New Beat

Winter 2012



Avoid Freshman 25

Tips on a Stress Free Lifestyle

Balancing Work and School

Chasing Our Dreams

How to Approach a Professor

Co-Editors Note

New Beat would like to welcome its readers by first saying Happy New Year! There is a saying, "We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called 'Opportunity' and its first chapter is New Year's Day." New College sincerely wishes all of you the very best for your success academically and in the future!



Here at New College, we are constantly thinking of new ways to make New Beat a much better resource for students to stay connected with New College. This term we have decided to try something absolutely exceptional and exciting that has never been tried before in any of our previous issues. Precisely, we have divided the magazine into various sections (i.e; School Life, Events, Health, Entertainment, and Inspire) to help readers browse through the magazine quickly.

Every semester we are worried about having sufficient student participation in contributing enough articles for New Beat, but this semester we had an amazing response from New College students. We are seeing greater curiosity among students, and we are committed to further strengthening this tie with students. Our lives as Co-Editors become very easy, when we have such a dedicated, passionate body of students who are willing to help out their community.

Finally, we want to once again publicly thank all our volunteers for their invaluable contribution and service to this magazine. Our continued growth and strength comes from the students associated with New College. So, we hope everyone will consider joining our team in the next publication of New Beat, because after all we are here for you! Please stay tuned, we will be seeking greater participation in the near future.

Please feel free to contact us at: newcol@yorku.ca with any suggestions for improvements or any feedback. We welcome and enjoy reading genuine and constructive feedback provided to us by students.



Best Wishes,

Pritesh Patel



Nicoleta Micle

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Healthy Places to Eat on Campus



By: Natasha Sidi

So did you manage to hold yourself back from that greasy slice of pizza and pick up a bowl of those fresh greens your doctor recommended? You shouldn't have any excuses; especially since there are quite a few spots on campus that offer healthier choices! Ever heard of "Eat Smart" certified restaurants? These are restaurants that offer a great selection of healthier food choices, have staff that are trained and certified by Public Health in safe food handling, and, of course, have a smoke-free environment.



There are currently five locations at York University that are "Eat Smart" certified, which are: TEL building, Complex I - lower level of Winters College, Complex II - lower level of Stong College, Glendon Cafeteria, and Indian Flavour. Let's take a closer look at the ones on the Keele Campus.

I have been to the restaurant in the TEL building plenty of times, and always leave satisfied with both the food and the service. You can choose from a wide, healthy, selection. The best part is that you can customize your own stir-fry by selecting from a range of noodles, protein, and freshly chopped vegetables. Top it all up by flavouring it with one of the exotic sauces, leaving you hungry for more. So the next time you are hungry, and are in the TEL building, be sure to stop by for a healthy treat!

So what is so special about Complex I and II Cafeterias? It seems to be the students' "home away from home." Open in the morning, evening and on the weekends, this place offers a great variety of freshly cooked entrees. Who wouldn't love a home cooked meal? Or how about some sushi, or custom stir-fry? Sounds healthy already, what else do they offer? The restaurant offers a selection of hot soups, sandwiches and wraps, fresh salads, and healthy snacks. Students that live in residence should know that it is only steps away from the dorms. Be sure to check this one out!



Can you smell those delicious spices? Located in the York Lanes Retail Centre, Indian Flavour provides its customers with a wide range of authentic foods, including veggie samosas, and halal meat. "Eat Smart" certified, the restaurant does not add any preservatives or MSG to its foods, resulting in a healthy selection. You know where to go to now when you are in York Lanes the next time!

Avoid the Freshman 25

By: Lauren Ambrose



There's an old "myth" that states students gain an average of fifteen pounds during their first year of post-secondary school. In 2004, USA Today printed an article about "The Freshman 15" which refers to the fact that back in the 1960's and 1970's the average female, college freshman gained 15 pounds during her first year of college studies. There is no surprise, that today those 15 pounds have become 25 pounds! Statistics also support that weight gained as a young adult is likely to never be lost. Why does this happen? University is a lifestyle change. Students are typically less physically active during university than they previously were in high school. For many students, this is also the first time they have to manage their own nutrition.

So here's how to avoid those 25 pounds…



Tip #1: Never skip breakfast.

Breakfast is an important opportunity to boost your metabolism early in the day. Ideally, your breakfast should consist of protein and fruit. Breakfasts with high fat or high sugar content will make you feel sluggish and you'll be more likely to eat junk food at your next meal.

Tip #2: Eat 4 to 5 times per day.

To avoid energy crashes you should eat every 2-3 hours. Smaller but more frequent meals will help to keep your insulin levels more even.

Tip #3: Eat protein.

One reason people gain weight is because they don't eat enough protein. Did you know that women should be eating a minimum of 75g and men a minimum of 100g of protein per day? Protein is an extremely important component of your diet as it maintains and helps to build muscle. Protein also helps to control your hunger levels; it makes you feel full and gives you that feeling longer than carbs, fats, or sugars.

Tip #4: Drink 5-6 eight ounce glasses of water.

Water flushes toxins out of your body and is the key to optimum kidney function, healthy skin, and appetite control. Sometimes you feel hungry, when it's really thirst.

Tip #5: Take a good multi-vitamin and mineral complex...

