

New Beat

MAY ISSUE 2018
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Dear Legend,

It's hard to believe that we were once in the same shoes, ignorant first year students attending Frosh week without knowing what to expect. We just wanted to have a good time and make friends. We may not have had identical experiences but both experienced the magic that is Frosh week.

You might have been my Frosh leader, captain or even Orientation Chair. If you were, I can only thank you for making it a week I will never forget. If it wasn't for you, I wouldn't be where I am today.

Maybe you were an athlete. Maybe you weren't. If I was able to watch you play sports, I only have positive things to say about your performances. From the tough losses to the heroic championship wins, in each and every game you showed your caliber. Everyone, including myself, were trying to get on your level but no one could come close. Just know, you have motivated me to push myself and play at my highest rate. Like Nike said, you inspired me to just do it. I'm honoured to have played alongside the greatest athlete I've had the pleasure of knowing.

If there's something I wish I did more of this year, it was to be affiliated with clubs, both academic and recreational. I've learned how important clubs are for the career you are pursuing and how a lot of the work you do within them correlate with career work. You showed me their value and I have never wanted to be a part of any club this badly in my entire life. I thank you for the knowledge you have given me.

You were my greatest influence in regards to council related activity. Ever since I became First Year Representative, I looked up to you as you guided me in the right direction. You were proud of me when I made good decisions, you were frustrated when I made bad decisions. At the end of the day, it was all love. The tough love you gave me helped me grow, now I'm headed into my second year as Vice President of Social. Without your help I wouldn't have been confident enough to run for either position on council. But you, you were there for me from the start.

During my first year I could not count how many times I was lost in any given situation. Without your guidance, Legend, I know I wouldn't be in the position I am now. It was you who helped me through all of those rough times. Your wisdom, knowledge, and savvy YorkU know-how guided me through my troubles. I thank you for everything you did for me throughout this year. I'm glad I am able to still come to you for help. Above all, Legend, I'm happy to call you my friend.

Legend, what you have done for this college cannot be put into words. You showed why this is one of the greatest classes of graduates this college, if not this university, has ever seen. You did so much for the community when it came to your college, council, community, athletics, clubs, and so much more. Everyone in this college will never forget you for all you did. Your accomplishments will forever be recognized and your legacy will never die.

Now I have to say goodbye. Your journey is not yet over, it has only just begun. Remember, you are nothing less than legendary. This might be the last time I see you. If it is, then I just have two words for you, thank you.

Dear Legend, if I were to give you a name it would probably be Alessandro "Sandro" Cesario, Gabrielle Dias, Giancarlo "Jack" Onorati, Jenna Krajinovic, Nancy Rostom, Sara Yassawi, Veronica Rondinone, or Sharva Patel.

Keep in touch.

Sincerely,

JASKARN DUHRA (2ND YEAR, BCOM MANAGEMENT, VP SOCIAL NCC)



Photo taken during Frosh 2017



The Power of Giving Back

MY FIVE YEAR JOURNEY

WRITER: GABRIELLE DIAS (5TH YEAR, BA & HRM, VP OPERATIONS NCC)

Five years ago I got accepted to both the University of Toronto and York University. Five years later I realized that rejecting my offer to UofT was the best decision I could have ever made. When I began at York in September of 2013 I would have never thought that during my time here I would have held six positions in New College Council. As someone who was reluctant to even attend Frosh but was convinced because my high school friend, Thesaly Mabalot, told me it was going to be the best week of my life. Thesaly is former Commuter Representative on New College Council.

Attending my Frosh Week made me realize I have now entered a community that will help me grow, lead, and have a sense of belonging. It was an opportunity for me to make amazing lifelong friends, get involved, and receive the satisfaction and pride that comes from helping others. From being, Vice President Academics, to New Beat Editor, to Director Promotions, to Vice President Promotions, to Vice President Operations and Interim President I have allowed myself to use my skills to make a positive difference and to further develop the skills I have.

