



# New Beat

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### **Mental Health and Wellness at York**

Many of you are understandably anxious about COVID-19 and the unknowns it poses, but by staying informed and following basic prevention tips you can help to keep you, your loved ones and your community safe.

Visit: <https://mhw.info.yorku.ca/>

### **Writing Centre**

Want to enhance your ability to produce effective academic and professional writing? During the summer term, the Writing Centre will offer primarily online one-to-one appointments, drop-in sessions, and limited eTutoring.

Visit: <https://writing-centre.writ.laps.yorku.ca/>

### **Library Services During COVID-19:**

#### **Zoom Consultations**

Students can book a virtual research appointment with a librarian through an online form (program specific).

Visit: <https://researchguides.library.yorku.ca/covid19services/home>

### **Career Centre**

Enhance your abilities, knowledge and confidence in career development, job search and experiential education in the pursuit of career success.

Visit: <https://careers.yorku.ca/>



**Negar Fathi**

New Beat Newsletter Editor and Volunteer Peer Mentor



# Office of the College Head New College

Hump Day Café



**New College** is one of 9 colleges at York University and supports the **Schools of Administrative Studies, Human Resource Management and Information Technology**. The Office of the College Head is one of the New College community partners focused on delivering free co-curricular activities and programs that contribute to academic success, personal and professional development and building community networks. We also offer a variety of **workshops and volunteer and paid work opportunities** that allow our students to build their work skills and experience in preparation for the workforce. Our weekly community building **Hump Day Café** offers students an opportunity to meet other students, faculty and staff, speak with an adviser, learn about upcoming activities and have a complementary coffee and snacks. This year, we have expanded our team of student leaders with the addition of 7 **Student Success Leaders** who bring a new perspective in offering additional activities to complement our already great repertoire. As always, our full-time office staff is here for you, open to any and all feedback, ideas and suggestions to help support our community.

As the College Administrative Coordinator for the last 10 years, New College has given me the gift of meeting and working with so many diverse and talented students who have participated in our events and programs over the years. I have learned from them as much as they have learned from me. It truly is so rewarding to watch our students as they navigate and conquer the workforce.



**Filomena Pestana,**

College Administrative Coordinator  
Office of the College Head, New College  
Faculty of Liberal Arts & Professional Studies

## Workshops/Information Sessions

Our free Workshops and Information Sessions help students build valuable skills required to be successful and to give a competitive edge in the job market.

These include:

- Excel
- Entrepreneurship
- Filing your Tax Return
- Toastmasters (Public Speaking)
- OSAP & Loan Repayment
- Study Abroad Information Sessions
- Internship Information Sessions
- Negotiating Your First Salary
- Budget Planning

Watch out for emails from [newcol@yorku.ca](mailto:newcol@yorku.ca) to register quickly, as many of our workshops and information sessions fill up very fast!

Our Excel workshop typically takes place in both the Fall and the Winter terms and offer training from beginner through to the advanced level. Each workshop lasts for 5 hours, and students receive a certificate of participation upon completion.

Our Information Sessions are designed specifically for BCom, HRM, ITEC, and DEM students and are usually organized in collaboration with a York University partner.

For further information on Workshops and Information Sessions, please contact Lorraine Myrie at [lmyrie@yorku.ca](mailto:lmyrie@yorku.ca).



### **PASS Program**

PASS means Peers Assisting Student Success. It is a peer-led support program, based on Supplemental Instruction programs that have been successful in increasing the grades and academic success of participating students in many universities across the world.

They are weekly group-learning study sessions that targets historically difficult academic courses and are facilitated by a "PASS leader", that is, a student who has completed the respective course in a previous term with an A or A+. These PASS sessions are organized by New College and are normally held throughout the Fall, Winter and occasionally the Summer terms. They are usually held in the Atkinson building and are offered to ADMS, HRM, ITEC, and DEM students.

Due to the current pandemic, summer PASS sessions are facilitated online.

Attendance at these sessions is voluntary and are free. No grade is assigned for either attendance or participation levels and students can attend whenever they want to and as many times as they want.

At PASS sessions, students review learning strategies and work on problems together as the session integrates what to learn and how to learn.

For further information on PASS sessions, please contact Lorraine Myrie at [lmyrie@yorku.ca](mailto:lmyrie@yorku.ca).

### **Peer Mentorship Program**

Every new student in one of our programs, BCom, BHRM, ITEC and BDEM, is automatically enrolled in the Peer Mentorship program and paired with a Peer Mentor usually in the same program of study.

Your Peer Mentor will assist you with your transition into university life and help you to connect with York's campus resources and services and will send you emails during your first term inviting you to attend events or just to make sure that things are going ok with you.

Check your **my.yorku.ca** email as well as the personal email you registered with. Our Peer Mentors are upper year New College students who have been selected based on their success as a student.

They have completed Peer Mentor training and are ready to help you start off on the right track. Although your participation in this program is not mandatory, you are encouraged to take advantage of the assistance and insight that your Peer Mentor is able to provide. You will receive an introductory email within your first week at York and you can contact your Peer Mentor with any questions or concerns that you may have as you begin your university career.

The New College Peer mentorship program is here to help you! For further information on the Peer Mentorship program, please contact Lorraine Myrie at [lmyrie@yorku.ca](mailto:lmyrie@yorku.ca).