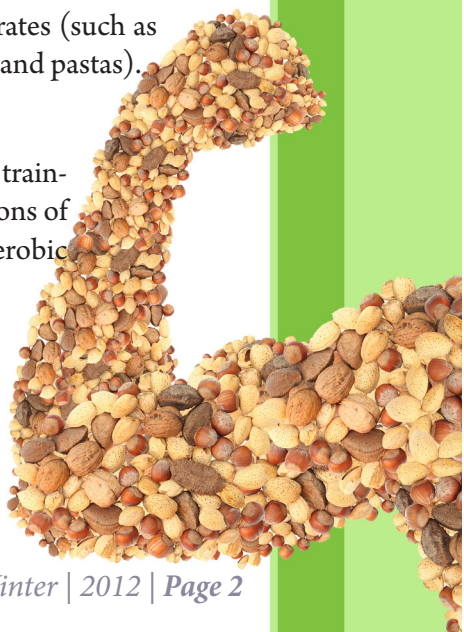
Taking a multi vitamin and mineral complex will ensure there are no nutritional deficiencies in your diet.

Tip #6: Get Your Fiber

Your body also requires at least 25g of fiber per day. Fiber comes from healthy carbohydrates (such as fruits and vegetables) and complex carbohydrates (wild or brown rice, whole grain breads and pastas).

Tip #7: Get Moving.

Ideally, you should exercise at least 30 minutes, 3-5 times a week. A combination of weight training and aerobics is ideal. Weight training helps to build muscle and aerobic activity burns tons of calories. At YorkU, you just have to buy a shoe tag ($15/year) to access weight room and aerobic classes at the Tait McKenzie Center.



Implement these 7 steps to optimize your health during your university years.

Anyone interested in starting a school nutrition club for September 2012 is welcome to e-mail me at ambrose1@yorku.ca
Lauren Ambrose, BHRM Student.



STRESS FREE LIFESTYLE

By: Fahima Siddiqa Panju

Many of us have probably felt stress and pressure at some point in our lives. The stress can arise in our lives from a large number of factors including school, work and personal life. Do you ever wish you knew the secrets to managing stress in order to have the potential to live a stress free lifestyle? With these 4 easy and simple tips you will be closer than ever to living a stress free lifestyle....

1. Get a Good Night Sleep:

Many of us feel that we can live an active lifestyle with minimal hours of sleep. However, sleep is an essential component as without an adequate amount of sleep, it is very difficult to retain information, which could increase stress when studying for exams/tests. Likewise, inadequate sleep also increases your chances of having mood swings that can result in more conflicts with your peers (which would also cause stress). Overall, it is recommended to have 7-9 hours of sleep daily.

2. Engage in yoga/meditation:

According to research conducted on yoga, it has been shown that yoga can help you to focus on your breathing and allow you to clear your mind from any stress and anxiety that you are feeling in your life. Likewise, through the practice of yoga you are able to think more clearly and focus, which decreases your chances of getting into stressful situations.

3. Incorporate Exercise into your Lifestyle:

We may think that exercise is only needed for our physical health, but it also provides benefits for our mental health as well. One of the benefits of exercise involves an improvement in your overall mood. The overall rational behind it involves stimulating the chemicals in the brain that allow you to feel happier and calm as opposed to stress. The exercise can be as simple as a short 30-minute walk around the neighborhood.

4. Enjoy some Laughter in your Life:

Research has actually shown that laughter can actually decrease stress hormones and release the chemical endorphins (the body's natural feel-good chemicals). Time to pull out those old buried joke books and realize the true value of those books.



