



Reflections

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Research and study tips from a tweed-wearing lecturer

By: Christopher Adam

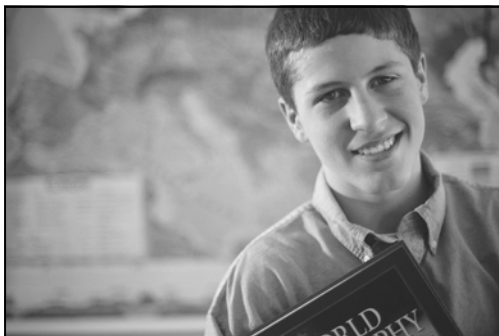
I began teaching history at Carleton University three years ago and although it has already been 11 years since I first entered university as a freshman right out of high school, spending a decade completing undergraduate and graduate degrees gave me some insight into how to succeed with your studies and research, particularly if you are in the social sciences or the humanities.

My largely inexplicable propensity to wear tweed jackets while lecturing and the greying of my hair—much expedited as of late, I am afraid—might make me seem like an old

grump, but I'm actually far less removed from the student experience than mere appearances might suggest.

As the fall semester rolls on, students will soon find themselves yet again studying for mid-terms and writing term papers.

What I always tell my students—and I have a class of 180 of them—is that nothing replaces attending lectures when it comes to preparing for a test, mid-term or exam. Frantically flipping through the pages of a voluminous textbook a few days before an exam will likely be of very little assistance, if you haven't actually attend lectures. Most profs in large first-years courses won't keep attendance, but your reward for coming to class is that you will discover what your professor puts the most emphasis on when it



comes to the material in your textbook.

For example, I teach a Western Civilization course, which explores Europe and the continent's interaction with the world from the French Revolution of 1789 to the present day. It is quite simply impossible to give every major development, trend and theory equal treatment on an exam. In my case, I tend to emphasize socio-cultural and political change during

this period, but other professors teaching a different section of the same course and using an identical text may prefer to focus on military history. The students in both sections are taking the same course and using a single

book, yet their exams will be dramatically different. The best way to find out what you really should study for and what you can expect on your final is to attend lectures, take notes and keep track of the professor's focus.

Note-taking can be very helpful when studying, but only if your note-taking technique is effective. Don't try to write down everything that you professor says in a three hour evening lecture, as you are unlikely to absorb the information and really contemplate what is being said if you are frantically keeping up with the dusty, occasionally absent-minded historian at the front of the room.

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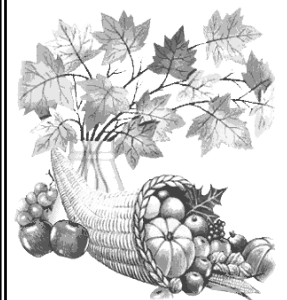
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Thanksgiving Dinner-



The Oblate Formation Group is hosting its annual Thanksgiving Dinner on **11 October 2010 at 5:30PM**. All university students, young adults and members of the St. Joe's community are welcome! The Oblates will provide a traditional Thanksgiving dinner. Guests may check the sign-up sheet at the back of the church following university mass and indicate what snacks, drinks or desserts they would like to contribute to the dinner. The Oblate Formation House is located at 175 Stewart Street, in Sandy Hill—a five minute walk from church.

Instead of attempting to record every word—a fruitless exercise, in most cases), jot down key ideas, names and any information that the prof seems to repeat throughout the lecture. Then, once you have returned home, spend a few minutes writing additional notes in point form on your reflections of that evening's class. Make notes of the topics or themes that the professor focused on the most, as this is likely to be on your exam. It's also worthwhile to write a few lines about any interesting questions or points raised by your fellow classmates.

Try to follow these same note-taking tips when reading your text. Avoid the temptation to simply re-write everything in your book in note form. The goal is to create a key, which will allow you to read your notes over before an exam and recall the most important points in your text. Read the first paragraph of each chapter very carefully and make sure to identify the thesis or approach that the author is going to take. Jot this down and then write shorter notes after reading every couple of paragraphs. The first and last sentence of each paragraph should give you a good idea of

what is most important. Once you have completed that week's assigned readings, record your own observations in the form of a paragraph or a few notes and anything which you feel stands out and may find its way onto an exam. The added benefit of this type of note-taking is that it may prove very useful in upper year courses, when you will have to write substantial essays and will be looking for appropriate sources and background information.

