheroes were all bigger than life, Stan Lee decided to make superheroes, well, people. They're just regular people with regular problems that just happen to have powers. That's what makes Marvel heroes so

amazing, and the same goes for Stan Lee. His work helps us see the heroes in ourselves, and that having problems in your life doesn't have to stop you from being the best person you can be.

Stan Lee was an amazing writer because he knew how people work. Our fears, our problems, but also our potential. That speaks a lot to the type of person he was, and how much he loved everyone. So to remember him, be the hero that you have the potential to be. Stan Lee saw that inside every one of us, and you can too, even if you have to dig a little bit. That's how Stan Lee made a difference. How will you do it?

His work helps us see the heroes in ourselves, and that having problems in your life doesn't have to stop you from being the best person you can be.

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FANTASTIC BEASTS: THE CRIME OF PREQUELS

How Fantastic Beasts: The Crimes of Grindelwald portrays the classic pitfalls of prequels.

Pierre Frigon
Staff Writer

The wizarding world has taken a big hit. Fantastic Beasts: The Crimes of Grindelwald was the worst movie in the entire series, due to convoluted plot lines that went nowhere, boring characters, no character development, uninteresting action scenes and poor pacing. But I'm going to focus on the most glaring issue, which was the movie falling for the classic pitfalls of being a prequel.

which also received lots of backlash from fans. Both series had an extremely well received original series, and then the same creators came back to their work with inferior results. So, as you can see, not a great track record. Now, here we have the Fantastic Beasts series, and the Crimes of Grindelwald fell for all the same tropes that Star Wars and The Hobbit fell for.

The biggest thing prequels often suffer from is an over reliance on characters from the originals to act as fan service. Fantastic Beasts and Where to Find Them did a good job of avoiding these tropes. But in The Crimes of Grindelwald, they resort to bringing

much reliance on pre-established characters, the movie suffers from relying on the audience having a knowledge of the original movies, and relies on that to generate interest rather than creating new stories with new characters to love.

Another prequel problem this movie has, is the conflict at hand is already fairly outlined. Since the world hasn't ended by the time Harry Potter comes around, the stakes on a world-wide scale obviously aren't as high, so the movie should rely on more personal stakes-- less important characters, relationships, and more personal stakes. Instead, the movie focuses most of the conflicts on large scale events where we know the outcome already. So, it isn't as concerning or interesting.

Lastly, the movie doesn't try anything new or exciting with the opportunity of new storylines. Honestly, the most exciting parts were seeing Hogwarts and Dumbledore again, just because they were so memorable from the original saga. The movie doesn't offer anything new to stand on its own. Callbacks and references to past movies, should be the cherry on top to a solid foundation; instead, the movie relies on it to get nostalgic emotion out of the audience, which in turn hampers the movie's ability to stick out at all. Fantastic Beasts: The Crimes of Grindelwald is simply another uninspired failure in the line of prequel

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The movie suffers from relying on the audience having a knowledge of the original movies.
”

Prequel series have had a bad reputation for a while now. The first huge prequel series was with Star Wars, and even though they have recently received a lot of acceptance, are generally seen as far inferior to the originals. The next one was The Hobbit trilogy, prequels to Lord of the Rings,

in a young Dumbledore, and add a greater focus on Grindelwald, Dumbledore's arch nemesis who was referenced in Harry Potter. Subplots involving these two characters take up too much time, specifically with Dumbledore, and this overshadows the main characters. With too



Photo Credit: Trailer Screenshots

series that have been cursed to be overshadowed by their predecessor. J.K. Rowling's (the screenwriter, and original author of the Harry Potter books series) career and ability to still create tantalizing stories and worlds is in question.

They still have 3 movies left to make, so they have the time to make it right. But judging by what I just saw, my hopes are in free fall.

// LIFE

DAYLIGHT SAVINGS TIME
WORSENS S.A.D, RESEARCH SAYS

Winter in Canada can be depressing enough on its own, but research out of Denmark shows that daylight savings time might be to blame for some of the symptoms of SAD.

Daniel Greene

Life Editor

Few natural phenomena can incite stronger feelings of depression and ennui than a four o'clock sunset. With memories of seemingly endless summer nights still fresh in our minds, the transition into winter can be particularly unpleasant, especially for those in the northern hemisphere.

But for a significant portion of the population, dark winter days mean more than just a superficial lament for warmer weather. For the 2 to 5 percent of the Canadian population that suffers from a severe clinical form of SAD, or seasonal affective disorder, the months between November and March can signify a whole host of nasty, depressive symptoms, from low energy, insomnia, and feelings of worthlessness, to thoughts of suicide and death.

