
THE RUFF TIMES

Resumé Advice

Kaiah Ing

Finding a job as a student is difficult and the opportunities are limited. Having a proper resume may be the only difference between you and another potential candidate. You have to remember that employers are reading through dozens of resumes and only spend a few seconds reading yours, which makes prioritizing important. While writing your resume, there are three key things to remember:

1. Career Summary

A quick idea of your experience, volunteer work, and previous employment. Make sure to include what you learned and new skills you achieved from other work that you have done.

2. Resume Objective

Keep in mind that your objective should be stated clearly: why you want the job and why you would be the right person for it. No more than one sentence is necessary (as not to overstep on your cover letter), explaining your rank in the working world and basic facts such as:

"Bilingual student (French and English)

seeking part time employment..."

3. Relevant Experience

Make sure to keep things relevant to the job you are applying for. Employers do not want to read a whole page of your dishwashing experience if you are applying for a job in retail or some other completely different field.

From the Editor

Mack Cobolan

I suppose this is the end. The final issue of The Ruff Times for this school year, my final time as its editor, and my final time writing for the paper since I started in Grade Nine. Back then, it was just an excuse for me to write about some things when I had the time and felt like writing (which wasn't necessarily as often as I'd have liked it to be, but whatever). Now, it's become a serious investment that I have to have in the back of my head 24/7.

I was afraid that a year of The Ruff Times being edited by me would be at least somewhat disastrous, but I'm happy to say that I've come out unscathed, and in fact, I enjoyed my run as an editor. It was a learning experience for me, an experiment in trusting others while also allowing them to trust me in criticizing and editing their work. It's been great getting to read student work about a variety of topics over the past ten months.

I'd like to leave this off rather short, as I don't usually like to overstay my welcome here. I'm an editor, not a writer, so I'll leave the stories to the other people who contribute to this paper. They put just as much work into this any of the higher ups (those higher ups being myself, Akshay Patel—who is responsible for this newspaper actually looking like a newspaper—and Ms. Cox). If you happen to notice any of our writers in the halls and have read their work, tell them what you thought of it. We thrive on knowing people have read our stuff, and everything helps.

I hope you also take a look at SWC's poetry and literature magazine, the Inkling, as I'm sure many of the writers from here will make the crossover there, and even if they don't, the people working there (including the aforementioned Ms. Cox) are pouring their heart and soul into that thing. So don't be afraid to give them some credit too. Writing is harder than it may appear. It can be an arduous process, but in the end, it's always worth it, both for the learning experience and the sheer enjoyment of it all.

The next time you read this newspaper, it'll be another school year and there'll be a new editor(s). Good luck on exams, everyone, and happy reading.



Witness: Album Review

Husam Elzien

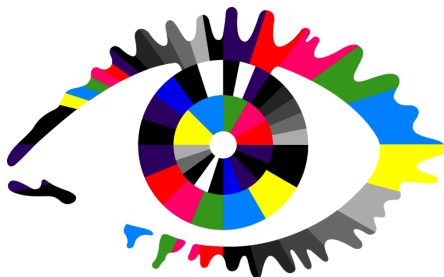
Artist: Katy Perry
Released June 9th

Sources:
<https://en.wikipedia.org>
www.billboard.com

At the start of this year, Katycats and music fans alike were wondering what direction Katy Perry's fifth studio album (fourth if you don't include that Christian rock album that tanked in 2001) would go in after she released "Chained to the Rhythm" and announced plans to make more "purposeful" music. All seemed to be on track until Perry released "Bon Appetit," a song containing awkward food-filled double entendres (about a subject a little too taboo for this newspaper) and an equally incomprehensible verse from rap group Migos. To add fuel to the flame, less than one month later, Perry released the song "Swish Swish." Although it's sonically stronger than the previous singles, it still garnered mixed reviews for its lyrical content, specifically how the proclaimed diss track against Taylor Swift reignited their old feud, which led to Swift creating her diss track against Perry ("Bad Blood"). The odd lyrical choices coupled with Perry's new Miley Cyrus circa 2013 haircut and slightly erratic behaviour in interviews led fans to believe that they were in for a more experimental and scattered album. Well, we were half wrong. Yes, it is experimental, but after listening to the rest of the album, "Bon Appetit" and "Swish Swish" make a lot more sense sonically and lyrically. This could be Perry's best album to date. It's very personal, innovative and refreshing... It's her Velvet Rope! It does contain some filler tracks, but for the most part, the album is strong enough to live up to its predecessors. The standout tracks for me are the title track, "Witness," "Deja Vu," "Pendulum," "Bon Appetit," and "Swish Swish" (partially due to the fact that there's something shady going on with Taylor Swift. Her entire catalogue was released to Spotify the same day as *Witness's* release date and everyone thinks it's a coincidence). For all those interested on hearing the album live, Katy will be taking the album and all the other hits on tour this September (if you purchase a ticket, you'll get a copy of the album with it à la Madonna). For now, Ms. Perry, make sure that you don't mention the Taylor Swift feud until your album drops out of the top ten.

