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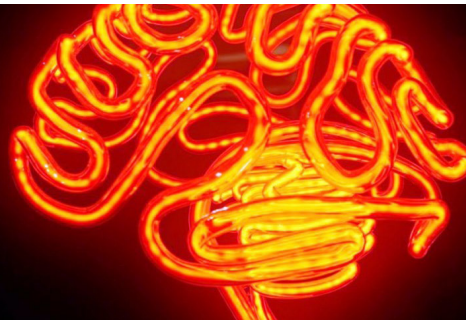


UNDER

PRESSURE

WHY IS THERE SUCH A PUSH TO GO
SOUTH FOR SECONDARY EDUCATION?
CONVERGENCE INVESTIGATES.

PAGE 3 - SACHIN PASRICHA



MENTAL HEALTH

LOGAN YE - STAFF REPORTER

The defining aspect of our species, the centre of all that is, and perhaps the most important component of the human body, the brain is essential. But what happens when the brain doesn't function properly? What happens when the very chemicals that constitute our brain aren't properly balanced? For those unfortunate enough to undergo mental illness, the answer to these questions is too blatantly simple. Endless, irrecoverable suffering.

Mental illness covers a broad range of transient, debilitating disorders of the brain. These are illnesses that are not determined at birth, which means that they are (at least in part) caused by environmental factors or triggers (there are psychological disorders which are equally, if not more harmful, but are caused by genetics defects, but these are beyond the scope of this article). The definition of a mental illness is contested by many experts in a field, and many skeptics point to the slippery slope argument that - given enough leniency - any negative feeling could be eventually categorized as a mental illness. However, modern doctors have come up with a relatively sufficient definition. A mental illness is an impairment of mental function or health, that if not treated, will either worsen, or remain. Though not perfect, this is the best definition that draws a line between simple bad things, and actual mental illness.

...A LARGE COMPONENT OF IT IS THAT SUFFERERS ARE UNLIKELY TO BELIEVE THAT THEIR AFFECTION IS VALID

Depression is by far the most common and under-treated form of mental illness there is. The underlying reasons as to why more people don't approach others for help with mental illness is complex. However, a large component of it is that sufferers are unlikely to believe that their affliction is valid. Unlike the guy with the flu, who can't really do anything to combat it other than getting rest and drinking water, mentally ill individuals subconsciously believe that they are suffering from depression because they are simply not trying hard enough to fight out of it, that should they approach their peers about their depression, the only response would be that they just need to toughen up a bit. Fortunately, society is beginning to transition away from that mindset, recognizing that no one would ever choose to be depressed, if they could choose to feel better, they would. The illness is precisely that they have lost the ability to control their own happiness.

In the context of youth, depression is rampant. Being young is difficult, it's a state of middles. Not quite an adult, yet not quite a child. Not quite independent, yet not quite free of responsibility. This tension and the confusion is causes for teenagers creates an environment conducive to depression. Teenagers can be forced into situations where their weaknesses and inadequacies are exposed and often exacerbated. Suicide rates at prestigious

Ivy-League universities are astronomical. According to a recent student poll at Harvard University, a full percentage of undergraduates have physically attempted suicide within the past year. Perhaps this is due to the shock of not being the best anymore. At their respective high schools, these students were able to outperform their peers relatively easily, but once put in the bigger lake with bigger fish, that is no longer true. This shock attacks the virtues that these students pride themselves on; in some cases, base their entire life upon. Alternatively, looking at the regular high school student, the social pressures are huge. Some students may pride themselves on having friends, or being socially accepted. In many cases, some of these students end up not being socially accepted, and perhaps even being bullied. The consequences are a human being who genuinely does not believe that they serve a purpose in the world. Depression affects everyone, for every one of us hold something important to us, whether it be a passion, a person or a principle. And to have it taken away puts even the strongest of us in a state of disrepair.