Psychologists have struggled for years to pinpoint the exact cause of SAD, but most agree that it has to do with the lack of sunlight that accompanies the winter months. According to the Mayo Clinic, lower levels of sunlight are thought to disrupt the body's cir-

one more variable in this equation that until recently has gone relatively unnoticed: the annual switch to daylight savings time in November.

In 2017, Danish researchers led by Bertel T. Hansen looked at the rates of hospitalization for depressive

is primarily related to the psychological distress associated with the sudden advancement of sunset from 6 pm to 5pm, which marks the coming of winter and long period of short days." They argue that the daylight that is "saved" in the winter is often wasted in

ally the sunlight that many who suffer from SAD need the most.

While there appears to be no definite end in sight for daylight savings time in Canada, there are still steps you can take to ease its unpleasant effects. Whether you suffer from clinical SAD or simply tend to feel down in the winter months, there are a whole range of treatments that have been proven to give results. Light therapy is the most common treatment for SAD and involves exposure to bright light for around thirty minutes a day. There are also a number of products on the market that simulate the dawn, including clocks that wake you up with a gradually intensifying light rather than an irritating noise.

While these products have been shown to work for some people, they are not for everybody. Always trust the advice of a doctor over that of an advertisement. SAD is a serious condition and should never be taken lightly, especially when it includes thoughts of suicide.

“ Ironically, the sunlight we lose in the afternoon because of daylight savings time is actually the sunlight that many who suffer from SAD need the most. ”

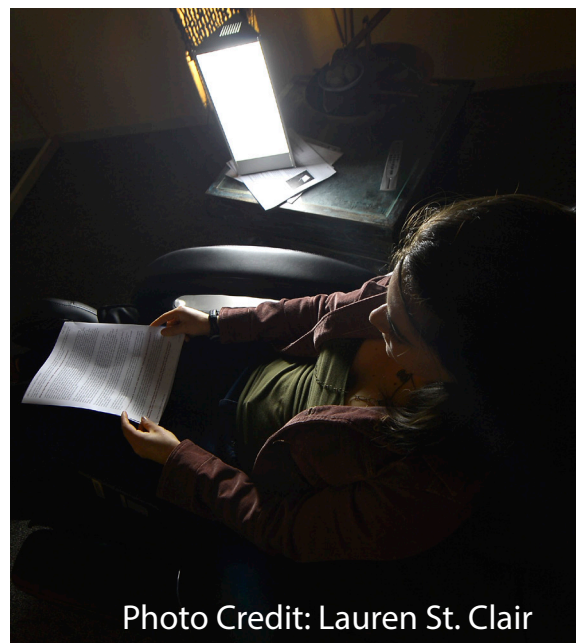


Photo Credit: Lauren St. Clair

cadian rhythm, or its internal clock, which in turn leads to depression-like symptoms. Research has also shown that less sunlight can lead to a drop in serotonin levels, producing similar effects. But there is

episodes between 1995 and 2012 and found that there was an eleven percent increase after the transition from summer time to standard time. The researchers conclude that "the observed association

the morning, since many of us who go to work and school spend that time in transit or eating breakfast indoors. Ironically, the sunlight we lose in the afternoon because of daylight savings time is actu-

AMP LAB AND CREATIVE WRITING COURSE UNION TO HOST CHAPBOOK WORKSHOP

Participants will be given the opportunity to create found poetry using work from Canadian poets Daphne Marlatt and Fred Wah.

Daniel Greene

Life Editor

“Found poetry is a distinct form of poetry wherein the poet takes existing texts and through reordering, refashioning, and selective omission, creates something new.”

On November 29, from 3-4 pm in Fipke 251, the AMP Lab and UBCO’s Creative Writing Course Union will host the fourth and last workshop of its Press Play series.

For the final workshop, participants will be given the opportunity to create chapbooks, or small, hand-sewn books, using poems from Canadian poets Daphne Marlatt and Fred Wah. How-

ever, the poems will not be simply copied and pasted in the chapbooks word for word. Rather, participants will be given the opportunity to create what is called “found poetry.”

Found poetry is a distinct form of poetry wherein the poet takes existing texts and through reordering, refashioning, and selective omission, creates something new.

There are few hard and fast rules for making found poetry. Poets can use articles from newspapers and magazines, excerpts from political speeches, passages from prose, or segments from existing poems. This last example will be the basis for the chapbook workshop November 29.