Chasing Our Dreams

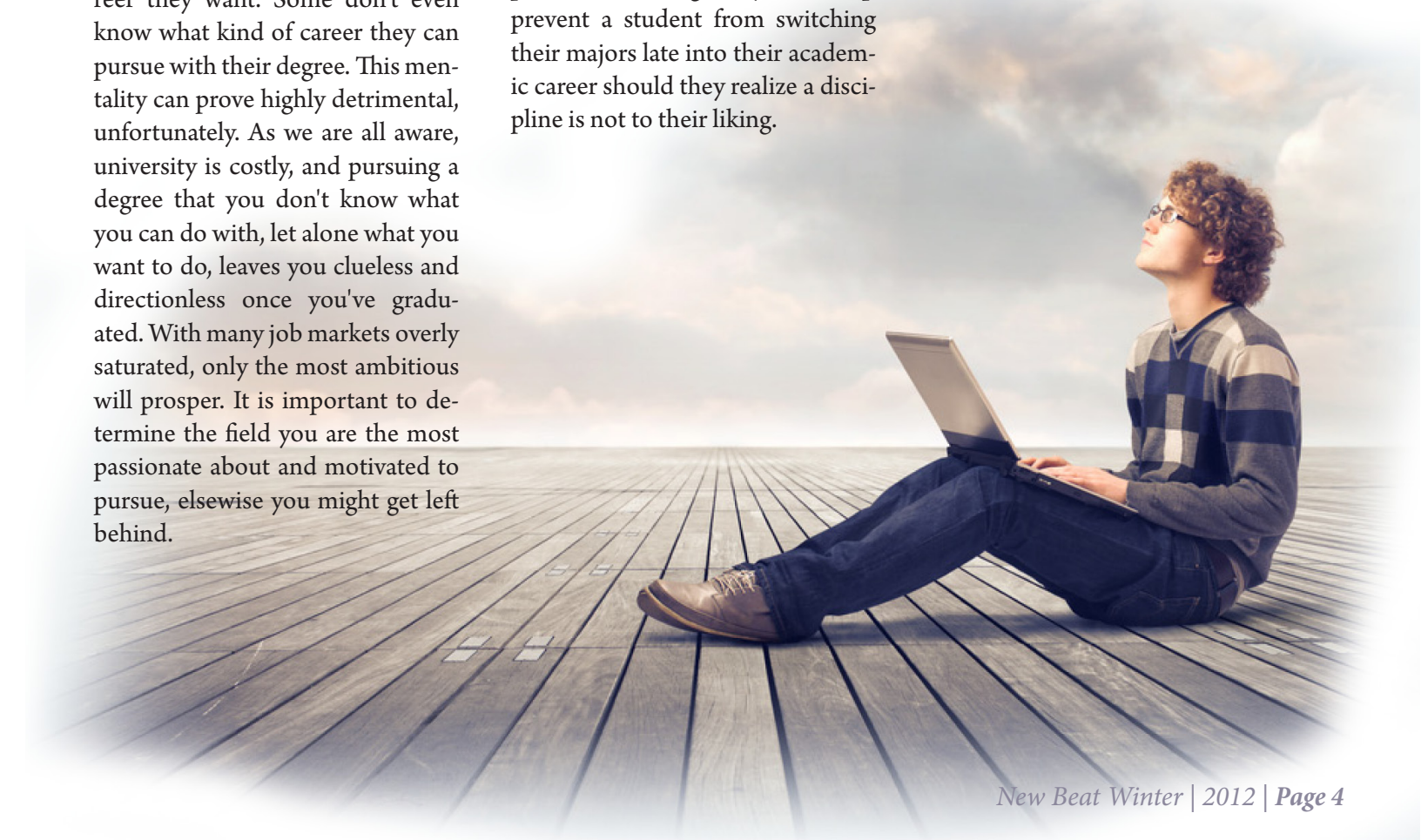
By: Anthony Harvey

University is a time when a person comes into their own. This is the place where we can take our first step towards our dreams. For many this is a place of self-realization and fulfillment. How then, does one make sure that they complete a degree in a field that they feel confident working in?

First, it is important to know what you want to do. This might seem basic to some, but even in university there are people who still are unsure of what kind of career they want. Some don't even know what kind of career they can pursue with their degree. This mentality can prove highly detrimental, unfortunately. As we are all aware, university is costly, and pursuing a degree that you don't know what you can do with, let alone what you want to do, leaves you clueless and directionless once you've graduated. With many job markets overly saturated, only the most ambitious will prosper. It is important to determine the field you are the most passionate about and motivated to pursue, elsewise you might get left behind.

Secondly, it is important to research the field you want to work in. What skills are required? What can I expect from the field? These are questions you might want to ask. It is not enough to know what you want to do; you also need to know how you can get there. Many times a person likes the idea of a job, but then finds out that they aren't cut out for it. It is important to be prepared and know what to expect going into a career. Talking to people who work in the field is a great way of learning what to expect. Researching early will help prevent a student from switching their majors late into their academic career should they realize a discipline is not to their liking.

One last thing to consider is that no matter what field you go into, there will be bad days. Sometimes things won't work out the way you want them to. This is true even as you complete your degree. The most important thing to consider is that a little perseverance goes far. Don't let yourself get discouraged too easily. Every road has a few bumps in it, and if you stick it out, you will get far and finally catch your dreams.



1Q84

Book- 1Q84

By: Alex Wong

Imagine living in a world, where what you thought was real becomes surreal, oh and add another moon to the night sky. This is the world of *1Q84*. Written by Haruki Murakami, *1Q84* puts readers in the shoes of three characters; Aomame, Tengo, and Ushikawa. Aomame is an attractive thirty year old woman who works at a gym and trains women in the art of self-defense. But don't let her looks fool you because she's actually a highly skilled assassin. Tengo, a thirty year old man, is a math teacher at a cram school but is a social outcast outside of the classroom. He is a math prodigy yet he enjoys writing short stories, and ends up ghostwriting a story titled Air Chrysalis by a seventeen year old girl. Little do they know that their actions are bringing the both of them closer together but not without consequences.

In the world of *1Q84*, there exists a cult group known as Sakigake and Aomame and Tengo are attacking this cult without knowing. This is where the creepy group of creatures known as 'The Little People' step in. Not a lot is known about The Little People and very few even know of their existence. They are identical creatures the size of a pea that can appear and disappear whenever they please, grow and divide however they like, and are the creators of the so called air chrysalises. They seem to have a connection with Sakigake and when the Sakigake leader is suddenly murdered, they have no other choice but to hire Ushikawa, a big grotesque middle aged man to find the perpetrator.

1Q84 is so compelling that while reading the book, you feel as if you are actually falling into this bizarre world. Although all three characters live awkward lives, as you continue to read, you cannot help but sympathize with them as they have their own background stories. As you read about the constant struggle of the characters to find their own identities, you can't help but question your own. *1Q84* is freaky. Just what exactly are these Little People? What is an air chrysalis? I couldn't help but feel as if I was being watched while reading. To know the secrets, you'll have to jump into the rabbit hole and enter the world of *1Q84* – if you dare.



PROJECT X

By: Hekmat Kaadan

Project **X** does not have Adam Sandler, Brad Pitt, or Megan Fox to rely on to bring in the crowds. Instead, the movie brings in the crowds the old fashioned way; being hilarious. The movie is about three teenage boys who are "losers", however they are seeking attention and willing to do whatever it might take. Their mission is to achieve "fame" by hosting the biggest party ever. Through ads on "Craigslist" and other social media platforms, their mission becomes a reality. However, the party goes out of control, and the neighbours, drug dealers, and the police are now involved.

Producer Todd Philips, who is also the director of "The Hangover" knows how to take things to the next level. One of the movie's greatest strengths is the way in which the story is told; the audience is kept in suspense as the mystery unravels essentially in real time. The shared state of confusion between the audience and the characters only serves to heighten the hilarity. While the movie's replay value could be limited by the fact that the humour is dependent heavily on shocks and surprises, this is not the only thing the movie has going for it. The chemistry between the cast members, even though they are unknown to us at the moment, is top notch.



