

New Beat

APRIL ISSUE 2018

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It All Started with Foosball...

WRITER: JEFFREY LU (2ND YEAR, SPECIALIZED HONOURS IT, ATHLETIC REP NCC)

Just like the majority of the York Community, when I first started out my journey as a university student, the only person I knew was...myself. As a result of not attending frosh during my first year I didn't feel the connection other students had with one another. It all changed one day when I was talking to one of my classmates before class. He mentioned that his college was having a foosball tournament and that I should attend. At first, I was hesitant. Believe it or not, I've never played foosball before and I would surely make a fool of myself. "I'll win at least one game", I told myself. With that in mind, I participated in the tournament. I overestimated myself. Not only did I lose both games, I didn't score a single goal at all! After crawling under the table two times, I vowed to myself that I would get better using any means possible. The next day after class, I headed back to the lounge to test my luck but to no avail, I lost yet again. Days turned into weeks which turned into months. After months of practicing, the once weak caterpillar turned into a *foosballicious butterfly*.



Improved foosball skills are not the only thing I gained during my time in the lounge. My love for sports made it easy for me to talk with Haile, the athletic director at that time, where he brought up the topic of intramurals. With his advice, I played for various New College teams and even made friends along the way! I am not saying foosball is the go-to way to make friends at university but it's a start! Here are some tips that helped me tremendously throughout university and that I would like to impart to everyone:

1. Find something that you are good at or enjoy doing, even if it might terrify you. In my case, it was playing foosball as well as intramural sports. Join clubs that you are interested in. I have been in the York University Dragon Boat Club since the beginning of first year and I do not regret my decision one bit. By getting yourself involved, you will gain invaluable experiences while making friends for life.
2. Put yourself into uncomfortable situations. If you are always relaxed and find everything easy, it would be a good idea to change things up. Challenge yourself. Try something new. By putting yourself in uncomfortable situations, you are forcing yourself to grow, mature and improve who you are. This can be talking to the homeless, traveling to a city you've never been before just to explore with no maps, or cut yourself off from using your phone or internet for a day. Explore your horizons and continuously expand the confines of your comfort zone!
3. Seek professional help when you need it. To me, the most important thing in life is not how much money you earn or how many cars you own. At the end of the day, your health is always first priority. Try your best to get enough sleep and eat right. If you're sick or feel isolated or depressed, take advantage of the many services the university provides. If it wasn't for me hanging in the lounge playing foosball, I can't imagine where I'd be today. I'd probably be going straight to class and straight home, not knowing exactly what I'm missing. Seek help if you need to. Always remember that you don't have to face these issues by yourself.

Thanks for reading everyone and I hope to see you all at the foosball table!

How HRSA Helped me Grow

WRITER: NIKA ARBABZADEH (4TH YEAR, BHRM, PRESIDENT HRSA)



When I entered Atkinson college for my Frosh-week I had no idea that one day I would be the President of the HRSA. I have improved in many ways since that day, but I attribute most of it to my experience as HRSA's President this year.

More than anything else, HRSA has taught me that our abilities as human beings is beyond our imagination and what we need

to do is to challenge our comfort zone once in a while. We usually limit ourselves by thinking that if we have a full course-load then we cannot get involved with student clubs or that we cannot keep our grades up all while working, being involved with the student community and keeping our hobbies. Now I am certain that these are just limiting thoughts. Also, I have learnt a lot about my interests and was able to see more clearly what matters to me in life. In fact, it was during this year that I discovered my passion for law.

Leading a group of 12 executives I had the opportunity of working with some amazing students. According to

them HRSA has helped them grow in many ways. Here is what they said about their experience with the HRSA:

"HRSA gave me the organizational culture of friendship and teamwork that I never got in other student organizations. It provided me with insights of the type of organizational culture I want to work in."

— **Dominic Ong**, VP of Events

"Being a Director of Events for the HRSA 2017-18 team has greatly contributed to my professional life in several ways. In specific, it enabled me to enhance my "people skills" and thereby improved the effectiveness of my interactions with individuals such as industry professionals, students, faculty, staff, and alumni. HRSA also assisted me in becoming a successful leader by allowing me to take on a leadership position and learn how to work well in a team, plan events, effectively problem-solve, and connect with talented individuals who share similar interests as me."