Previous Press Play workshops include Tender Buttons, the first of

the series, where participants gave a close reading of Gertrude Stein’s 1914 poem, “A Long Dress,” and then collaged words from the poem with cut-outs from magazines. The result was colourful, unique, and wearable buttons. The proceeding workshop was called Tape Surgery. For this workshop, participants discussed the materiality of cassettes and then used them to produce

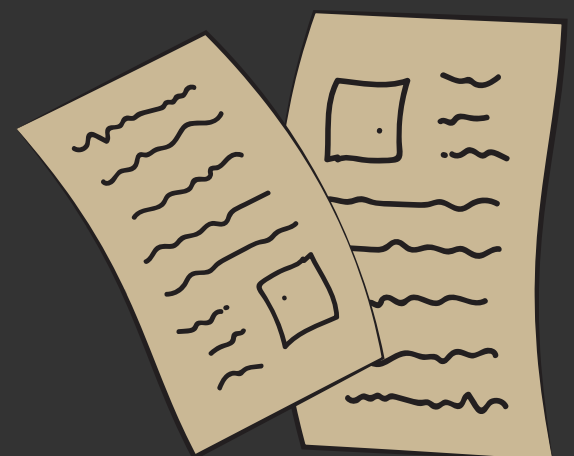
new pieces of art.

All of the Press Play workshops are completely free and open to everybody, but there are a limited number of seats per workshop. If you are interested in participating in one of the last workshops, you can sign up by emailing amplab.ubco@gmail.com. In the email, be sure to include the name of the workshop you would like to attend.

We’re looking for contributors.

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“OFF THE CLOCK” WORKSHOP TEACHES TIME MANAGEMENT

Élizabeth Martel outlines strategies to simplify your schedule and make the most of your time.

Daniel Greene

Life Editor

UBCO engineering student Élizabeth Martel hosted a time management workshop on November 16, showing students that it is possible to be efficient and productive without sacrificing happiness.

Basing her workshop on Laura Vanderkam’s 2018 self-help book “Off the Clock,” Élizabeth says that the easiest and most effective way to manage time is by tracking it in an Excel spreadsheet half an hour at a time. Doing this allows you to see exactly where your time is going and on what activities it is most often spent. After doing this it becomes much easier to see what activities are simply wasting precious time and which are actually working in your favour. Élizabeth calls this step the “grooming” process.

Making a priorities list is another easy thing you can do to improve work effi-

ciency. Élizabeth argues that this way, even if you do not get much done in a day, you can at least rest assured that the work you did do was put toward the most important tasks.

The next strategy might

“It can be easy to lose concentration on any one specific task when you feel perpetually haunted by the ten others you have to complete next.”

seem counterintuitive, but in reality it can have a big impact on the overall flow of the week. Élizabeth suggests leaving sufficient time in between meetings in order to socialize with those in attendance and savour the moment. It can seem tempting to schedule meetings or classes consecutively, leaving only a few minutes in between each in an



Photo Credit: Yunmeng Cui

attempt to pare down your schedule. However, doing so often leaves you feeling rushed and frantic and only serves to unnecessarily drain your mental and physical energy.

Another common problem people face when it comes to time management is feeling overwhelmed by the sheer number of tasks that need to be completed in a day. It can be easy to lose concentration on any one specific task when you feel perpetually haunted by the ten others you have to complete next. Élizabeth suggests that tracking your day and allotting yourself specific hours for specific tasks can alleviate this anxiety. It becomes easier



to compartmentalize the myriad things you need to do when you dedicate certain tasks to specific hours in the day. Finally, it is so important to invest time in yourself. With term papers and finals looming in the near future it can be hard to give yourself even a few hours of rest and relaxation without feeling plagued by guilt and anxiety. But Élizabeth argues that personal care is just as important, if

not more important, than your to-do list. So make time for your friends and family, take your mind off school once in a while, and try to reach out to at least one person every day. In the end, good time management is all about balance—work and leisure have to be kept in healthy equilibrium. This balance may seem hard to find, but once you do, you will never look back.

INVENTATHON : A MENTAL MARATHON FOR THE BEST BUSINESS IDEA

Great work-out for the frontal lobe, increased levels of oxytocin, suppression of fears in the amygdala.

Anna Vitko

Contributor

“ We focused on the problem of synthetic dyeing, which is hazardous for people’s health. ”

On the weekend of November 3 and 4, the student organization Enactus UBC Okanagan ran their third annual Inventathon competition. The EME building was booked for this 30-hour event during which young brains developed start-up ideas and presented them in front of judges.

Inventathon has become a legacy around which some questions have arisen.

Should participants have ideas before the event?

Not necessarily. You do not consciously control running. Similarly, during the Inventathon, your brain starts generating everyday problems on its own. The life experiences of my teammates were tied with clothes production. So, we focused on the problem

of synthetic dyeing which is hazardous for people’s health. Some chemicals contained in most of our clothes break down to carcinogens over time.