The bottom line, Project X is a hilarious comedy movie that is great to watch in crowds. It is guaranteed that you will have a great time, filled with laughter and joy. I highly recommend watching this movie, and regardless of the absence of big stars, you will not be disappointed. The boys in this movie did an amazing job and will keep you entertained from beginning to end.



Balancing School and Work

By: Andrei Dobos

Balance is important in life. As a student, walking the tightrope between school and work is often difficult but manageable with ample preparation. Sometimes it can feel like 24 hours in a day is not nearly enough for all the tasks needed to be done before you lay your head to rest. This is where planning comes in.

First of all, an up-to-date calendar must be present on the wall of your bedroom. This gives you a visual representation of the current month and allows you to plan accordingly. It's also a good idea to write all important dates for that month (exams, appointments, obligations) right onto the calendar. Double-check to make sure you wrote it in the correct date; there's nothing worse than showing up to an exam a day later. It's also a good idea to mark days that you have off with an "X" so you know that day is completely free.

Second, if your schedule is constantly changing, it's a good idea to invest in an agenda or a day planner. The advantage of this over a calendar is that you can carry it with you and make changes as you go along. This way, when new obligations arise or people ask when you are free, you can just flip to the corresponding page in the agenda and provide the correct information about your schedule.

The third and most important piece of the puzzle is DO NOT PROCRASTINATE. This is crucial, because once work and assignments get left to the last minute, they all tend to build up and chaos ensues. Do school assignments on time and designate an 8-10 hour gap in your week to study. Include travel time in your commute to work for a more accurate representation of your available leisure time.

Although your schedule may seem hectic and overwhelming, it's nothing that a little planning and preparation can't solve. Think of your schedule as chess and your planning as your attacking (or defending) strategy. Follow these instructions and a checkmate (in your favour) will be sure to happen.





Deadline Alert



How to Approach a Professor

By: Yi Zhang

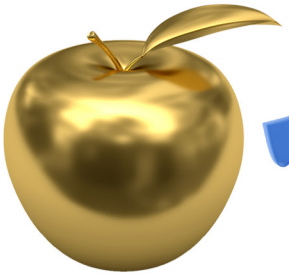
1) Organize your question:
One of the most common mistakes students make when they go talk to a professor is the inability to formulate a coherent question. Generally, it can be summed up this way: the student is looking at A and pointing to B when in fact, he/she is really thinking about C. But, he/she talks about D and the professor thinks he's referring to E. "Ok" - I exaggerated that a bit but you get the idea. So, know exactly what you want to ask, and then formulate a question as concise as possible.



2) Listen up:
If you have trouble with something that you need to ask your professor, chances are others have the same question. There's nothing more frustrating than explaining something over and over again. When someone is asking a question before you, try to understand what he or she is asking. Even if the question isn't the same, always ask yourself whether you can answer the question or not. You may be surprised to figure out how many things you thought you knew but you didn't.

4) Praise works:
Professors are people too. They love hearing that their hard work is appreciated by the students. A compliment not only leaves a good impression, but also makes your professor much more willing to give you some extra help. It's all about making your professor feel good. However, be careful not to overdo it or you risk being seen as a flatterer. For most of the time, one compliment like "I enjoyed your lecture!" should be enough.

3) Always get what you want:
Studies have shown that people often pretend they have understood when they haven't. One friend of mine once went to ask the professor a question and came back unsatisfied. She said: "I still don't understand it!" I asked her why and she answered: "The prof spent minutes explaining it to me and there were so many people behind me. I didn't want to be embarrassed." Think of it this way, you don't just waste your own time, but you waste your professor's as well. At the end of the day, you will still have to learn it. So, don't stop asking unless you are completely satisfied.





Getting Most Out of Unpaid Internships

By: Sim Singh

Internships, whether paid or unpaid can be very helpful to students, especially to those in university because they usually have little or no experience, in their field of study. Unpaid internships can give students with little or no experience some exposure to the industry they are interested in and eventually help land a job. There's a wide range of internships out there and the best place to look would be your university's career centre website.



Some may think that there is no benefit from an unpaid internship, because you are not making any money, but in this economy I believe the opposite is true. There is so much to gain from an unpaid internship. To make the most out of unpaid internship position, you should look into what industry you plan on working in or what industry you would like to know more about. Choosing the industry is very important, because if you're going to work in an unrelated field the position may be meaningless or of no help to you. This could end up being a waste of your time. So, doing your research first and knowing what you want can really pay off in the long run, whether it's coming to the conclusion that you would never work in a certain field or just the opposite (you gain some related work experience and increase your network of contacts).

Unpaid internships can help you develop a network of contacts. I cannot stress enough how important networking is. These days, it is very hard to get jobs without networking. Every one should start as early as possible to develop a thorough network of contacts. Getting yourself out there and attending networking events is the key.

Several unpaid internships and co-op positions often lead to paid internships or getting hired on the spot, after your unpaid internship position terminates, because often the employers have invested a lot in the interns. So, if you haven't considered pursuing an unpaid internship before, you may be missing out on a whole range of opportunities that you might want to consider. If anything it might just help to spruce up your resume.

Getting Involved Makes the Grade-est Difference

By: Melissa Adinolfi



From the moment you stepped into York, you might have been one of those "come to class, then leave" students. Your only reason for coming onto campus is to endure your weekly lectures and then once the pain of the lecture is over, you make a mad dash to catch the bus or beat the traffic. This is fine for some, but have you ever considered how something like this might actually be hindering your academics. How so if all your time outside of school is spent "studying"? It's because you are not investing enough into York to allow a greater return for yourself.

Having been one of those "come to class, then leave" students in my first year, I have come to see the difference getting involved does for an individual academically.