Some Observations

Maryam Mojahid



Have you ever wished that your skin were a little lighter,
Or that your eye color was a little brighter,
Or wondered why there are no people like you on TV?
Wondered why there was no one "like me,"
Why news channels only show the bad side,
And when there is good, it is something to hide.
Why people get so angry when twenty white people were killed,
But suddenly lose their wallets when Syria needs help.
Suddenly nothing matters but these few people,
When nobody knew about the bombs until it was fatal,
Until it affected white people with the taste for vengeance,
But they affected us long before we had the weapons.
It's not fair that they are already past the finish line,
While we weren't even allowed to start for a long time.
I understand it's getting better little by little,
But until they stop praising themselves for one black guest,
Until they realize that we are not the people the media portrays us to be,
We are not terrorists, gang-members, looking for attention, until they see.
Then there really isn't change except the one in their head,
It's only enough that it lets them sleep peacefully in their bed.

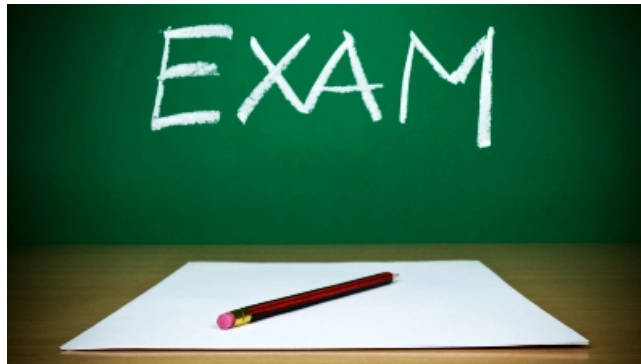
Exams - Tips, Tricks and Why You Shouldn't Overstress

Athena Liu

It's that time of year again, when teachers give endless loads of homework and the clock is ticking away to your first exam. Your mind is buzzing because of the million different things you need to do and you don't know how you will get through the month. Having taken several exams, here are a few tips.

#1: Keep calm and study.

No matter how much you think you will die from exams, you won't. Just thinking about how much stress you have will only augment the amount of stress you have. Stress serves as excellent motivation to get things done, but oversteering will prevent you from actually working hard. Studying will help you feel more capable and lessen the stress. Once your attitude is shifted, you will be more motivated to continue and finish your studying.



#2: Plan a realistic schedule that you can follow.

Don't cram the night before. These are exams. Although I have crammed the night before a test and received good results, exams are five times the length of a test and you simply won't have time. Plan accordingly to the amount of homework you have and make the necessary sacrifices to achieve your goal. If this means missing a soccer game at a critical stage, so be it. You must decide what is more important for your future (not to say soccer isn't important, school can be more important for some people). Also, consider leaving a bit of room at the end of your schedule allowing you to catch up. Let's face it, life can get in the way sometimes. However, this is not an excuse to not be prepared. Over a 1.5 month study schedule, I left two weeks of catch up at the end of the session. This allowed me to learn and master the skills I needed for the Avogadro Chemistry exam. Many assignments and unexpected events happened during my study period. However, I managed to get back on track by completing all the tasks with the extra time. This strategy proved to help me get my desired results on that exam.

#3: Find a method of studying that suits you.

Find your style of learning and design a method that works for you. Some methods that work well for me include writing out my notes and reciting information aloud. As a visual learner, I like to rewrite my notes and think everything through. As soon as I make connections, memorization becomes much easier. Concentration is another key aspect of my study method. After seeing the 20 pages I need to review for a history test, I feel a little overwhelmed. After I highlight the key points and condense the major ideas into a mere 3 or 4 pages, I start to relax and study better. It lessens the stress and enables me to think I am capable of memorizing everything for the test. I also make outlines for each unit that highlight the main points to study, avoiding any missed topics.

#4: Take breaks.

There are people who study a straight 8 hours without stopping but perform worse than people who study for 4 hours with breaks in between. Studies have shown that the brain works most efficiently when a person studies for 55 minutes and takes a break for 17 minutes. These breaks should include a variety of social media, exercise, drinking water, and eating. Taking breaks allows your brain to reboot and bounce back to its optimum level.

#5: Exercise and sleep well.

Exercise allows the brain to experience an emotional release, lessening your stress. This is especially recommended to relieve stress before exams. Of course, if you are exhausted, don't force yourself. However, try to fit in active breaks during your regular studying schedule. This will help improve your performance. Sleep is also another important aspect of exam performance. Sleep deprivation causes malfunctioning of the brain and can decrease your results. Personally, I treat this aspect very seriously because I have found a direct correlation with the state of my brain and test performance.