Our startup idea was to re-dye second-hand clothes into natural dyes. However, natural dyes are so expensive. Unexpectedly, we encountered a blog about production of natural dyes from food and plant waste, such as avocado pits and coffee grounds. Imagine how pleasing it was when the new neural connections formed in our brains. We realized that our startup was going to address two issues: synthetic dyeing and waste. Also, we found a way around the high cost of natural dyes.

Will participation in the event hamper academic success?

When you run for a long time, your brain starts releasing endorphins to help you cope with fatigue. Analogically, the unpleasant experience of Red Bull blocking adenosine in our brains, while beta amyloids – by-products of mental activity – were building up, was overshadowed by the release of oxytocin due to teamwork. Enhanced social connections are helpful in university life. Also, letting the unconscious mind work on academic tasks will help to tackle them later.

Does the event require public speaking skills?

Training for a marathon takes months. When, eventually, there are forty-two kilometers ahead, you do not get scared. Similarly, the presentation was not terrifying for me because



Photo Credit: Anna Vitko

after working on the idea for twenty-four hours I was excited to convey it to the judges.

My team and I experienced all breathtaking stages of any competition: the rush of adrenaline when the judges started asking questions; emotional upheaval when we were chosen to compete in the second round, disappointment when we did not win any place, and attentiveness when listening to the criticism from judges during lunch.

We learned that the main

drawback of our business idea was the intention to sell re-dyed clothes in thrift stores. The event pinpointed us the necessity to improve critical thinking. Perhaps we could have won if the start-up was about selling natural dyes for cheaper prices to local citizens or even small companies.

If you are inspired to stretch yourself mentally next year, keep an eye out for posters in September and October 2019.



Photo Credit : Andrea Marie Tan

Can a diet full of bacon and butter really help you lose weight?

Emily Manzer
Contributor

The ketogenic diet has recently become massively popularized by the likes of Kim Kardashian and Halle Berry. The diet is high in fats, moderate in protein, and low in carbohydrates.

Normally, our bodies convert carbs into the sugar glucose, which then goes through our regular metabolic cycle to provide us with energy. After a few days of the keto diet, the body enters a state of ketosis, in which it starts to convert fats into fatty acids and ketone bodies, which are then used for energy.

Those on the keto diet often report weight loss as they

burn their stored fats for energy. The diet requires a reduced intake of fruits and vegetables, but studies show that a well-formulated whole-food ketogenic diet can provide all of the necessary fiber, vitamins, and micronutrients.

The ketogenic diet isn't just a fad. This diet is scientifically proven to effectively manage epilepsy in children, and has been shown to improve the health of those with Type-II diabetes.

While the keto diet has been proven to be helpful as a medical tool, there is not enough evidence to support the use of the keto diet for weight loss. None of the studies on using ketosis for weight loss have followed patients longer than two years, and most last 12 months or less. Many of the

PROS AND CONS OF THE KETO DIET

adverse health effects associated with high fat intake over a long period of time, such as damage to the liver or pancreas, take between three to six years to develop.

Dr. Sanjoy Ghosh, a specialist on dietary fats and metabolism at UBCO, said, "The common North American diet today is approximately 50% carbs, 30% fat, and 20% protein. Dr. Ghosh recommends a 25% carb, 45% fat, and 30% protein diet.

Not all fats are created equal. Whether you're trying to lose weight, reduce inflammation and are linked with sedentary behavior. Eating an equal proportion of Omega 3s and Omega 6s is the best way to balance polyunsaturated fatty acids in your diet. Dr. Ghosh also mentioned that saturated fats like butter are demonized in our society,