Having gone from below decent grades in first year to very good in my last term, one would assume it was from never ending studying, however all I did was enrich my experience at York. Over the course of my 4.5 years, I went from being not involved to being very involved. It started in second year with becoming a New College Peer Mentor. In third year I added on Vice President Events for the American Marketing Association (AMA) while in fourth year I took on a Work/Study position in the Office of the Master and Co-President of the AMA; all while still working part time and volunteering in my home community. In my most recent term here at York, I got a full time position on campus, was taking 3 courses, became an Advisor for the AMA, and still worked part time off campus. Just by looking at the latter half of my time here at York, one would think I needed some psychiatric help; I thought the same because I felt my grades were going to slip.

However with all this craziness comes clarity. Being very involved in university forces you to set priorities and develop time management. In my final years, I had begun using my time management skills like I never had before. I, just like other students in the same situation, came to the realization that there is only so much time in a day to get everything accomplished. Through the use of a very well organized agenda a student can visualize what they need to get done and allocate time to study. Usually when students study, most of the time is not actually spent studying (don't deny it because your Facebook and Twitter feeds provide the proof). However, when you are involved your study time becomes very valuable and you actually study during that time. You will always have that voice in the back of your head that says "if you don't study for that exam now, you won't have time later because you made a commitment to that club to post flyers around campus". In turn, your grades will improve because of the new found dedication and commitment you have to your schedule.



Getting involved makes students realize how precious their time really is. Studying and doing prep work for lectures is crucial for all university students and in getting involved in clubs and other on campus activities brings to light that your studies become even more important. Bottom line: you want to improve your grades?... after class instead of heading home, head to the student centre or your college and see what you can do there to get involved, thus leading to better time management skills, and therefore you will achieve your higher grades.

Trust me, it works!



Pond Residence

By: Leigha Comer

It has been a great year working in Pond. Our theme for the year was "Pond Love", and that's no coincidence—our residents have come together to participate in many events and to grow as individuals and as a community. This would not have been possible without the dedication and support of the Don team, Porter team, Residence Council, and the wonderful residents living in Pond.

When reflecting on the 2011/2012 year, it's hard to pick just one moment that stands out. Move-in day and Frosh Week were memorable: a hectic, exciting week during which the entire building seemed to hum with energy. Our first year students were as nervous as they were eager to engage with York and everything residence has to offer. This enthusiasm carried forward into the rest of the year, leading to a successful Frost Week in January.



This year, we have focused on providing residents with as many opportunities for growth and personal development as possible. Health Ed has been busy providing residents with the chance to exercise right in the building. They also were very active in planning events such as Sex on the Couch and Girl Talk. Pond also had a partnership with an on-campus organization Touch of Love which gave residents the chance to make a direct impact on the community by preparing food that was distributed to the homeless and in turn helped to promote social activism.

Residents also had plenty of chances to connect with one another and make friends, with countless social events including movie nights, potlucks, the Pond Ball, and Mattel Board Game nights. Residents did not only rely on events to meet people and get involved. On any night, you could find students in the common areas playing charades, ping-pong, pool, or foosball. While there is always something going on in Pond and ways for students to get involved, residents also appreciate the building because it is easy to find a quiet spot to read or study.

Furthermore, a great feature of Pond Residence is the suite-style rooms, which offer a kitchen and bathroom to be shared with a suitemate. We are also conveniently located near Osgoode and Scott Library, as well as TEL building, if residents want to buy a meal or study somewhere else. Whether a student is a first year or fourth year, Pond Residence offers something for everyone. We are more than just a building; we are a community, offering events that focus on the personal growth of each of our residents. Students are encouraged to get involved in shaping their own residence experience with opportunities such as volunteering for Residence Council or working as a Porter. Pond also offers a themed floor, Global House, which is a unique experience for both local and international students to explore global issues and other cultures.

Pond Residence appeals to students as it offers a safe, comfortable space for studying and succeeding academically, but also because the community gives residents a chance to get involved and learn more about themselves and others. There is never a dull moment in Pond, whether we are relaxing during a Spa Night or celebrating each other's talents with a Coffee House. For those students looking to get more out of their university experience, living in residence is a great way to learn how to live with others, and how to push yourself to try new things and get involved. Pond has become my home and my family, and I know I am not the only one who feels this way.

Pond Love!

New College















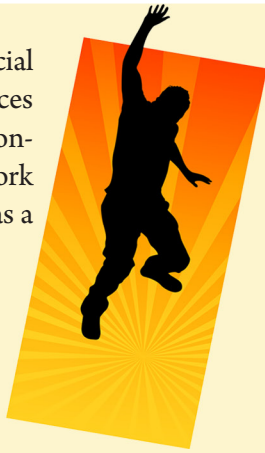


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New College Council



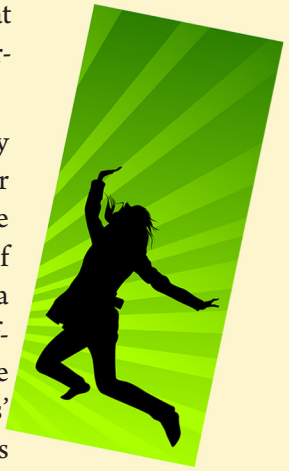
This year New College Council had a very successful year when it came to our social events. Starting right from the beginning with NCC's 2011 10 day Frosh. There were dances every other night, great music, karaoke, delicious food, trips to Wasaga Beach, Canada's Wonderland, and even a boat cruise! This year NCC concentrated on how we could make the York University student experience that much more worth while. Since frosh was a hit there was a buzz in the air ... "what will New College Council do next?"



