



New Beat



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EDITOR'S NOTE

Summer has begun and we reflect on all that has happened to us over the last few months. Some of our memories may be good, some of them bad. No matter the outcome, each of these moments of our lives and every decision we make shapes our future. By attending York University, we all share a link with one another. The time we've spent at York has shaped us into who we are. It sounds cliché, but it is "our time". I hope that the people who come across this take my words to heart. Everyone manifests their own destiny, and you can make a difference. No matter what happens, good or bad, this moment is the beginning of the rest of your life.

Voltaire famously said, "The pen is mightier than the sword." New Beat magazine offers students the chance to express themselves. Take the opportunity to express yourself. Dare to dream. Don't be afraid to take a chance. You only get one chance at life; there are no do overs. Whatever you do, be all you can be.



SIDRA SAEED
Editor

HOW TO BE PRODUCTIVE OVER SUMMER

BY ALESSIA LODUCA - SENIOR LEARNING SKILLS PEER

Motivation can be hard to come by in the summer, especially if you're taking summer school courses while balancing other commitments like working, volunteering, having a social life, and practicing self-care. It isn't easy, but it is possible!

All successful goals begin with a plan, so if your goal is to achieve an effective school-work-life balance this summer, start by creating a realistic schedule.

Map out your in-class time, your work shifts, your volunteer hours, and any other regularly-occurring commitments on a worksheet like Learning Skills Services' Weekly Schedule*. Then, note where you have large chunks of free time. Choose when you're most energized (i.e. if you're a morning person or a night owl), and pencil in some regular study sessions. The key to effective time management is taking regular breaks. This helps us avoid procrastination and encourages us to stay motivated because we have something fun to look forward to as we're working.

A great productivity hack that I use is called the Pomodoro Technique. To do this, set a timer for 25 minutes and do some distraction-free work.

Once the time is up, set the timer to 5 minutes and spend that time taking a break, like grabbing a bite or taking a quick walk. Once those minutes have passed, start the process again.

Although taking breaks while working is effective at improving motivation, it can also hurt productivity if not done correctly. We all have time-wasters that tend to eat up more time than we'd like to admit. For me, these are Netflix and YouTube; before I know it, one episode or video turns into a season's worth of watching, and then I don't have enough time to complete what I was supposed to be working on in the first place.

So my advice is to make note of your time-wasters and be sure to avoid them when taking breaks while working. There's nothing wrong with watching a series or video if you have nothing pressing to do afterwards, but if you do, try a different activity on your break, one you know won't suck you in like the black holes that are our time-wasters.

*For more information on how to be motivated while achieving a school-work-life balance in the summer, check out Learning Skills Services' website.
lss.info.yorku.ca/resources/





THE IMPORTANCE OF NETWORKING

by Sidra Saeed

Atkinson Professional Accounting Association (APAA)

Networking may be the single most important extra-curricular activity that you can perform while pursuing your studies. Simply getting to know your classmates and exchanging contact information can go a long way. Establishing connections as students can benefit you down the road when you and the rest of the class has long graduated and joined the workforce. You would be surprised at how quickly old classmates can become your future clients or co-workers. If your group members noticed your strong work ethic on a project last semester, they will most certainly remember you when a position opens up at their office. Keeping in touch with classmates is the most invaluable and effortless networking tool you can perform on campus.

Expand your professional profile on social networks. Some students find it difficult to establish themselves as active members in their field. No matter what program you may be in, there are several associations and publications that cater to professionals like you.

These groups are constantly releasing industry specific news. Follow them and you will quickly notice that they will

follow back, too. Keeping yourself in the loop gives you an advantage of staying ahead of the curb on what's current.

Many students forget about the invisible job market, where positions are filled through referrals and social media posts. These positions are almost never posted by traditional means and are filled relatively fast. Proactively meet and greet with employers. If you are still a full-time student with no job position, make business cards accenting your studies. It may also distinguish you easier than just submitting a resume to be put in a drawer filled with other resumes.

Being an Accounting student, networking is considered pivotal to continuing success in the professional world. Much of the same practices can be adopted for business success in other professions. Whether you are looking for a job or simply trying to make a splash in your field, don't forget to pack your business cards and shake some hands.