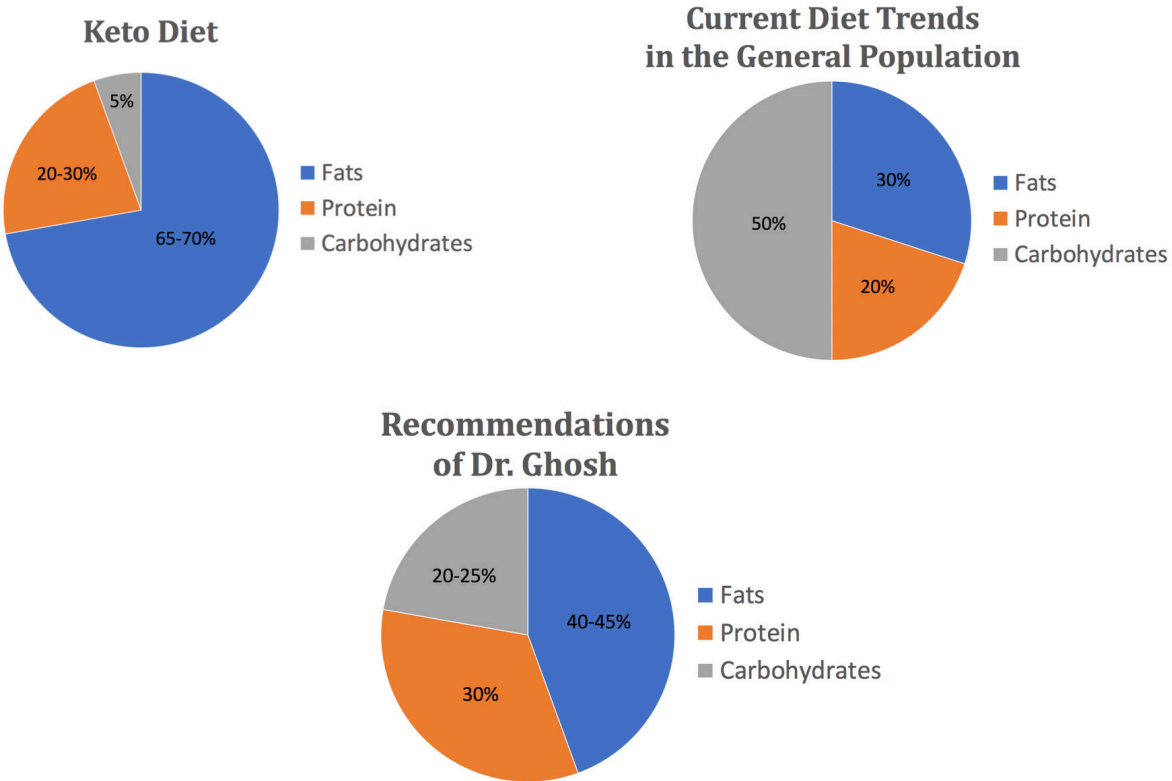


Chart created by Andrea Marie Tan

"The keto diet specifically I would not really recommend at this point. But definitely a reduction of carbohydrates."

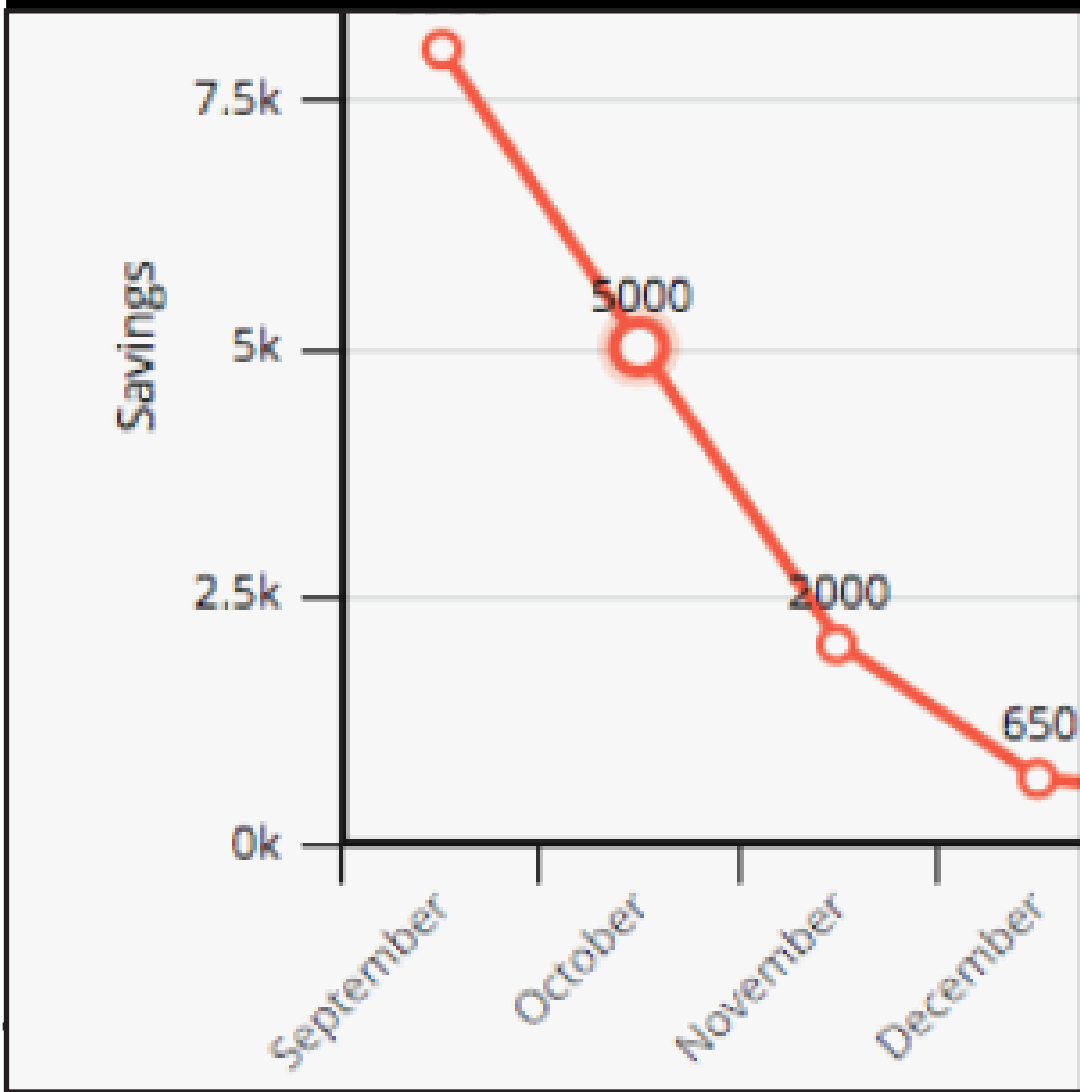
Based on the current research, Dr. Ghosh believes that a high-fat, low-carb diet is a good based diet, but one that does not cause the production of ketones.