Conducting research can be the most time consuming element of writing an essay or preparing a presentation. Fortunately, you have an abundance of sources at your finger-tips.

When writing a university paper, always avoid using Wikipedia or any other Internet website that is not produced by an academic, a government agency, a registered non-governmental organization with experience in your field or a major news organization. Ideally, you should not use websites at all for most research papers. Instead, focus on the electronic databases and journal subscriptions available through either the Carleton Univer-

sity of the University of Ottawa website.

Both of our universities subscribe to JSTOR, an extensive database of journals from a range of fields in the social sciences and humanities, which have been scanned in from their original print format. As such, you can download PDF files of individual articles and it will appear exactly as it did when it was first published in paper format.

If you are in the social sciences, you may also try *America: History and Life*, or *Historical Abstracts* in your research. If you are looking for old newspaper articles, you might just be able to avoid a trip to the microfilm room by exploring the *Canadian News Stand* database (available through both Carleton or the University of Ottawa), as this gives you access to the back issues of most major Canadian papers.

It is well worth acquainting yourself with your school's library as early as possible in your university career. Good research and study habits will save you much time and grief in the long-run.

Christopher Adam teaches history at Carleton University and edits the Reflections Newsletter

All Saints

Do you have a friend of family member who passed away this year? Please send us your loved one's name, as we will remember all those who have passed away this year at our All Saints university mass at St. Joseph's.

**Please e-mail:
christopheradam@sympatico.ca**

RUAH!

What comes to mind when you here the acronym "Ruah?" If you're still scratching your head, why not come by on 12 October 2010 for a light dinner with others from the St. Joe's young adult community at the parish and we promise that you'll soon know *exactly* what we mean by this minor obscurity.

12 October 2010, 6:30PM-8:00PM, St. Joseph's Parish
Please use the Laurier Avenue entrance.

This past September in the Gay Catholics, Christians and Allies Club

By: Ewelina Frackowiak



This fall the Gay Catholics, Christians and Allies participated in the Clubs Week at the University of Ot-

tawa. Many students who stopped by at our table at the Uni Centre asked us the same question: What does the Bible say

about homosexuality? Hence, our discussions were about: The Book of Leviticus, the story of Sodom and Gomorra, and the Letter of Saint Paul to The Romans.

But I wanted to talk about my first love instead.

Why do we want to learn what is right and wrong when we can

access this information from our heart?

Do you acknowledge that Jesus is the Son of God because somebody told you that or because you feel it yourself?

Knowledge cannot transform you, but love can!



The Salt Doll

By: Anthony de Mello, S.J.

A salt doll journeyed for thousands of miles over land, until it finally came to the sea.

It was fascinated by this strange moving mass, quite unlike anything it had ever seen before.

“Who are you?” said the salt doll to the sea.

The sea smilingly replied, “Come in and see.”

So the doll waded in.

The farther it walked into the sea the more it dissolved, until there was only very little of it left. Before that last bit dissolved, the doll exclaimed in wonder, “Now I know what I am!”

Source: The Song of The Bird, Image Books, Garden City, New York: 1984, p.98.

The Parish Healing & Reconciliation Circle's Upcoming Workshop

The weekend of October 23 & 24th marks the first Anniversary of the presentation of the Dream Catcher by Algonquin Elder Dan Ross. As many of you may recall, Elder Ross spoke at all of our Liturgies on that weekend and many parishioners expressed an interest in learning more about the Aboriginal experience and Aboriginal Spirituality. On Saturday October 23 from 9:00 AM until 3:00 PM, the Parish Healing & Reconciliation Circle will hold a workshop entitled Building Relationships. It looks like it will be an exciting day. In the morning, Ed Bianca of Kairos will start the activities by leading workshop participants in – the Blanket Project. This exercise is designed to help participants appreciate the experiences of the First Nations Peoples upon the arrival of the Europeans onto Native lands.

In the afternoon, we again welcome Elder Dan Ross who will lead us through a panorama of Aboriginal teachings using the traditional Medicine Wheel.