In the end, the war to normalize depression isn't going to be won with awareness wristbands, it's going to be won by the brave individuals who are strong enough to confront depression head on, and draw upon the strength of a community to conquer their foe. For anyone suffering from depression or any other mental illness.

REMEMBER, THIS TOO SHALL PASS.

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WHERE DOES THE PRESSURE COME FROM?

SACHIN PASRICHA - NEWS EDITOR

As another year comes to a close, a popular topic of discussion is where the boys of the leaving class will head for the next few years of their lives. Some venture overseas, some go down south and some just remain in Canada. "Just." This word somehow indicates that Canadian universities are to be thought of as less than US or UK schools. Yet, Dr. Power said he "would eliminate the word 'just' in front of the name of any Canadian university." I tend to agree with him.

Why did 40 boys in the leaving class of 2012 choose to attend American universities? Or 43 in 2011? Though a large portion of boys stay in Canada for university, there seems to be this underlying pressure at the school that students should apply to American schools because they are "better" than Canadian ones.

Speaking from personal experience, I get asked quite often by younger students (at least once a week), "where in the the US did you get accepted to?" When I explain that I never applied to the US, a rather shocked look appears with a puzzling "why do you work so hard if you don't want to go to the US?" It seems unsettling that many boys feel the only path to post-secondary success is by attending an American university, or perhaps a UK one. Yet, the question remains - where does this pressure come from?

Dr. Power acknowledged both sides of the issue - there are good reasons for staying in Canada and good reasons for leaving too. According to him, "we [Canadians] should be justifiably proud of institutions like McGill." On the other hand, he acknowledges the reasons of those who venture away from home, particularly the intriguing idea of being in a new place and some of the doors opened by prestigious and "exclusive" schools. All in all, it seemed quite a balanced perspective suggesting that he and the rest of the school's administration are not responsible for this underlying viewpoint that a successful education is an American one. Then who is?

The university counselling office is certainly not to blame as they provide seminars and workshops on all types of post-secondary options, ranging from gap years to scholarships



to schools overseas to those in the US to those in Canada. And all these seminars start as early as FY. Speaking from personal experience once again, I received no pressure from this office to venture through an American application process. Then who?

This leaves the boys and parents. Every family is different and thus familial pressure in every family will be different making it difficult to generalize. However, with regards to the boys, it seems that this is where a lot of the pressure stems from. When an older boy one looks up to goes to attend an American school, a younger boy can only naturally hope to do the same and become convinced that his success is dependent on that. Small talk in the halls as earlier described likely plays a big role in the underlying desire for an American education too. So, from this, the answer is peer pressure.

Peer pressure - there are positives and negatives - even in this situation. Perhaps some of the positives in this situation stem from boys encouraging one another to work hard in school and apply to some outstanding schools and programs. However, part of this peer pressure is also misguided. It is misguided in that it supports the underlying opinion that a successful post-secondary acceptance is an American one and this is what we should work to deteriorate.

There is no question that there are

some amazing American institutions but what is often overlooked are that Canadian institutions are just as world renowned. A study by the NY times analyzed the global employability of graduates of universities worldwide. Three Canadian schools (U of T, McGill and University of Montreal) ranked in the top 30. U of T was only two places behind Brown university and three behind the University of Chicago. Yet when a UCC student gets accepted by Brown or Chicago, there is often a larger applause given than that to the student accepted by U of T. Other Canadian institutions also ranked quite high - particularly McMaster (53rd), Queen's (56th) and University of Western Ontario (85th). These rankings were on average higher than some of

the American Ivey league universities such as Dartmouth (not ranked in top 150) and Cornell (87th).

What must be understood furthermore is the potential of schools overseas, not just in the UK, but also in other parts of Europe and Asia. Four Asian schools (Japanese and Chinese) ranked in the top 30 on this scale and 11 European schools

did so as well. Yet, what can be done to combat this underlying bias in favour of American education? Perhaps, the best answer to that is just awareness. This does not necessarily mean awareness from the school or teachers rather awareness from student to student. Maybe, just possibly, this awareness will spread over the years and provide and equally positive bias towards Canadian post-secondary options.