— **Andrea Royce**, Director of Events

Finally, I want to invite you all to take a look at our Executive Recruitment Package on www.hrsayork.com. If you are a hardworking and ambitious individual I highly encourage you to apply. Let us know if you had any questions by emailing us at hrsayork@gmail.com

#BellLet's(keep)Talking

WRITER: Muhammad Saieq (1st year, BCom Finance, Social Representative NCC)

With mental health/illness as a rising issue amongst teenagers and adults alike, the need for addressing and consulting has risen alongside. There have been studies that have proven how mental health directly correlates with our emotional, psychological, and social well-being. It directly affects how we think, feel, and react to people. The majority of students just like you and I are constantly affected by stress, anxiety, and disorder-like symptoms. With Bell's #LetsTalk initiative already taken place, it is very critical for students to get the help they need. Keep the conversation going 365 days a year.

When you think of mental health, you usually think of illnesses that "crazy" people have. This is entirely wrong. Mental health is something that everyone has, the only difference is your state of mental wellbeing. Health and illness are often used interchangeably, mental health and mental illnesses are not the same thing; but they are also not mutually exclusive. Mental health can be measured as a level and both are not static, they can change over time.

Personally, there have been many times where I have been stressed out and would be overcome with emotion and confusion because of it. This is completely normal as there are millions of students that also feel the exact same way as measured by National College Health Assessment (NCHA) where stress was the most commonly identified impediment to academic performance and 57.6% of students reported more than average stress.

It's important to talk about it and find help. There is no reason or excuse to say that you don't need it or feel pressured because you're afraid."

<http://mhw.info.yorku.ca/> WEBSITE

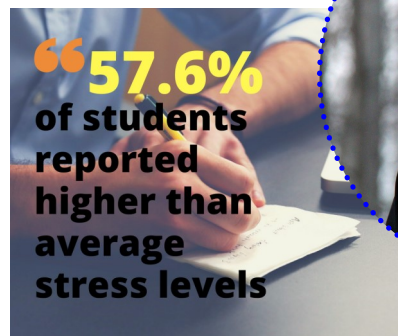
" Bennett Center Personal Counselling Services

⇒ <http://pcs.info.yorku.ca/> Information on events and services!

⇒ 416-736-5297

⇒ Weekdays 9:00am-4:30pm a Good-2-talk 1-866-925-5454 (24 hours/7 Days)

Lets Talk!



A Tribute: TO THE LEADERS WHO SHAPED MY UNIVERSITY EXPERIENCE

WRITER: CRISTIAN KUYTEN THOMAS
(2nd YEAR, BCOM MARKETING, VP SOCIAL NCC)

Throwing it back to September of 2016, my first frosh week, where I met three people that have changed my life forever. Their constant leadership, support, and above all friendship are the reason I am fortunate enough to be in the position that I am in today. New College is overflowing with great leaders and teams that have excelled in athletics, social, and academic performance. Nancy Rostom, Sandro Cesario, and Jack Onorati are three that ultimately left the greatest impact on me, I can honestly say that without them I would have never got involved in New College.

Nancy was my O-Chair and during frosh week and every day since I have looked up to her, I have learned so much from her on how to be fearless and stand by my values. She is one of the most beautiful and strong woman not only in York University community, but in my life, and her strength extends to everyone around her motivating them to be the best version of themselves.

Sandro is not only one of my best friends, he is also one of the best presidents New College has ever seen. In my years as first year rep and VP Social I looked up to him for eve-

rything, and even with him graduating this year I know that I will constantly seek his advice in my 2018-19 term as president. Sandro has been so supportive of my goals and has motivated me along the way. His knowledge of New College is far greater than any documents can provide. If you don't believe me ask him anything about the constitution, I promise you he won't fall short.

Jack has been my friend and my motivation to succeed in the college system. He has created and formed this college's athletic program from scratch and has been in a significant leadership role in his 6 years here. Let's not forget his double term as O-Chair. His love for this college is so strong and his leadership extends far beyond the roles he's taken on. If you ever begin to question his love for the college, I dare you to account for every hour of blood, sweat, and tears he poured into this community.

The leadership and friendship of these individuals are the reason I have succeeded. In their years at New College all three of them have changed and touched the lives of so many. For that, New College and I are forever grateful.

Alumni Night WITH APAA

Join APAA on May 11th from 6:00PM to 9:30PM for a night of networking, food, and good times at The Ballroom in Downtown Toronto. This is the perfect event to meet and connect with alumni whom are now professionals from many different industries!