ing the keto diet or a more moderate high fat plan, the fats you consume will matter in the long term for your health. Dr. Ghosh said that eating a disproportionate amount of foods high in Omega-6 fatty acids (n-6), such as corn oil, safflower oil, and canola oil, can be unhealthy. High proportions of n-6 leads to inflammation and are linked with sedentary behavior. Eating an equal proportion of Omega 3s and Omega 6s is the best way to balance polyunsaturated fatty acids in your diet. Dr. Ghosh also mentioned that saturated fats like butter are demonized in our society,

but that contrary to popular belief they are healthy in moderation.

At the end of the day, it's best to rely on peer-reviewed scientific sources rather than the words of Kim Kardashian's personal trainer.

//FEATURES



YOUR FINANCIAL CHEAT SHEET

A GUIDE TO EVERYTHING HIGH SCHOOL DIDN'T TEACH YOU ABOUT FINANCES

Melissa Weiss
Feature Editor

While in school, it can feel daunting to grapple with things like budgets, credit cards, loan repayment, and saving for the future. How do you build credit? What's the difference between a line of credit and overdraft protection? What's the easiest way to pay back loans? Many students can feel overwhelmed with financial decisions, especially if they've been given little education on the matter.

Before coming to university, I spent four years working in the financial industry. During that time, I noticed that these were some of the biggest

questions that were on students' minds:

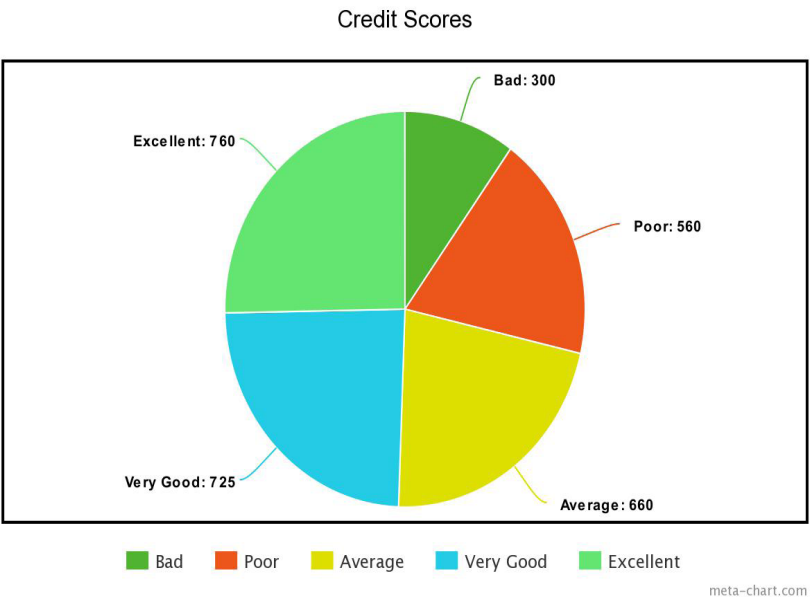
Credit: What is it?
According to RBC, "your credit score is a number that reflects your ability to borrow money and pay it back responsibly. The higher your score, the better." Your credit score is important, because it determines your ability to qualify for things like mortgages, credit cards, lines of credit, and car loans. If you have a good credit score, you may be approved for bigger loans or lower interest rates.