**IT SEEMS UNSETTLING
THAT MANY FEEL THE
ONLY PATH TO SUCCESS IS
THROUGH AN AMERICAN
UNIVERSITY**



AN INSIGHT INTO CONCUSSIONS AND MENTAL HEALTH

JARED FREEDMAN - NATIONAL EDITOR

The first moment I came to fully confront the concussion I've faced these last few months was when my parents told my doctor they believed I was depressed.

In retrospect, I wish that I had never played football. I wish that I had never risked exposing myself to injury, and I wish that I had never had to deal with the consequence of my choices.

On October 11th, the first day that I was formally diagnosed with a concussion, I believed that I would recover and be cleared to play for the next football game two weeks later. My symptoms had improved drastically in just 48 hours, and I expected that I would begin the return to play protocols immediately. The protocol is quite structured; after 24 hours with no symptoms, one can return to basic activity. If this poses no problems, you can progress through basic drills, full practices without contact, and, eventually, a return to full play. The Sports Injury Clinic staff do an excellent job in guiding students through this process.

The return to cognitive activity process is similar. After being symptom free for 24 hours, one can return to basic cognitive activity, working from partial day participation to a full workload. Ms. McLean in the Centre for Learning oversees this process, with Dr. Kinneer, Sonya Pridmore, the health centre staff, and university counsellor consultation. The 'return to learn' process is constantly praised by sports medicine specialists; every doctor I met with raved about the services and support offered by the team at UCC.

The vast majority of concussions are simple matters - students complete the return to play and return to learn processes, and are rehabilitated into the school. However, some more serious concussions contribute to a drawn-out, soul-crushing recovery. Five and a half months after my concussion on October 9th, I'm still not symptom free, and will never play a contact sport for the rest of my life. In addition, I have yet to finish all the IB requirements required for my diploma.

I lump the potential symptoms of concussions into 3 broad categories: physical, cognitive, and emotional. The physical symptoms are quite easy to describe, and consist of headache, pressure in the head, nausea, dizziness, sensitivity to light and sound, or neck pain.

The cognitive symptoms are more difficult to explain. The descriptions on the SCAT (sport concussion assessment tool) are: 'Don't feel right', 'feeling slowed down', 'feeling like in a fog', difficulty concentrating/remembering and confusion. I've found it to be extremely difficult to properly express how my cognitive symptoms impact me on a regular basis. I compare the cognitive effects of a concussion to being intoxicated, because in many ways they are similar. There's a feeling that you are not fully in control of your thoughts; they are swimming in an endless and vast ocean deep within your forehead. There's difficulty in controlling laughter, similar to the giddiness that many people feel when under the influence of alcohol. Sometimes when you're asked a question, or confounded by some riddle, you zone out. Even now, when asked particularly difficult questions by teachers, they are often answered with blank

stares as my eyes dance around in circles. Cognitive symptoms are the most scary experience one can face. Imagine not feeling as though your brain is working properly for months at a time. These symptoms were, at least in my case, the ones most likely to lead to hopelessness, despair, and anguish.

Finally, there are the emotional symptoms. These symptoms include: sadness, anxiousness, trouble falling asleep, sleeping more than usual, irritability, and feeling 'more emotional than usual'. On the SCAT form I reported for 5 months that I was experiencing a 0 on a scale of 0 to 6 in each of these categories. It's difficult to express the emotional dilemma associated with self-reporting these symptoms.

I've faced extremely high anxiety over trivial matters, days with a handful of hours of sleep, and periods of immense sadness. Just when things were starting to go well in football, I was defeated. After spending 2 years training during the summer to get stronger and faster, I found that my time had been wasted for reasons out of my control. I had to quit debating Model UN, OMP, Micro-Finance, and Football. I missed Avicii, Steward's, and other events. I barely spoke with friends for over 2 months. The emotional symptoms were crippling and made me furious at myself, the people around me, and life in general.