### **University Experience Program**

The University Experience Program provides a meaningful experience for undergraduate students, as well as current high school students. New College student volunteers visit either local high schools or their own high school in the Greater Toronto Area and give presentations on their own University Experience.

The goal of this program is to share experiences with the high school students and have discussions on why they should consider pursuing post-secondary studies, how they can prepare and what they can expect.

Selected candidates for this program are provided with training and bus tokens for travel.

All presentations are booked between September and May.

For further information on the University Experience Program, please contact Lorraine Myrie at [lmyrie@yorku.ca](mailto:lmyrie@yorku.ca).

**Lorraine Myrie**

College Programs Assistant  
Office of the College Head, New College  
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# What news of Frosh?!

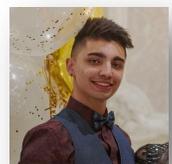


Hello fellow Eagles! The 2020-2021 academic year is soon approaching, and that means Frosh is around the corner! This summer we have been working non stop to plan our very first virtual frosh experience. We are very much looking forward to welcoming all the first year students to our amazing New College community.

Just three years ago, we were both froshies ourselves embarking on our new chapter. Nervousness and excitement rang through the air, and upon meeting our peers we knew that we made the right decision to enroll at York University. We hope that in our roles as Orientation Chairs for New College, we will be able to instill the same sense of school pride and inspire froshies to stay involved in our community throughout their school years. We value your contributions and engagement and we look forward to hearing all your great ideas about what you would like to see in the upcoming year. Please send us your feedback to [frosh@newcollegecouncil.com](mailto:frosh@newcollegecouncil.com).

We realize that these past few months have challenged us all in different ways. In spite of all this, it has encouraged us to be even more creative with our programming, resulting in a schedule that is sure to have something for everyone. Some of the things to look forward to includes, Zumba classes, gaming, and daily challenges! Throughout the week we will be awarding prizes and swag so be sure to stay tuned in. We are looking forward to an amazing start of the year, and we can't wait to see our New College Eagles soar!

Victoria Hanna & Josh Raghurai  
New College Council Orientation Chairs 2020- 2021  
York University  
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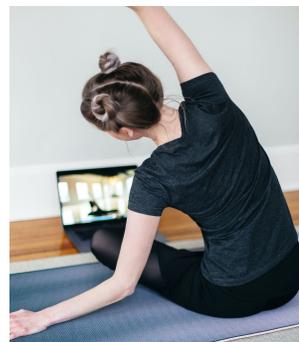


# How to Beat the Quarantine 15

You may have been on a clean streak of eating healthy and hitting the gym every day before covid, and now you're struggling with what everyone is afraid of getting: Quarantine 15. What is it you ask? Just like the freshman 15, it's those extra 15 lbs one gains but instead it's from sitting on your couch and watching Netflix all day during Quarantine. I know it might seem hopeless to stay active, but it's important that you partake in physical activity for at least 60 mins every day. Here are some ways you can stay fit and maintain social distancing!

## 1. Online MUV Class

York has offered its premium workout classes FOR FREE through online zoom meetings where you can work out with a trained instructor. Having a class workout with you really motivates you to keep going!



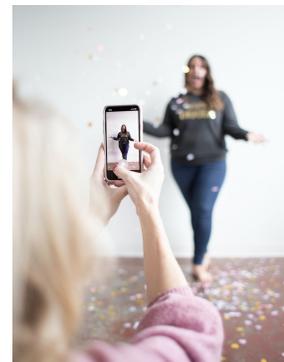
## 2. Join Intramurals

Intramurals has introduced E-Games where students can participate in fitness challenges such as the Step-Up Challenge. Prizes will be awarded to the person with the most step accumulated in the week.



## 3. Tiktok/Dancing

Ah yes, you knew I was going to say this one. But learning these 1-minute dances do require a bit of physical activity. Its fun, its trendy, and you never know; you might end up becoming TikTok famous!



## 4. Circuit training using body-weight exercises

A number of Youtubers and bloggers, such as Chloe Ting and Blogilates, have offered online workout plans that cater to those who want to come out of quarantine looking fab and fit. Yoga and Pilates are both great techniques to strengthen your core, regulate breathing, and increase fitness. You don't always have to opt for the exercise that exerts the most energy to stay fit. The most successful workout plan is the one that can help maintain consistency, and this can only be achieved if you personally enjoy your workout.



## 5. Chores (Hear me out on this one!)

I personally find cleaning therapeutic, and if you add in a small challenge or listen to music while cleaning it can make the task more fun. Take this task as an opportunity to challenge yourself in cleaning 30 mins faster.



The key to staying active is consistently challenging yourself to go that extra mile, or to do that last rep. Doing a challenging task for a short amount of time is more beneficial than doing the same thing every single day. Your muscles need 48 hours to recover and if you do not wait out this time period, you are putting your body at risk for possible muscle injuries. Doing the same exercise every day is also not recommended to build muscle because your body will become accustomed to your workout, making it less effective. So try something new! I challenge you to try at least one of these ideas to kickstart your fitness lifestyle and get that heart rate going. Keep moving and stay safe!



**Casey Ann Medina**  
Vice President of Athletics  
4th year Kinesiology