How does it work?
When you spend money using credit, you are responsible for repaying the lender (bank, credit card company, etc.)

within a certain period of time. If you don't, you are charged a fee (interest) on the amount you still owe.

Where can you find it?

where you can request this information: TransUnion and Equifax. Many banks also allow you to check your credit score through their on-line banking app.



It is a good idea to check your credit once per year, to be aware of any changes or errors. In Canada, there are two credit reporting agencies

How is it calculated?
Credit scores are calculated based on several components:

- Payment history: Do you pay all of your

- bills? Do you pay them all on time?
- To what extent do you use your credit? How much credit do you use in comparison to your credit limit? (For example, you have a credit card with a \$2000 limit, but you only ever use \$500 before paying it off.)
- Account history: How many years have you been building up your credit score with a loan or credit card?
- Variety of credit: Do you use multiple types of credit (credit card, line of credit, car loan)? How responsible are you when it comes to paying these back?

Credit applications: How often do you apply for a credit card or other loan?

How do you increase it? Maintaining good credit relies heavily on responsible spending and smart planning:

- Only spend money if you know you can pay it back soon.
- If possible, pay your bills back on time.
- Never exceed your credit limit.
- Make frequent payments.

Credit Cards: How do they differ from debit cards?

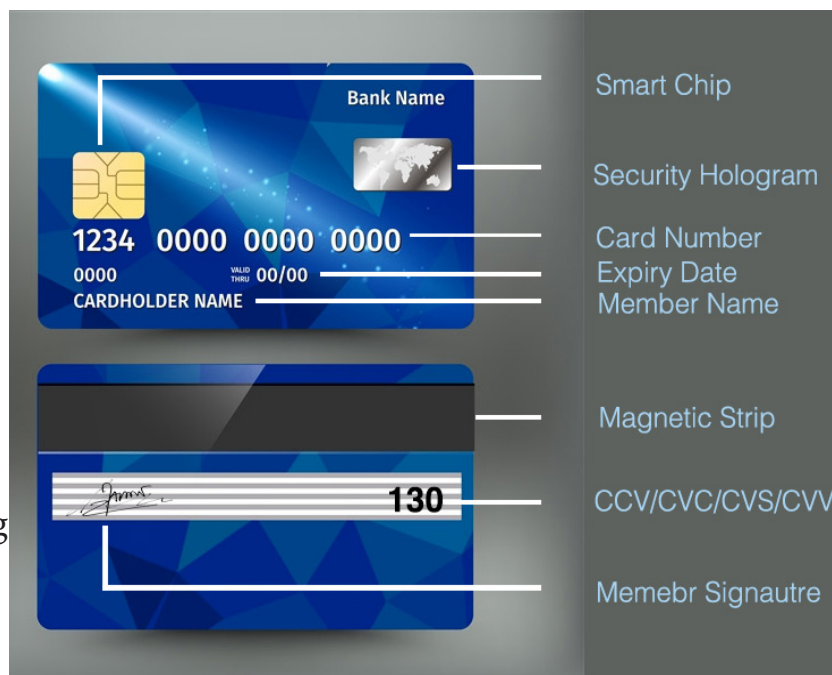
A debit card allows you to draw funds immediately from your chequing or savings account when you make a purchase. When you use a debit card, you are spending money that already belongs to you. Credit cards allow you to borrow money from the bank to use for everyday purchases. Once a month, you are sent a credit card statement, outlining the funds you are responsible for paying back. This statement will indicate a minimum payment owed, which must be paid by the due date in order to maintain good credit. Interest will be charged on any remaining balance that isn't paid off.

Why are credit cards useful?

Credit cards are often helpful first steps for students when it comes to building good credit. Certain cards also have helpful rewards like cash back, incentive points, travel insurance, and savings on fuel or coffee. As long as you use your credit card responsibly, it can serve as a helpful tool in your financial life.

well as set up spending limits for each category.

- Check your statement often: Sometimes spending can get out of control simply because you lose track of all the purchases. Pre-authorized debits (like a gym membership or phone bill) can easily be forgotten, so it's important



How do you properly manage a credit card? Although credit cards can be useful, it's crucial to remember that a credit card isn't extra income – it's borrowed money that needs to be returned. In order to effectively manage a credit card, follow these three important steps to stay on track:

- Build a budget: Some banks automatically sort purchases into categories that can be found on your credit card statement. However, it can be helpful to also build your own categories, as

to log into your online banking periodically to keep an eye on them.