Without this confrontation from my parents (which coincidentally occurred only a few days before Michael Moriyama's speech in assembly) I would not have sought help. That's why, in this issues' spirit, I chose to write this article. Mental health and concussions have a serious impact on the school, so come out to upcoming mental health events and show your support.

SOME MORE SERIOUS CONCUSSIONS CONTRIBUTE TO A DRAWN-OUT, SOUL- CRUSHING RECOVERY

THE QUEBEC DILEMMA

GABRIEL BIRMAN -
STAFF REPORTER

If the recent election campaign in Quebec has taught us anything, it's that the majority of Quebecers are weary of radicalism. The simple truth is that the winning party, the PLQ (Parti Libéral du Québec), functioned as a form of negative-option voting during the campaign, a way voters could choose to cast their ballot against social reform. The party has long served this conservative role within the province, generally avoiding extremist ideologies, such as the criminalization of public displays of religious garb, and consistently putting their foot down when it comes to sovereignty. Hence, given the decisive results of yesterday's poll, which put the Liberals in the majority with 70 ridings (41.5%) with the PQ trailing at 30 (25.4%), it's safe to say that Quebec will not be seeing a referendum any time soon.

Of course, the debate for or against sovereignty will continue to rage on, but there's a distinct reason why so many Quebecers are choosing to avoid it; simply put, Quebecers don't want to be put through the hassle of a referendum once again, having twice endured the burdensome experience concomitant to sovereign reform. In 1980, the end result was a 60 to 40 percent lean towards federalism and in 1995, the results were much, much closer, with approximately 49 percent of the population leaning towards sovereignism and the other 51 percent leaned towards federalism. For the former subset, these referendums were humiliating losses, while the latter could hardly call them conclusive victories.

The province's collective reluctance to make a third referendum a repeat of the previous ones presents itself as the only explanation for a seemingly bizarre phenomena: even though support for sovereignty is "pretty stable at around 40 percent of the population, and around 50 percent with francophones", the general revulsion towards a referendum is remarkably high, as made self-evident by the Liberal party's staggering victory over the PQ. Certainly, there were other factors at stake and one might suggest that the Liberal platform was far better than the PQ platform due



A question of reform: Quebecers likely voted Liberal (Couillard, left) over PQ (Marois, right) for safety.

to its economic feasibility since Couillard did promise "to cut provincial spending by 1.3 billion over the next two years and splitting any short-term surplus monies between tax cuts and paying off the province's massive debt". Realistically, however, the election boiled down to one simple question: should Quebec separate from Canada?

Although many Canadians are still unwilling to admit it, sovereignty does have its merits. The preservation of the French culture, language, and most of all – identity, are all things that would benefit from an independent Quebec. Furthermore, many say that it wouldn't be a big step up from the current state of affairs. Quebec follows its own civil law and its culture is vastly different from ours. Quebec would transition from de facto to de jure independence. One must remember that this movement is not a recent development; Québécois have sought independence as far back as the 18th century, when New France was partitioned and then handed over to the British in the aftermath of the Seven Years' War.

There are numerous problems that present themselves with the sovereignty movement as it currently is. Firstly, it is not economically viable for the province to sever financial ties with Canada. Although Pauline Marois's vision of Quebec did entail a separate state that happened to maintain most of its provincial perks (namely, access to the federal bank and universal health care), her specious vision was unrealistic and fairly exploitative, to be honest. Perhaps the federal government wouldn't see it slap on the face, though...Secondly, it would marginalize federalists who currently reside within the province, i.e. half of the population, and would without a doubt marginalize other Canadian citizens who are vis-

iting the country. The Quebecois government would have a lot more freedom to impose divisive French cultural laws (French language laws, for instance) that would only further exacerbate tensions between anglophones and francophones. A final point to consider is that there's no going back after independency. Of course, this would require a counter-referendum and a dozen other processes. To make a long story short, Quebec has to be 100 percent sure that sovereignty is the right decision. Given the highly polar nature of the electorate in Quebec, it is doubtful that this will ever be the case.