It brings me great satisfaction to see Froshies year after year come into New College and get involved in the York community. Now that I am graduating and moving on to bigger and better things I feel extremely grateful to all the people who have stuck by my side these past five years and helped me become the person I always wanted to be. I live everyday by this quotation, "Never let anyone tell you you're not good enough." If you personally feel that, you can achieve something; do not let anyone tell you that you cannot. Do not settle for mediocrity, stay true to yourself.

Intramurals has also been a huge impact on my experience at York. As someone who is born into an athletic family playing sports comes to me naturally. I was able to try

out sports that I had never played before which was the most exciting part about the Intramurals program. Soccer is the sport that I am the most skillful in and being able to create the first-ever women's soccer team at New College in 2014 was a real struggle at first since there were hardly any female athletes in New College back in my second year. I invited Glendon College to play with us that first tournament and the New College Amigas made it to the finals and went to the TRY (University of Toronto, Ryerson University, and York University) cup.

I will possibly coach next year, as I want the team to continue for many years to come. Being the first New College female athlete to win York Participant of the Month this year honestly brought me to tears. This will give hope to many female athletes in New College that it is, however, possible to win and be recognized for playing Intramural sports.

As ready as I am to leave university and see what the next chapter of my life has in store, I am going to miss New College terribly. Once an Eagle, always an Eagle. It is now time for me to spread my wings and fly.

Love you, NC. Thank you all for the memories.

"Never let anyone tell you you're not good enough."



Traveling Tips & Tricks

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

Last summer I had the opportunity to travel to Europe with two of my best friends. It was the first real vacation I had taken without any family, a trip we had always talked about going on and it was finally happening. However, there are definitely things that I wish I knew beforehand.

1. Prior to planning your trip check out what the weather will be like during your stay. Pack appropriately, but even if rain isn't expected pack an umbrella! In fact, go one step further. Pack a couple odd outfits, something for slightly warmer and chillier weather.

2. Now that you're at the airport, you want to be comfy. You have a flight ahead of you and the last thing you want is to be in uncomfortable clothing. Your sweat pants may not be Instagram-worthy but trust me, it's a much better option than having jeans that are just too tight and a crop top that doesn't keep you warm on the chilly plane.

3. As luxurious as a hotel may be, opt for a budget-friendly hostel when you can. Keep in mind, not all hostels were made equal and you should do your research prior to booking. Hostels know how to accommodate young

travelers and are a great way to make friends abroad! They don't break the bank which leaves you with more spending money on your trip.

4. Water and easily accessible public toilets are something we take for granted here in Canada. I was in shock when I found out that I had to pay a Euro (approx 1.50 CAD) to use a toilet in Berlin! I was paying to relieve my bowels! Another thing to note is that water is never free at restaurants, and prices may vary. There are two lessons to learn here: go to the washroom before heading out for the day and always carry a reusable water bottle to save yourself a few bucks!

5. Compare costs and benefits between flights, trains, and buses when travelling. Generally, I would say opt for flights for longer distances and buses between nearby cities. Always cross reference both the above with trains.

6. Speaking of traveling, when commuting within a city often times using their subway system will be your best bet. Many cities offer group or multi-day passes that are great when traveling with friends!

7. You may know every corner of

Toronto, but it's nearly impossible to know every corner in Venice (they all look the same!). To avoid draining your data on Google Maps a great option is to download the city map beforehand with key locations marked down or get an app called Maps.Me. These options allow you to travel seamlessly offline.

8. Research the smoking and drinking restrictions per country beforehand. A lot changes when you cross borders and pleading ignorance is not an option. In Ontario you must be 19 years of age or older to drink and last call is a 2:00 am, in the USA the legal age is 21, and in Munich there is no last call.

9. Always over budget. There is nothing worse than under budgeting and being short cash when you're on the other side of the globe. In regard to cash, always keep in mind exchange rates! You don't want to be surprised when you check your bank statements later and find yourself in a world of debt.