- Make regular payments: As mentioned before, in order to maintain good credit it's necessary to at least make minimum payments before their due date. To do this, set up calendar reminders to pay your bill, or contact your bank to schedule recurring payments.

Budgeting for Beginners Budgets can seem daunting, but they are crucial when it comes to keeping

Learn how to:

- 1. Build a budget**
- 2. Create a savings plan**
- 3. Save money**

And find other financial tips on the next pages!



spending under control. A budget helps you stay on top of your cash flow, so you'll know exactly what you have, and can monitor your spending habits.

How do you build a budget?

A budget is all about balancing your assets (money coming in) with your liabilities (money going out). So first things first, list your expenses. These can be broken into two main categories: fixed costs and variable expenses. Fixed costs are roughly the same every month, and include things like tuition, rent, utilities, and phone bills. The cost of these are easy to de-

termine since they don't change much.

Variable expenses differ from month to month, and include things groceries, eating out, clothing, toiletries, gifts, and entertainment. These things might be harder to calculate – use past bank statements to make an estimate.

Next, calculate your monthly income and make sure it's higher than your monthly expenses. Monthly income can include things like your paycheck, student loans, scholarships, and money from your parents.

What if your income and expenses don't balance?
It may become neces-

sary to adjust your spending habits. Track your spending throughout the month, and compare it to your actual budget.

If your spending is higher than expected, try to find where it went wrong. Are you spending more on eating out than you had allotted? Do you consistently exceed the limit on your phone plan? Sometimes it takes a while to figure out a breathable budget, but small changes every month can lead to big results.

If your spending is lower than expected – great! Put the extra cash in a savings account, and be rewarded with a little interest.

Simple Steps for Saving

As a student, the idea of saving might seem out of reach or irrelevant. However, small steps now can create important habits, which can lead to financial success both now and after graduation.

How do you create a savings plan?

First, what are you saving up for? A car? A summer road trip? A detailed goal is the first step in motivating yourself to put money aside for the future. How much is this thing going to cost? And how much can you afford to save each month? Even if it's just \$10, that adds up to \$480 if you're consistently saving over a four-year degree.

Next, factor this cost into your fixed monthly budget.

Finally, open a separate savings account where this cash can accumulate (and even earn a little interest). It can be helpful to set up a pre-authorized debit with your bank. This way, the cash is put directly into this account on a predetermined day of the month and you are guaranteed to always make your saving goal.

What are some other ways to save money?
Saving money is all about finding creative ways to keep your spending under control. Here are a few handy tips:

// Saving money is all about finding creative ways to keep your spending under control.

Here are a few handy tips //

BE THRIFT-SAVVY-- NOT EVERYTHING HAS TO BE EXPENSIVE. BEFORE BUYING BOOKS, CHECK THE LOCAL LIBRARY. TRY BORROWING ITEMS FROM A FRIEND. SHOP AT THE THRIFT STORE.

EMBRACE STUDENT DISCOUNTS-- TONS OF PLACES OFFER STUDENT DISCOUNTS: GYMS, MOVIE THEATRES, HAIR SALONS. MAKE SURE TO TAKE ADVANTAGE OF THEM.

RESIST IMPULSE SHOPPING-- HAVE YOU EVER MADE A PURCHASE AND THEN REGRETTED IT A FEW DAYS LATER? MULL IT OVER A BIT BEFORE SHELLING OUT THE CASH.

Final Financial Tips

As a student, there is no reason you should be paying a monthly account fee for banking. Make sure your bank offers a free student account, and get enrolled. If they don't, consider switching to a credit union; they typically offer free chequing accounts, even if you aren't a student.

ATMs are often a hotspot for hidden fees. To avoid these fees, make sure to only use ATMs with your bank's logo. Feeling overwhelmed with credit card debt? Apply for a line of credit. Lines of credit typically have much lower interest rates, so you can use them to pay off your credit card all at once, and pay less interest in the

long run.

Be careful when overdraw-ing your bank account. If you don't have enough money in your account when a cheque or pre-authorized debit tries to come out, banks will charge NSF (non-sufficient funds) fees, which can be upwards of \$45. To protect yourself from these charges, try applying for overdraft protection. This is essentially a small loan attached to your account that you can use when necessary. Using it usually has a small fee, but it's not much compared to an NSF charge.

Educate yourself about fees associated with your savings accounts. Banks typically have limits on the number of monthly withdrawals you can make from savings accounts after which they start charging. To avoid unnecessary fees, make sure you're using your accounts properly.