

# MINERVA

*University of Ottawa Association of Women & the Law*



## December 3: International Day of Persons with Disabilities

December 3 is the International Day of Persons with Disabilities, it is a time to promote understanding of disability issues and to show support and respect for the well-being and rights of persons with disabilities.

## December 10: Human Rights Day



Human Rights Day is observed every year on 10 December – the day on which the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights. Canada is not immune to the realities of inequality, systemic racism, and racial injustice.

Unfortunately, too many equity-seeking communities in Canada—including racialized communities, LGBTQ2 individuals, persons with disabilities, Indigenous Peoples, and religious minorities—face significant discrimination, disparities and systemic barriers across a broad range of areas such as employment, housing, health care, and public safety.

## WHO TO FOLLOW

**@Rupikaur\_**

Rupi Kaur is an Indian-born Canadian poet, illustrator, photographer, and author.

**@Dejafoxx**

Deja Foxx is a reproductive rights activist and a political strategist known for being the youngest staffer on U.S. Vice President Kamala Harris' presidential campaign.

**@Autumn.peltier**

Autumn Peltier is water warrior, her work centres around the rights of Indigenous people, particularly their right to clean water.

## Short Film Highlight: All Too Well



Taylor Swift released a short film to accompany the song "All Too Well". The film stars Sadie Sink and Dylan O'Brien. The film follows the lyrics of the song and shares a story of a couple and their breakup. "All Too Well" has been known for a while to be about Swift's relationship with actor Jake Gyllenhaal, where they dated for a few months in late 2010. The film also noticeably highlights the disturbing age difference between Sink's character and O'Brien's. The actors are 11 years apart, which is similar to the age gap of Swift, who was 20, and Jake, who was 29, at the time of their relationship. The new lyrics in the ten-minute version highlight that a few of Gyllenhaal's other relationships in which his partner was much younger than himself. The short film highlights the predatory power dynamic of the relationship as well as gaslighting. In the portion of the film called, "The first crack in the glass." In one striking scene, Sadie's character tells Dylan's character that he's making her feel "stupid." He responds, "I don't think I'm making you feel that way. I think you're making yourself feel that way." He continues to defend himself while calling her actions "selfish" and "crazy" and saying she ruined the night - a perfect example of gaslighting. This short film is a must watch for all.

## How to Survive Exam Season!

Let us preface this by saying that not everyone studies the same way. What works for someone else may not work for you. Take care of yourself. Make sure you get enough sleep every night; if you stay up all night trying to study, you won't perform well afterwards. The next day, it will take longer to complete tasks that are usually easy, and lack of sleep can also negatively affect memory. It's also important not to skip. And be sure to take regular breaks while studying. Go for a walk or do something to help you get up from your chair. Your mental health is more important than school.

Creates study plans. Students usually spend most of their study time on the first or two exams and then get exhausted before the end of the exam period. Print a blank calendar and divide your days so that each class gets a reasonable portion of the remaining study time. You will find that you have to change your schedule to allow appropriate time for each class. For some students, it may make more sense to assign one subject a day; for other students, it may be more effective to study two subjects a day. It's important to be aware-if you have a timetable, you will know exactly what you need to do every day to stay on track and maximize your learning. Prioritize. Determine your priorities. Students often study for exams by reviewing their outlines over and over again. Although this method can be used to review course materials during the semester, it is usually not the most effective way to study a few days before the final exam. Most law school exams are open book so memorization should not be the goal of studying. Try studying by preparing possible exam questions and doing practice exams.



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