10. Lastly, ask locals for advice. They'll probably guide you to some hidden treasures.

Happy Traveling!

SOAR

BUT EVERYTHING IS PERCEPTION

WRITERS: VERONICA RONDINONE (4TH YEAR, HRM, CO-PRESIDENT NMSA), ISABELA BIBULOVIC (2ND YEAR, BCOM FINANCE, CO-PRESIDENT NOW LEADERS), KIREETI VEJANDLA (2ND YEAR, BCOM FINANCE, CO-PRESIDENT NOW LEADERS)

Do you ever think about your future ?

Like what you want to do after graduation or where you want to work?

We highly recommend you start thinking about it and here is why...

We all know New College offers many opportunities for students to get involved socially, academically, and athletically. However, have you ever thought about the skills you build while taking part in these events? Let's think about it...

When you play a sport like volleyball or flag football, you learn how to be a team player. When you captain the team, you develop your leadership abilities. When you go to social events, you develop your emotional intelligence and build your network. Club events provide you with the opportunity to grow professionally.

There are many workshops put on for students to develop their skills, providing them with a competitive advantage when applying for jobs. They open the doors for networking with professionals who, often-times, are alumni, recruiters and senior management from corporations. All these people are able to offer you different advice or answers to your questions. Build relationships now because everyone you meet at York becomes a part of your network.

Don't forget, odds are you're attending post-secondary education to graduate and are hoping to get a job sometime after. Therefore, we urge you to think about your future, develop your skills, and get involved. The network you develop and skills you build during your time here are integral to your future success. Many skills are transferable to your future job, for example communication, time management, and being able to work in a team. We would like to encourage every single student to get involved with opportunities that put them in a position that better their future.

Remember that University is all about learning new things (about yourself, others, the world, and life in general)

and the best learning happens outside the classroom. Getting good grades is just one aspect of obtaining a good job. Today, employers are interested in students who are involved in their community, in addition to a good GPA. Any type of involvement (academics, intramurals, clubs, or council) can help you develop significant skills that you can later apply. The most important lesson that students should know is how to *BALANCE*. Learn how to manage your time so you are able to balance your courses and extra curricula. There is a minimum GPA needed to graduate so do not neglect your grades. Everything this college does is for its students. New College provides many free opportunities for you throughout the year. You can write for New Beat *wink wink*, be a peer mentor for the SHARE program, or join a club, sports team, or council.

SOAR Leadership 101 was the first event of its kind for

students in the Commerce program. Dedicated to unpacking the meaning of leadership and learning how to incorporate leadership in our daily lives by making it practical. Participants included Schulich Toastmasters, who spoke about how to effectively communicate as a leader, and even opened the

floor to students to practice their public speaking and get feedback. As well, the Vaughan Business Enterprise Centre was in attendance. They spoke on how to be your own boss, and get a provincial grant of up to \$3,000 to start up your own summer company. SOAR Leadership 101 was open to everyone, not just commerce students.

With an event like this right under your nose, what's your excuse for not attending? We hope you come out to NMSA and NOW Leaders' events next year and leave with new knowledge that you can apply.

You're not going to be here forever but you are here now so work towards the life you want to live every day by taking advantage of the resources right in front of you.

WE ARE THE NOW!



Goodbye Eagles

LETTER FROM THE EDITOR

Eagles, my time to spread my wings and graduate has finally come. I have survived two strikes and many moons with you over the last five years. Thank you for your unwavering support throughout this journey. I hope you all continue being involved with New College and the greater York community during the 2018-19 school year.

Each and every year one generation passes and the torch is yours to carry on. I have seen so much changes during my years here and I cannot begin to imagine what is to

come. The power to make a difference is yours and nothing is impossible. As cliché as it may be, you are the leaders of tomorrow. So own it!

Enjoy your summer Eagles, I hope you find happiness and success in all that you do. For those looking to jumpstart their involvement for next year, didn't forget to sign up for softball intramurals and send in your Frosh 2018 applications!