We kept the ball rolling after frosh week with pub nights at the Underground, movie nights in the lounge, karaoke at Pond Rez, skating at Nathan Phillips Square, we even had exam cramming sessions because we know how important your education is. And that seemed to be our motto this year, "Work hard, Party harder!" We were elected at the beginning of the year knowing that we had to do something special for New College students since we are the youngest council at York trying to make a name for ourselves.

With that goal in mind we managed to have New College Council's very first overnight excursion to Montreal. It was two nights and three days of an absolute blast. Though the weather was chilly all the students managed to warm up on the dance floors at Club 1234 and Club Muzique. Students were given free time during the days to go out, shop, eat, take in the sights, and simply to just enjoy themselves in whichever manner they chose. It was a lot of fun and the trip showed the sense of community that New College has, something we pride ourselves on.





Next we had the Blue Mountain Trip which was a great time for beginners to try and master the slopes while the experienced pushed themselves to new limits. The weather was beautiful and the mountains were covered with fluffy white powdery snow. When the students needed a break you could find them in the chalet unwinding or sitting on top of the mountain munching on Canada's favorite pastry, the beaver tail. To end the year with a big bang New College hosted a successful semi-formal. The New College Red Carpet Affair at Paramount Banquet Hall, Weston Rd and Highway 7, was an opportunity to feel like a celebrity going to the ball, with paparazzi set up to take pictures of you and your friends' best poses and a gourmet three course meal that as cooked to perfection. The music was hot and the students were able to cut loose and have a great time on the dance floor.

All and all, it is safe to say that the New College students and council had an amazing time this year. We look forward to seeing familiar faces next year at our events and if you didn't have the opportunity to come out this year, we are always excited to meet someone new and make them a part of our growing community here at York University.

- New College Council
2011-2012









By: Rami Accoumeh

Where does inspiration come from? And what do we seek from pursuing it? We seek inspiration to feel alive, energized, and to feel engaged in something that is meaningful to us. A form of seeking inspiration is by hearing stories in person from those who have gone through the tribulations and struggle, and managed to persevere. The struggle referred to is one that most students can relate to; the struggle of realizing which career path to take.



On January 26th, YorkU students had the opportunity to listen to successful Canadians who gave advice on what it takes to steer yourself in the right direction. *"The guest speakers were true Canadians who followed their dreams and became successful in their respective fields"* says Ram Accoumeh, YorkU INSPIRE student leader and co-coordinator.

The guest speakers included Enrico Colantoni (Actor), Jacquelyn Cyr (CEO & Owner of Espresso), and George Rossolatos (Co-CEO of Avante Security Inc.). The talks touched upon achieving excellence through integrity, perseverance through hard-work, and the positive effects of working outside your comfort zone, to name a few. It was an exciting event packed with truly inspiring themes of influential insights and wisdom. Over 200 participants attended YorkU INSPIRE 2012, held at York University's Underground restaurant; a successful turnout that included current students, alumni, staff, faculty, and members from the media (Toronto Sun, Tandem).

Students had the chance to receive advice directly from each speaker during the networking session and were given the opportunity to speak one on one; a rare and desirable opportunity, which was brought to them by the INSPIRE team.

"It was an event filled with contagious energy and hope that our dreams are within reach if we work hard." says Miglena Todorova, YorkU student. INSPIRE was created by a Toronto-based group of dynamic, and talented young business leaders who organize INSPIRE events with the help of student leaders, "*What better partner and environment for this than Canada's universities?*" says Luciano Volpe, founder and chair, INSPIRE. "Through a number of speaker events, INSPIRE is creating an environment of knowledge and inspiration from Canada's most successful thinkers with a community of curious souls to engage with ideas and each other."

INSPIRE has grown significantly since its first event in June 2011. The program has rolled out to three different university campuses since then: UofT Rotman, York University, and Guelph University. In sharing their stories of trials, tribulations and ultimately, achieving success in the career of their choice, INSPIRE and its speakers create a powerful environment of knowledge and inspiration to help motivate students.

To learn more, you can visit:
inspiretoronto.com

inspire2012
YOU ARE THE FUTURE



ITSA

Information Technology Systems Association

BAZINGA!

By: Joyce Magbitang

We started off last semester with a bang, and this one with an even louder explosion.



Let me get to the point. For the remainder of this article, I'll be telling you a bit about the Information Technology Student Association with the obvious intention of convincing you to join us. So, sit back, grab a bite to eat, and enjoy the ride (for lack of a better cliché). Who are we? In case you skipped over my previous intro, we're the Information Technology Student Association at York University – but that's a mouthful, so you can just call us "ITSA."

What's our mission? Our club is about connecting students (not only IT students, but the student body as a whole) with opportunities to create professional networks, gain industry-related experience and to socialize within a group composed of members with the same interest: pizza parties! Um, I mean, technology.



How do we do this? By hosting events and providing services, of course!

Our most recent event was the "Semester Welcome Party" held on January 31st from 2:30 to 5:00pm. Since the typical trend nowadays is to start off using an advertisement, we blessed the audience with a brief presentation about the club and how members can get involved. Afterwards, the party really began. Pizza slices were passed around and the discussion became cheesy – in a good way, of course. Everyone split into their own groups, with each group welcoming more members as time passed. While some preferred to talk the night away, others toppled out the Jenga and board games. We also watched a movie: "Pirates of Silicon Valley" which, surprisingly, didn't involve Jack Sparrow but actors portraying the lives of Bill Gates and Steve Jobs.

Even though we enjoy having a good time with our members, we also know when to keep things professional. We currently provide services to students such as BitClinic where we repair computer problems for free, and ResumeClinic where an experienced ITSA executive helps enhance your resume to make it more appealing to job employers. In addition to our services, we have our annual Industry Connection.