A multitude of shady dealings and an irresponsible fiscal policy left a sour taste in people's mouths the last time the Liberals were in power. Scandals included "historic losses at the Caisse de dépôt et placement du Québec, the attribution of highly-sought subsidized daycare spaces to Liberal Party donors, as well as allegations of systemic corruption in the construction industry which arose notably during the 2009 Montréal municipal election." That being said, the Liberal party would have to make a several gaffes in order to be ousted once again. Quebec just isn't ready for a referendum. As Jo Bérubé, one of our own Québécois students, admits, the sovereignty movement "is a legitimate goal", but the ultimate acknowledgement is that it "does not apply to Quebec anymore." Pauline Marois, who stepped down from her position as PQ leader just yesterday, did not lose on her socially extremist platform (see: denying religious minorities the right to display religious attire in public in the form of an amended Charter of Quebec Values). Rather, the public was unwilling to take on another referendum; the Liberal party was the only realistic alternative.



TURKEY: A SPARK REIGNITED

LOGAN YE - STAFF REPORTER

On March 22th, 2014, the Turkish government, led by Prime Minister Tayyip Erdogan officially blocked twitter access within the country. In the ensuing turmoil, Turkey has seen more protesters in the streets than ever before, and more interestingly, more active twitter users than ever before. Why are the people of Turkey so fed up with their government? Why has Erdogan decided that shutting down Twitter was the best option? We have to trace these protests back to their origin to answer these questions.

On May 28th, 2013, the repurposing of Istanbul's Taksim Gezi Park was announced. This angered the population, and caused a mass sit in of the Park, preventing the planned development of the park. Shortly after, the Turkish government attempted to remove the protestors to no avail. Parallel

to the Taksim Park demonstration was a nation-wide uprising. Many other protests began in other areas of the country, for myriad of other reasons. These issues ranged from discontent with the government's international policy regarding Syria, to social policy restricting kissing in public. These protests have been the first major challenge to Erdogan's current 10 year term.

REASONS RANGED FROM INTERNATIONAL POLICY REGARDING SYRIA TO POLICY RESTRICTING PUBLIC KISSING

Another source of discontent that fueled the protests was a general resentment of the government's attempts at promoting Islamic and authoritarian values. In 2012, the government approved increased Islamic teachings within the educational system. At the same time, laws have been tightened to conform to pious principles. Alcohol sales have been banned at universities, and there have been convictions for the crime of blas-

phemy. Furthermore, freedom of speech has been restricted. Erdogan fined Turkish media groups who were deemed to be making overly critical comments about the government.

During the protests in Istanbul, a 14 year old child was hit in the head by a gas canister by the police. He was rushed to hospital and treated while he was in a coma. The very recent protests were sparked by the death of this young child, which reignited the anti-government and particularly anti-Erdogan sentiments that were suppressed using the same gas canisters earlier on. This all culminated in Turkey officially banning Twitter, which ironically has caused the Turkish usership of Twitter to skyrocket to an all-time high. How successful will the riots be? Has Erdogan stepped over a line that the citizens will never forgive? The coming year will be a pivotal one for Turkey, and radically redefine exactly what it means to be Turkish.

THE WORLD THIS MONTH

MICHAEL PUSIC - EDITOR IN-CHIEF

SOUTH KOREA: 121 CONFIRMED DEAD IN FERRY CRASH

On Wednesday, April 16th, a ferry carrying 479 passengers (339 of which were children and students on a high school outing) crashed en route from Incheon to Jeju. Of the passengers, only 174 have been rescued, leaving 181 still unaccounted for. One in five of the survivors are currently suffering from serious stress or depression. All but seven of those suffering from severe depression are high school students. Criminal charges are now being pressed against crew members, and with dozens of families still waiting to hear whether or not their children survived, this crisis can only escalate.