Learn more about the Atkinson Professional Accounting Association at:

 www.yuapaa.com

 info@yuapaa.com

 [@yuapaa](https://www.facebook.com/yuapaa)

Eagle of the Month

This month we'd like to shout out one of our hardest working young Eagles. Jaskarn Duhra has gone above and beyond to ensure the New College community is a welcoming and open space for all constituents.

Over the last several months he has not only contributed to New Beat (thank you), but he also volunteered to be behind the scenes for multiple events including Academic Orientation, captained a Water Polo Intramural team, hosted a paintball night, and represented our Eagles well at multiple York University events. He is wrapping up his current term as First Year Rep and will be our VP of Social for next year. Keep soaring to new heights!



Nothing is Fact, BUT EVERYTHING IS PERCEPTION

WRITER: SARA YASSAWI (5TH YEAR, BCOM MANAGEMENT, NEW BEAT EDITOR, NCC)

Last year someone told me, "nothing is fact, but everything is perception." I can't tell you what it was about this saying, but it stuck with me. I wrote it down, put it in my pocket, and let it sink in. If what I perceive with my own two eyes is not fact, then how am I to trust anything or anyone? My senses, my intuition are the only constants in my life, and they have probably misguided me in the past. I know what some of you are thinking, "yeah okay, that would never happen to me." Consider these small scale examples of when your senses have fooled you.



Is the dress white and gold or black and blue?



Which building is in front of the other?

Have you ever had a "he said she said" moment, where you truly believed with all your heart that they were in the wrong and it wasn't until they spoke about their side of the story that you realized you misread the situation? That is a clear example of how the way we perceive the world impacts us on a personal level.

KEY TAKEAWAYS

Since we as humans accept our perceptions as facts we need to ask each other questions about our realities as opposed to assuming. Not everyone has the same story as you, and asking questions leads to greater knowledge, people skills, and widens our worldview. For example, my friend bought a hideous orange backpack because it's his favourite color. What I later discovered is that he is colour-blind and cannot see orange, except for that single shade that his backpack comes in.

Two, perception matters so always put your best foot forward and present yourself the way you want to be perceived. Although we often say "I know who I am therefore people's opinions do not matter" we have to accept the fact that opinions do matter. At a job interview you cannot assume that people know your skills and why you're a perfect fit for the job, you have to show them.

Personal Savings TIPS & TRICKS



WRITER: Muhammad Saieq (1st year, BCom Finance, Marketing Director FSA, Social Representative NCC)

Hello students! FSA here to bring you the importance of PERSONAL SAVING!

Throughout your student life time, there are a multitude of moments where you ask yourself, "Should I buy the newest iPhone?" – followed up by other questions like "Will it last?" "Do I need it?" or "Will my parents buy it for me?" The last question is usually the result of their lack of savings. Students with or without jobs; full-time or part-time, are always caught in a daily struggle to make the right choice in trying to save their money and still have fun.

Nowadays, spending money as well as saving money has become so much easier. With apps and new types of technologies that banks provide with various types of accounts to pick from!

A good way to start that most people would think of first is to discipline yourself. Always limit spending and only buy if you really have to. Which basically translates to: Don't enjoy yourself. A better way would be to budget yourself. Understand what kind of income you have, what you would like to spend, and taking note of purchases that come along here and there.

Always set a limit and maintain a level of out/in! As a student with RBC, the app does display a diagram that represents the amount of spending that is taking place with your card! It tracks what kind of spending, when, how much it was, and the overall percentage to the total dollar spent! Giving you an idea on how to work around or even decrease spending!

Now, why this is important now is because it's never really taught in formal education. It is a skill that is developed over years and takes realization to know how to truly

manage your money! For example, I am currently working and having various expenses as a student makes it hard to spend money on myself. But setting aside cash and having a separate accounts helps develop this type of management.

One big bubble that students have following them around is usually the tuition, that large sum of money that you have to pay to even come here! Paying that off is usually done by OSAP or other means, usually meaning you have to pay money back. Being able to get rid of the student debt early from early saving, gets you a well deserved pat on the back.

Everyone is unique to their own financial situation, whether or not they spend or save is completely by choice, but understanding how and when is crucial to maintaining a stable financial life.

Happy Saving!