Each year, the ITSA hosts a minimum of one Industry Connection allowing club members to discover new careers within the IT sector, and network with professionals currently working in the industry itself. This is useful for those embarking on the Technology Internship Program, and those who plan on working in the IT industry.

You can register as a member to continue to keep an eye out for our events; registering automatically puts you on the list-serve for our bi-weekly newsletter: NewsBytes. You can also check us out at www.itecsa.ca or at our YuConnect page:

https://yorku.collegiatelink.net/organization/itecsa.

Information Technology Student Association
www.itecsa.ca

HRSA

Human Resources Student Association



This year, the Human Resources Student Association (HRSA) hosted three executive social events as well as eight free and catered student events that ranged from academic to networking purposes, where students have been able to connect with each other, industry professionals, past alumni, and various professors from the School of Human Resource Management. We have been very privileged this year to have such a successful outcome and turnout for each event, and we are looking forward to hosting some more throughout this month! Our events are not only meant for students, but it is also good for the volunteers that we have helping us out at the events. It provides them an opportunity to shadow our executive team and be a part of what goes on behind the scenes as well!

1 Chocolate Mixer Event

This signature HRSA event provides students with a unique opportunity to mix and mingle with faculty members and fellow students while enjoying a variety of cakes, cookies, and chocolate! Students at the event were able to get to know more about their past or potential professors, have their questions answered, and indulge themselves in our chocolate fountains. Historically, this event has always had a fantastic outcome, because it is a night where students can celebrate one of the most exciting networking events that our association provides!

2 Law Talk

HRSA hosted a Law Talk with Professor David Doorey to give students the opportunity to listen and be informed about today's current issues in Employment Law, Human Rights, Discrimination, and other outlooks on what the future holds for us as students, parents, and citizens. Professor Doorey covered a variety of important topics for students such as unpaid internships, future trends in unionization and compensation, "being pretty" as a job requirement, overtime pay refusal, and what laws there are to protect students going into the workforce. With Professor Doorey's years of legal practice experience and numerous distinctions, the large amount of students that came loved that they were able to have the valuable opportunity of asking a real life professional what the real world had in store!

3 Human Resources (HR) Alumni Panel

HRSA invited back our past HR alumni to York University to share their experiences with the students! This event allowed students to see what life is like after graduation, the steps to developing a successful career, and what it took to get there from classrooms and books here. The two alumni that were able to join us for this event were Dan McGarry, a Senior Divisional HR Manager of the Global Wood Group, and Arman Zareyan, a Resourcing Consultant, TD Bank Group. This gave students a unique look into how generational time periods can change for students seeking employment, and how similar the events for each guest speaker was for what led them into the field where they are now! Alumni panel events seem to be one of the most popular events for our organization because students like hearing from people they can relate to and learning from those they can connect with, so this is the one event that we will definitely be bringing back for years to come!

4 Volunteering at The Daily Bread Food Bank and Executive Bowling Social

On top of all the events that we hold for students, there are other events that our organization holds for past and current executive members of our team. Last November, we decided that for our first ever community outreach initiative, we would volunteer our time at the Daily Bread Food Bank. The time we spent volunteering allowed us to see another side of each other, and now it has become a wonderful memory and tradition that we hope to share with new executive councils down the line. After spending some time at the food bank, we also hosted an executive social event where the members on our team would split up into two sub teams and verse each other at the bowling alley! Of course, the outcome of the event was not as important as the process getting there, because the point at the end of everything we do in and outside of school is to always have fun doing it!

HRSA Human Resources Student Association



NFSA

National Finance Students Association

Corporate Networking Night

By: Mashal Jamil

The excitement was extraordinary on February 2nd at the National Finance Students Association (NFSA) Corporate Networking night. The night started off with a panel of keynote speakers who were able to give us an insight into the corporate world which gradually progressed into a networking session. The room was full of friendly faces and the representatives were more than willing to share their advice, experience and answer all questions.



As a marketing student myself, I was surprised to establish such an amazing connection with plenty of industry professionals from Nike, Unilever, Rogers, General Mills and many more. I was pleased to find out that many of the representatives had worked in various industries before their current job and were able to compare and contrast their positions in various fields, offering an overall insight into the world of business.



Not only did I get some great advice but I was able to retain contact with many CMA professionals who were happy to guide university students in their area of interest. On my way out I ran into many students from Ryerson, UofT and even Queens who shared my perception about the night and were eager to be a part of the upcoming NFSA at YorkU events. Overall, it was a relaxed, professional setting to network and a great way to learn more about the finance industry.

NFSA

AMA

American Marketing Association





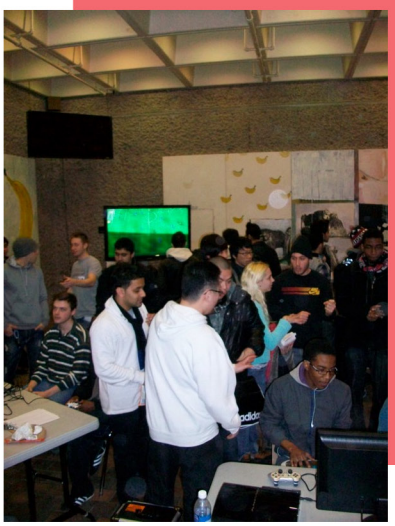
By: Valeria Rivera

The AMA@YorkU is the marketing association at York affiliated with the world-renowned American Marketing Association, a professional designation known for its ability to connect, inform, and advance marketers across the globe.

Over the past term the AMA@YorkU has hosted two very successful events.

