



Home Away From Home

Largest college on campus? Not quite.
Largest family on Campus? Definitely!

Coming from a college that was one of the largest on campus, I can easily say bigger is not always better. At a University as big as York, it's important to make connections. New College is where I feel at home. Walking through the doors of New College knowing I'm guaranteed a hug, a



smile, or a simple hello is what makes this College such a wonderful, welcoming environment. I'm grateful to be able to participate in New College sports and events with such a close community. From kicking off last year with the amazing NC Amiga's soccer team, to Montreal, Blue

Mountain and NC's Mafioso Famiglia Formal, I was left wanting more. So I asked myself.... why *am* I still Mac? Now New College affiliated, I started off this year Frosh Bossing, I am happy to see how much our family has grown and continues to grow every day. I encourage you to come out to NC events, stop by the lounge, and meet some friendly faces if you haven't already! If you are NC affiliated and haven't met the family yet, I encourage you to. If you aren't affiliated, come join the family as I did! All it takes is a short walk to the Bennett Centre.

Alisha Cater (2nd year, Law and Society)

Two Peas in a "Pond"

Let's be real, living in residence can be scary. Am I going to starve? Who's going to do my laundry? What if my roommate is really creepy and plots my death? Many incoming, and even returning students ask themselves these questions before moving into res. Luckily for us, this was not the case.

We've been best friends since grade nine, and the moment we both chose to come to York we knew we would be roommates. Coming into this change alongside someone you know very well has its advantages. We already knew a lot of each other's likes and dislikes, weird habits, pet peeves, and from the hundreds of articles and quizzes we learned that we are actually soul mates. We experienced Frosh week together, went to classes together; we basically spent almost every moment of every day together. Learning how to live and deal with each other 24/7 has been a great part our university experience.

Living in Pond Residence has been an amazing experience for both of us. Snowball fights in the courtyard, late night pizza, and way too many all nighters have become memories that will last a lifetime. The connections we've made with the people living here are one of the most valuable parts of university life for both of us.

Going into our third year, not a lot has changed. We still go almost everywhere together, study together, watch movies, etc. Most people think we're inseparable, even though our majors are different, so we don't actually have every class together (just to let ya'll know). Even though we separate on to our individual paths, we know that the friendship we have will never be lost.

Ultimately, living in residence with your best friend is probably one of the best things you can do in life, but remember kids, only live in residence if you can afford it! (We can't).

*Tamara Gascho (3rd year, BAS Accounting) and
Sierra Carney (3rd year, BAS HRM)*



Long Commute? No Problem

One of the biggest changes I've had to deal with when transitioning to university was my commute. Commuting to York takes four times longer than the commute I used to make going to secondary school. Staying on residence was an option but, like many students, I'm not too eager to rack up the debt on my student loans. I figure that I can make the three hours I spend commuting to school every day productive. When life gives you lemons, make lemonade right?

By far the best idea I came up with was to **preload episodes of my shows** before leaving the house and before leaving New College. This way, the bus rides flies by and I get to binge watch my favourite shows.

I chose all morning classes, if you did too, this next one's a given; **sleep**. I'm not always ready for school in the morning, but the extra sleep I get on the bus before class is certainly a refresher. Some of you may think this might look awkward but who cares, it is well worth it.

Finally, the least favourite suggestion I have to offer is **review**. You probably don't want to hear this but, let me tell you it is definitely a great thing to do either on the way to school (so you understand what is going to happen in class) and on the way home (to make sure concepts are understood and stick with you). On the bright side, if you do this on your commute, you will have nothing to worry about when you get home; then you have time to do anything you want. Because the commute is unavoidable (depending on where you're from) this is a win-win.

Josiah Opoku-Boadu (1st year, BAS Accounting)

If You Can Dodge A Wrench You Can Dodge A Ball

Greetings Reader,

So here we are in the midst of midterm season and a lot of you are probably sitting there thinking "No more school, I would rather do anything else." Well I happen to have that anything else. RAGE Dodgeball is almost here and it's a great time to take your mind off school, hang out with friends, and relieve some stress by hitting other people with dodgeballs (hey, we don't judge).

It's November 13-14 and it runs all night long. You can sign up for a New College team online at im-leagues.com and if you have any questions about it, email athletics@newcollegecouncil.com.



