

Monthly Newsletter

NEW BEAT

<http://www.yorku.ca/newcollege/beat.htm>

New College

I Did It— And So Will You!

Attending the Career Success event last year, which was organized by York's Counselling & Disability Services (CDS) and the Career Centre, gave me an amazing insight on disability in the workplace.

Here's what I learned at the Career Success event

The event shed light on what it means to be a diverse organization. Diversity encourages collective group learning, which fosters employee satisfaction and motivation.

With many organizations present, I gained insights into current trends and got advice on how disability stigma in the workplace has changed. For example, a non-profit organization in attendance called Lime Connect believes in rebranding disability through achievements. Lime Connect offers workshops, seminars, networking events, internships, scholarships and full-time employment opportunities to students with disabilities.



Through Lime Connect I found an amazing scholarship and internship opportunity at BMO and applied. As a first-year student, I did not expect to get an interview, let alone the position. But, I got both – and more!

I landed a paid summer internship and so much more!

In addition to being offered a paid summer internship with full benefits at BMO, I was awarded the scholarship I had applied for through the Lime Connect website. The internship was in personal banking, where I was assigned a mentor and made lifelong friends, all of which has helped me grow as a person and develop my professional network. To this day I am in contact with all my colleagues and fellow interns at BMO. In fact, recently I was offered an opportunity to return to BMO for another paid internship (with a raise!); this time it will be in commercial banking.

I am thankful to both York University and Lime Connect. Without them I wouldn't have had the opportunity to work at BMO and further develop myself.

By: Kevin Cao (Second Year, BHRM)

Club Information: NMSA

If someone had told me a year ago that I would be writing this passage on behalf of New Marketing Students Association (NMSA) as an executive member and proud ambassador, I would have considered it to be beyond my comfort zone.

I became aware of the NMSA when I stumbled upon their Facebook page. Here I discovered that there were only a few days left to submit an application to become an executive member for the 2014-2015 year. With the utmost urgency, I completed my application and was luckily selected for an interview with the Co-Presidents. This ultimately led me to becoming NMSA's Vice President of Human Relations for the 2014-2015 year. Fast-forwarding till now, the experience as an executive member has been nothing less than gratifying. I have the privilege of working with many hardworking individuals, all exerting a collective effort to put NMSA at the forefront of student associations.

Our primary objective is to assist in bridging the gap between classroom learning and applying that knowledge in the professional world. We do this by connecting our club members with distinguished industry professionals throughout the year via our workshops and events. Furthermore, the competitive landscape of today's job market forces students to strive to be a cut above the rest. This includes, encouraging students to make the most out of their years in University, and that is exactly where NMSA steps in and helps its members.

Thankfully, my desperate pursuit to get involved within the York community has culminated to great experiences and new opportunities and the NMSA.

By: Shekab Lufti (Fourth Year, BAS: Marketing)

Career Centre: TASTE Program

TASTE (Take A Student To Eat) is back again for another year. The program is a joint effort between York's Career Centre and Alumni Relations that allows for a unique and interactive experience for students.

Available year-round, York students will have a chance to sit down and have an informal lunch session with select York Alumni members and discuss a wide range of topics, get career advice, share personal experiences, and exchange ideas. Lunches can provide an opportunity for students to gain insight about a particular industry and most importantly - to make connections.

Student participants will browse through a variety of alumni members with different degrees and careers. Based on this information, they select who they are interested to have lunch with. After submitting an application, the Career centre will produce a match and a lunch session pairing an alumnus and 2 students so that they may meet over a 1-1.5 hour lunch.

A mandatory workshop is required for students before the lunch to equip them with preliminary knowledge and training on dinner etiquettes and how they can make a great first impression.

Visit the Career Centre website for more information and to get started.

<http://careers.yorku.ca/students-and-new-grads/services-events/taste/>

By: Dawn Nguyen (Third Year, BAS: HRM)

Upcoming Events

- NSFA's initiative workshop Investment Banking Deciphered will be held on Thursday, April 9 from 7-10PM. The location of this event is Room 004, Atkinson Building
- Stay tuned for upcoming events by visiting the New College website: <http://www.yorku.ca/newcollege/>

**Stay Tuned
FOR something
AWESOME**

Receiving A Passport To Success

Do you want to manage your time more effectively? Or improve your presentation skills? Or even do better on exams? If you answered yes to all or some of these I encourage you to attend the workshops offered by the Learning Skills Services. These workshops are open to all York University students, are free, don't require any registration beforehand and are offered Monday to Friday at convenient times. Every month they offer about twelve different types of workshops to help students network, learn new skills, improve the effectiveness and efficiency of their skills, perform better academically and become a better person. Moreover, if you attend eight or more workshops throughout your school years you will receive a "Passport to Success" Certificate. The certificate shows that you've been involved at school, and it is a great addition to your resume as it will be attached to your transcript. Attending the workshops is a great way to meet new people, sharpen your skills, learn a few things and get involved at York! For further information, check out the Learning Skills Services website at <http://lss.info.yorku.ca/>

By: Lisa Tran (Third year- B.A.S)