This one day workshop will have a limited enrolment. All parishioners are invited; however, pre-registration is required by calling the Parish office at 233-4095. Enrolment is on a first-come basis. This workshop is at no-cost to participants. There will be a 'free-will offering to cover expenses and to make donations to Kairos and to Elder Ross. We will share a pot-luck lunch!

We hope to see you on October 23! Register early so that you will not be disappointed!



**The Young Adult Faith Community at
St. Joseph Parish**

Reflections Newsletter

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Please send Reflections your stories, illustrations, thoughts, prayer requests and news! We welcome all submissions. Kindly send your material by e-mail to the above address and we will make every effort to include it in our next issue. Reflections may edit your submission for length or clarity.

If you have any questions on St. Joseph Parish or on our university/young adult ministry, please contact Mary Murphy, the church's pastoral associate.

Mary Murphy: Tel: 613-233-4095, ext. 227

E-mail: Mary@st-josephs.ca - St. Joe's Website: www.st-josephs.ca



University Mass at Saint Joseph's Church—

Sundays at 7:30PM, followed by a reception

Readings for 10 October 2010 — 28th Sunday in Ordinary Time

First Reading

2 Kings 5: 14 - 17

14 So he went down and dipped himself seven times in the Jordan, according to the word of the man of God; and his flesh was restored like the flesh of a little child, and he was clean.

15 Then he returned to the man of God, he and all his company, and he came and stood before him; and he said, "Behold, I know that there is no God in all the earth but in Israel; so accept now a present from your servant."

16 But he said, "As the LORD lives, whom I serve, I will receive none." And he urged him to take it, but he refused.

17 Then Na'aman said, "If not, I pray you, let there be given to your servant two mules' burden of earth; for henceforth your servant will not offer burnt offering or sacrifice to any god but the LORD

Second Reading

2 Timothy 2: 8 - 13

8 Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel,

9 the gospel for which I am suffering and wearing fetters like a criminal. But

the word of God is not fettered.

10 Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

11 The saying is sure: If we have died with him, we shall also live with him;

12 if we endure, we shall also reign with him; if we deny him, he also will deny us;

13 if we are faithless, he remains faithful -- for he cannot deny himself.

Psalm

Psalm 98: 1-4

1 O sing to the LORD a new song, for he has done marvelous things! His right hand and his holy arm have gotten him victory.

2 The LORD has made known his victory, he has revealed his vindication in the sight of the nations.

3 He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the victory of our God.

4 Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises!

Gospel Reading

Luke 17: 11 - 19

11 On the way to Jerusalem he was passing along between Sama'ria and Galilee.

12 And as he entered a village, he was met by ten lepers, who stood at a distance

13 and lifted up their voices and said, "Jesus, Master, have mercy on us."

14 When he saw them he said to them, "Go and show yourselves to the priests." And as they went they were cleansed.

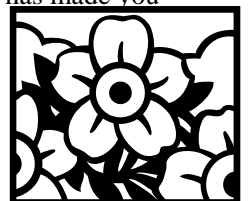
15 Then one of them, when he saw that he was healed, turned back, praising God with a loud voice;

16 and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan.

17 Then said Jesus, "Were not ten cleansed? Where are the nine?"

18 Was no one found to return and give praise to God except this foreigner?"

19 And he said to him, "Rise and go your way; your faith has made you well."



Gay Catholics, Christians and Allies

Thursday, October 21, 7:00 PM – 9:00 PM at Saint Joseph's Parish (Laurier Ave entrance)

“Teacher, what good must I do to gain eternal life?”

A meeting for gay Christians – On the evening of Oct. 21 we will reflect on Jesus' answer to the question of a young man from the gospel of Saint Matthew (Mt. 19:16-23). What gives Jesus such self-confidence to call others to follow him? How do we understand this call today? What does it mean for us? Let's talk about it and have a meal together! You are welcome to bring a beverage or snack to share. *Gay Catholics, Christians, and Allies* is building an inclusive community where gay and lesbian persons can: 1) live in integrity with their gifts of both spirituality and homosexuality, 2) find peer support among others of Christian faith who want gay people to be welcomed and accepted by the official Christian churches.