CANADA & USA: MOVE TROOPS NEAR UKRAINE

Following threats of severe sanctions against Russia, the Pentagon announced that they would move hundreds of U.S. troops to practice maneuvers in Eastern Europe. Harper similarly announced that Canada would contribute six CF-18 jet fighters to a NATO air-policing mission in the Ukraine. These movements follow a severe deterioration of diplomatic talks, with Russia calling Canadian diplomats “spies” and expelling the Canadian attache from negotiations.



USA: MICHIGAN'S BAN ON AFFIRMATIVE ACTION UPHELD

On Tuesday, April 22nd, the U.S. Supreme court ruled 6-2 in favour of a ban on affirmative action. This decision sets a precedent for

states like Florida and California who have also banned affirmative action, and have since seen a sharp decline in the attendance of black and Hispanic students at their most competitive universities. It also follows the decision of *Shelby County v. Holder*, wherein the Supreme Court struck down a section of the Voting Rights Act that strove to ensure no state legislation was passed that could discriminate against minorities. This decision has sparked a fierce debate as to whether American society is ready to remove its safety net for racial equality.

SOUTH SUDAN: HUNDREDS KILLED IN MASSACRE

On Tuesday, April 22nd, the United Nations reported that Sudanese rebels slaughtered hundreds of civilians who had sought refuge in a mosque when fighting broke out. They continued that this was the worst atrocity since fighting broke out last December. Others have found that this is only one of many mass killings that occurred during the rebel's seizure of Bentiu, the capital of an oil-rich state in the world's newest country. The murder and rape of these civilians has been almost exclusively ethnic, putting immense pressure on the international community to intervene.

HE SAID WHAT?! MATCH THE QUOTES.

MICHAEL PUSIC
EDITOR IN-CHIEF

JUSTICE IS INJUSTICE. ○

○ MARIO BALOTELLI

I'M AN ATHLETE. ○

○ AYSER CHOUDURI

JUST TO SEE WHAT IT LOOKS LIKE.
(after crashing into a women's prison uninvited.) ○

○ PATRICK LEE

WHY MODERN SHOWS DON'T LAST LONG

LOGAN YE -
STAFF REPORTER

Popular media can be considered silly, mind-numbing and even completely idiotic. Other times, the T.V shows, movies and books we read can be enlightening and positive. However, some straddle the line between the two; rising to massive popularity, only to fall back into the realm of niche media, all within the same generation of consumers.

Game of Thrones, Breaking Bad, Suits, all great examples of media that popular culture has fallen in love with. Medieval conflict, drug complications and corporate drama have been mainstays of the film world for many generations. However, there are identifiable waves of obsession (notably in Young Adult culture) that appear once and while, interrupting the regular flow. Every couple years, a single piece of intellectual property completely takes over popular culture. Possibly the most famous of these franchises, Harry Potter, which spanned seven books and eight movies, then Twilight, then The Hunger Games.

Often, the authors of these franchises see widespread fame and chatter about their works, but are then shoved back into the recesses of obscure references on internet forums after the hype dies out. Compare this with literary works such as 1984, which saw reignited readership after the NSA revelations - it's doubtful that Katniss Everdeen will ever rise again due to future socioeconomic inequality. The point is, teenagers and youth seem to latch onto short-lived cultural fads when choosing the media they consume. This same group of people composes a large amount of our econo-



Fall from grace: Three shows that are insanely popular... for now

my's disposable income. At the end of the day, if our youth continue to select cyclical, break-out fame fiction, the long-term, social-commentary based fiction will continue to die out.

Are teens too fad-based? Is this a problem? And even if so, does it really matter that much? It's up to the next generation to decide.