NEW BEAT

Editor: Zainab Khan



New College

Faculty Spotlight

I came to York University from Singapore in 2003 to take a faculty position in the School of Admin Studies. Before that I earned my doctorate in international business from the University of Otago in New Zealand. Moving to York has been a fantastic experience for two main reasons. First, I have been able to conduct research in careers and organizational behavior with colleagues at York and elsewhere in the world. Second, I have been able to work with York students in many different courses because York encourages profs to design new courses as well as to teach on more established courses. I have always been interested in cross-cultural issues because of my passion for travel. Hence why before I came to York I lived and worked in several different countries – Japan, New Zealand, Indonesia, UK and Singapore. This international experience has helped me tremendously. In fact, I would say that my career as a business professor has benefitted especially from my international experience as well as from my undergraduate studies in sociology and social anthropology. Looking back on my career so far, I don't think I would change anything. Looking to the future, I hope to continue my international research and to work with students. Indeed students are one of my greatest sources of inspiration.

Best Regards,
Julia Richardson
Associate Prof of Organizational Behavior, SAS & SHRM

Improving Your Grades!

This is my second year at York University and I believe that there is no shortcut when it comes to maintaining ones GPA or learning. In fact, one proverb I strongly believe in is "Practice makes perfect."

If you have been a part of any sports team, you may agree that in order for someone to improve their skills they need to put in the time and effort. If they don't, then they will be unable to fulfill their goals. Similarly, your academic learning is no exception. Some may argue that students are not provided with enough practice material. However, if you really wish to test your understanding you can purchase supplementary books through publishers, or you may even find exercises at the back of each chapter in your textbook. In addition, the Internet is full of resources and you can always subscribe to study guides through some commercial websites as well. If you do subscribe to a study guide I advise you to also look for the corresponding answers. Lastly, once you have a good amount of practice material I recommend that you take the time and use it to enhance and/or refine your knowledge. I assure you that this will help improve your grades.

By: Ming Kan Leung (Second Year, B.A. Information



YU Trivia Questions

1. Since York University is sometimes referred to as a "commuter school," approximately how many buses move through the Keele campus each day?
2. Approximately how many people visit the libraries located on Glendon and Keele campuses annually?
3. What is Hump Day?
4. What is York's funding for external research?
5. How many Research Centres is York University home to?

By: Vikul Malhotra (First Year, BAS: Accounting)

* Answers to be provided in the May issue

Remember, a budget is to fit your lifestyle.

By: Dola Olufosoye (Fourth Year, Business Economics)

Years In Retrospect

It's quite exciting to think that after four short years, I am now at a point where I can sit back and reflect on my university life. I can definitely say it has been quite a ride, and it wouldn't have been possible without my residence experience and the New College community. At my Academic Orientation I was greeted by my Orientation Chair Nalinie Singh, who instantly made me feel comfortable and encouraged me to take part in orientation week. Although I did not participate in all the events that were made available to me, the few that I did allowed me to foster relationships with some of the upper year students. Through them I found out about the Career Centre, and applied for a Work/Study position during my first summer. My first year really brought me out of my shell, because I became familiar with the resources available to students and the numerous ways one could get involved. I then decided to become an Orientation Leader in my second year. This experience inspired me to join New College Council as Residence Representative; I then ran for Vice-President Operations in my third year and finally applied to be an Orientation Chair in my fourth year. For me, this is where it all came full circle. I finally got to be a part of planning a week that encouraged getting involved and finding yourself at York University. But more than that, I feel that it held true to the New College Community I was brought into, a loving, accepting and caring environment that wanted to help one another succeed. Working at all different levels on the student council has taught me a lot, and I am still learning how to be more positive and appreciative of every experience I have. What's next for me? Well, first I would love to travel a little and then apply to work at York University full time (Yes, I just can't get enough of this place).



Left: Nalinie Singh
Right: Katie Di Ilio (Fourth Year, BHRM, 2015)

Budgeting Your Summer Income

Burning through your income is undeniably one of the easiest things to do over summer. However for most students, your summer income must last through the school year. The key to stretching your income is creating a feasible budget that fits your lifestyle. While creating a budget is no fun; having one is inevitably one of the smartest financial decisions you will make. Consider your budget as a spending plan, which allows you to live within your means and gives an accurate picture of your finances.

Begin by analyzing your current situation – gather 3 months worth of all your bank statements. Categorize each transaction – such as transportation and meals. Be very detailed so you have an understanding of what you've been spending and can see where to cut down.

What are your financial goals this summer? – Financial goals should be SMART - specific, measurable, achievable, realistic and time-oriented. This includes anything from paying off your credit card to saving for the coming school year.

The 50/30/20 income rule – 50% towards Necessities includes rent, transportation etc. 30% Miscellaneous, covers lifestyle choices e.g. clothing and vacations. 20% towards your Financial Goals: established in the previous step.

Making your budget work:

Be realistic.

Stick to your budget – Be conscious of your plan.

Keep track of your expenses – Analyze transactions from the previous month.

Remember, a budget is to fit your lifestyle.

By: Dola Olufosoye (Fourth Year, Business Economics)