#6: Eat mints and drink water.

As silly as it sounds, this has helped me succeed on many evaluations. Mints help my brain stay awake in order to demonstrate its best performance. I have a box of mint flavoured Tic Tacs that I always keep with me to make sure I am prepared for tests. Studies have also shown that drinking enough water can improve test scores by 5% to 15%. Personally, mints and water have helped me a lot throughout my academic life.

Hopefully you learned something useful that will help you excel your exams. Now, your first step is to open up your notes and start studying. I wish you the best of luck!

A Look at the Problems of Millennials

Kaiah Ing | Sources: businessinsider.com and theconversation.com

This information is based on a survey done by the World Economic Forum, gathered from more than 26,000 millennials from 181 countries which gauges the priorities, concerns, and attitudes of millennials around the globe.

10. Lack of economic opportunity and unemployment (14.2%)

It is no secret that unemployment rates are decreasing as the population grows and qualifications become nearly 100%. It used to be that individuals who attended college or university were guaranteed employment. Nowadays, nearly everyone attends post-secondary, leaving thousands of qualified people without a job. This is a growing fear that includes us all. Older people are being replaced by younger people and the statistics for receiving a full time job in the five years after university are very slim.

9. Food and water security (15.1%)

Everyone deserves the basics for living. Shelter, food, water. How can developed countries like us have the heart to ignore problems around the world? People suffer every day from things we take for granted everyday like clean drinking water. We wake up every day knowing there is enough food for us, enough clean water and a roof over our heads. Developing countries wake up praying their family doesn't die today. We will never understand the pain that others are in by watching their loved ones die from malnutrition and exposure, yet everyday it happens and we do nothing. Stop taking things for granted.

8. Lack of political freedom and political instability (15.5%)

Canada is an extremely fortunate country, we are fairly centered on a political scale. Others however do not have that privilege, countries still face underdeveloped laws for women's rights, LGBTQ rights and religious rights. These things are part of who we are and we cannot and will not change these things. Governments should not have the right to decide the value and importance of a person's life.

7. Lack of education (16.5%)

Around the world, nearly half the youth are unemployed or underemployed, while more than 120 million youth are still illiterate. Having the ability of education is extremely important, and the education should be good too. Every child deserves the chance to learn.

6. Safety, security, and well being (18.1%)

Around the world, people go to sleep in fear of the people around them. People should have the privilege of going to bed at night and feeling safe. Even with this common knowledge, these horrible living conditions are still going on. In other less fortunate countries, law enforcements are not at the same standard as those in developed countries and face many greater troubles with keeping themselves and their families safe, no matter what.

5. Government accountability and transparency, and corruption (21.7%)

This issue is definitely a problem that needs to be dealt with, but the fact is that as long as any kind of government exists, there will be transparency and corruption within. It is the selfishness and misbeliefs of people which cause these issues that others have to pay the price for.

4. Poverty (31.1%)

Poverty dramatically elevates one's risk of illness, injury and death. For each age group, homeless people are at least three times more likely to die than the general population. The two most at risk people are middle-aged homeless men and young homeless women. The average age of death in a homeless person is roughly fifty years. This is the same age at which Americans commonly died in 1900. Modernly, non-homeless Americans can expect to live to age seventy-eight. Imagine a world where everyone had enough. Not a world where every element of every citizen's lives were the same, but a sense of fairness and order to the world on a moral level. The most affected by this drastic money difference are third world countries and homeless people.

3. Religious conflicts (33.8%)

The modern concept of religious intolerance developed out of the religious controversies between Protestants and Catholics in 17th- and 18th-century. These discriminations have taught the modern world to eradicate religious sentiments from politics. The constitutions of some countries contain provisions expressly forbidding the state from engaging in certain acts of religious intolerance or preference within its own borders, examples of such include the First Amendment of the United States Constitution and the Article 4 of the Basic Law of Germany.

2. Large scale conflict and wars (38.5%)

As human beings, we are wired to believe we're always doing better. Lying to ourselves so much until it feels true, leaving problems for the next generation, the other person and the ones who pay are the innocents, they deserve a voice. Civilians in war live in constant fear for themselves and their families, everyday is a literal battle for survival.

1. Climate change and destruction of natural resources (45.2%)

We were put on a beautiful planet, and yet everyday we get closer to destroying it. Litter riddles the streets and oceans and the pollution sickens us as well as our planet. The temperature is changing, the air is thickening and the skies are darkening. If we do not start trying to save our planet now, then when we do realize it's dying, it will be too late. Our ways of waste are not working, our means of transportation are not efficient and the way we live is no longer acceptable.