Social Media:

Get Wired, Get Hired! featured guest speaker, Aizaz Sheikh, Marketing Manager at Procom. Aizaz enlightened the audience with a fresh perspective on how social media can be used to promote yourself and to ultimately make connections that will further your career. He provided us with insightful information, highlighting personal experiences, as well as practical tips and tricks that would prevent you from making mistakes and ensure your online brand is at it's best.



AMA@YorkU's Annual GAME ON fundraiser took place in January. The event drew a lot of attention from various types of students as it provided them with the chance to play their favourite video games right on campus, and drew in others with fresh cotton candy. Four big screen TVs were set up in the Bear Pit, Central Square, attracting everyone from recreational players to hard-core gamers. The event is held to help fund future events.

Both of these successful event were featured in York's newspaper Excalibur.

Membership with the AMA@YorkU allows you to truly become a part of a team that not only networks with some of the most talented marketing professionals, but also attains valuable hands-on experience. All members are encouraged to contribute, regardless of their position as the AMA@YorkU prides itself on being the place 'where ambition meets action'.







APAA

Atkinson Professional Accounting Association



Are you studying accounting? Want to learn more about your career options? Interested in meeting potential employers? Want to socialize and meet with other students alike?

The Atkinson Professional Accounting Association (APAA) of York University has been around for 14 years since its founding in 1998, and today we are still going strong. We are a student-run organization dedicated to supporting and encouraging students in the development of their career in accounting. In recognition of our ongoing efforts, the APAA is proud to have received the "Outstanding Overall Contribution to Student Experience Award" from the Faculty of Liberal Arts and Professional Studies for the past two consecutive years.

Led by our President, Paul Da Costa, and the Executive Council, the APAA is eager to help you make your mark in the business world with our vast resources and connections. Last year, we organized over 40 events for our members! We offer skills workshops, networking and social events! A few of our guests include but are not limited to representatives from Deloitte, Ernst & Young, Grant Thornton, KPMG, and PwC. As well, events jointly held with CGA, CMA, and ICAO are plentiful throughout the year. We also support our members at various accounting competitions and take initiatives in giving back to the community.

For example, one of our biggest and most important event of the year was CA Night back in September held at the Underground. Over 150 students, all dressed sharply in their business suits, mixed and mingled with representatives from the big accounting firms throughout the night. Students were able to get to know the recruiters and learn more about what it is like to work for the firms as application deadlines were quickly approaching.



If you did not get a chance to attend, do not worry. Get your business cards ready, because there is another opportunity this year at our upcoming event at Dave and Buster's. On March 20th, 2012, all of the accounting firms will be present once again to answer all your questions, and in addition, representatives from CGA, CMA, and ICAO will be present where you can learn more about each of the designations.

With over 300 members and still counting, join them and take advantage of the opportunities we have to offer in helping you build a successful career. As a registered member, you will receive our e-mails listing all our events and gain exclusive access to our website, where you can view our calendar of events, news, and job postings.

So what are you waiting for? Come find us at Atkinson Building Room 253 for more information on how you can become a member today. Be sure to visit our website at www.yuapaa.com or e-mail us at info@yuapaa.com.

apaa
ATKINSON PROFESSIONAL ACCOUNTING ASSOCIATION

FUN STUFF

H	A	E	E	C	O	N	O	M	I	S	T	S	I	G	O	L	O	C	Y	S	P	I	C	E	D	I
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O	R	N	R	E	P	E	E	K	K	O	O	B	T	E	O	E	S	H	R	V	I	E	L	I	R	D

Word Search

Words:
Accountant
Architect
Carpenter
Chemist
Childcare worker
Coach
Computer Engineer
Court Reporter
Doctor
Drafter
Designer
Database administrator
Economist
Electrical Engineer
Electrician
Engineering Technician
Environmental Scientist
Farmer
Financial Analyst
Firefighter
Human Resources Assistant
Judge
Landscape Architect
Lawyer
Librarian
Loan Officer
Musician
Nurse
Paralegal
Pharmacist
Physicist
Pilot
Police Officer
Politian
Professional Athlete
Psychologist
Real Estate Agent
Recreation and Fitness Worker
Recreational Therapist
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Systems Analyst
Teacher
Urban Planner
Veterinarian
Webmaster
Writer
Zookeeper

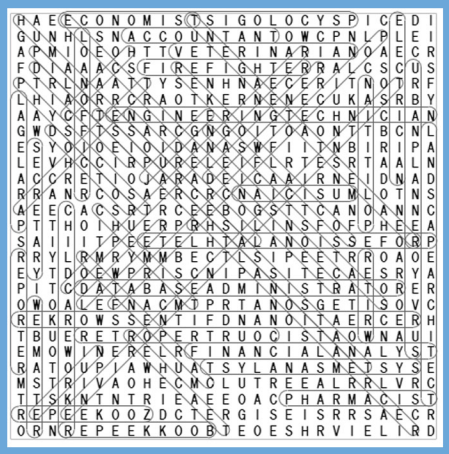
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		7	4			1		
	5	4		2	7			9
	7			3	2	9		
	8	2	7			6	4	
		3	5				1	
7			1	8		5	2	
		5			4	8		
6	4		2			7		

Sudoku



Answers to Fun Stuff

3	2	6	9	5	1	4	7	8
8	9	7	4	6	3	1	5	2
1	5	4	8	2	7	3	6	9
4	7	1	6	3	2	9	8	5
5	8	2	7	1	9	6	4	3
9	6	3	5	4	8	2	1	7
7	3	9	1	8	6	5	2	4
2	1	5	3	7	4	8	9	6
6	4	8	2	9	5	7	3	1



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