Sandro Cesario (VP Athletics, New College Council)



Top Five Tips for Better Communication:



By becoming aware of body language and understanding what it might mean, people can learn to read others easily. This allows for better and more effective communication with others as well as greater awareness of the message that is being conveyed. Below are the top five most effective uses of body language in communication:

1. Assume a power pose to boost confidence before a meeting:

Researchers at Harvard and Columbia business schools have proven that there is a strong positive correlation between power poses and employees who appear confident. By holding your body in a "high-power" pose (leaning backwards with hands behind the head and feet up in the desk or standing with legs and arms stretched wide open) for two minutes can increase levels of testosterone (hormone linked to power and dominance) and decrease levels of cortisol (a stress hormone).

2. Actively listen to others by increasing participation in the conversation:

Focus on the speaker by turning your head and torso to face them directly and making eye contact. Lean forward, nod and tilt your head to show that you are engaged and paying attention to the conversation.

3. Remove barriers between peers by encouraging collaboration:

Physical obstructions during conversations are especially detrimental to collaboration efforts. Take away anything that blocks your view or forms a barrier between you and the rest of the team. Even holding a cup of coffee too high can cause you to look insecure. People who hold their hands at waist level appear more confident than those with hands held at chest level.

4. By uncrossing your arms and legs your memory can improve:

Body language researchers, Allan and Barbara Pease, published an article on "open bodies" and found that when a group of volunteers attended a lecture and sat with unfolded arms and legs, they remember 38% more than a group who attended the same lecture with folded arms and legs.

5. Shaking hands allows people to instantly connect:

Touch is the most primitive and powerful nonverbal cue. In the workplace, physical touch is established through a handshake and can make a lasting and positive impression. A study on handshakes by the Income Center for Trade Shows revealed that people are two times more likely to remember you if you shake hands with them because people react to those whom they shook hands with as being more open and friendly.

Julianna Primiani (Co-President, HRSA)

Study Tip From the O-Chair

Midterms are here and exams are coming. That being said, sometimes it's hard to find the time to study, and to study effectively at that. Here are a few tips to help you excel outside the classroom in preparation for your exam.

Study sessions are most effective in small short chunks. Allotting 20-30 minutes sessions over a few weeks. This is because your brain is better at piecing things together concepts in smaller sessions as opposed to one large one. Don't cram.

Furthermore, try not to stay up all night; this is linked to the lowest grade. Instead, set up specific times in a day or during the week just to study. Prime your brain by creating a routine and overtime, studying becomes easier. Moreover, having a designated spot to study in, just like allotting specific times to study allows you to maximize your output. In addition, put away your phone. Text and social media notifications are huge distractions and should be avoided.

Frederick Ampofo (Orientation Chair, New College)

Announcing Three Corporate Governance Courses Winter 2016!

ADMS 4690: Board Leadership, Effectiveness & Succession Planning (Offered Tues 7-10 pm),

ADMS 4691: Legal Environment of Corporate Governance (Offered Thurs 4-7pm)

ADMS 4692: Governance of Government Enterprises & Not-for-Profits (Offered Wed 7-10 pm)



The world is changing. Governance, accountability, and ethics are increasingly becoming scrutinized by activists, regulators and the media. Every organization must have a board of directors. Whether you work in a public, private, not for profit, or a

state owned enterprise, boards of directors now are front and centre, more than ever before. Many people do not know what boards should actually do, who the directors are, and whether they should be criticized or not. A board is a nerve centre of a company. When there is failure or success, it can usually be traced back to what the board did or failed to do. It is said that companies do not fail, boards fail.

I have designed three new senior courses (ADMS 4690, 4691 and 4692) for the School of Administrative Studies that will train students on how to scrutinize, serve on, and report to, boards of directors. The response by students who have taken one or more of the above courses has been uniformly positive. We explore duties of directors, risk, compensation, strategy, shareholder accountability, sustainability and stakeholders, and other topical governance issues. The courses are highly recommended!

*Richard Leblanc, BSc, JD, LLB, LLM, MBA, PhD
Associate Professor, Law, Governance & Ethics*

C3¹⁵ Case Competition & Conference

Are you a business student with an interest in Human Resource looking to network with professionals? The Human Resources Student Association at York is hosting the first ever human resources case competition and conference.

This is a brilliant opportunity to network with like-minded individuals and employers like Monster.ca, CPA Ontario, educators from Canadian HR Press, faculty from the School of Human Resources Management, Ceridian Canada and alumni. The case competition is a wonderful way to test your skills and your knowledge regarding all things HR. The case is open to all students at York (not only HR students!) from all years of study, and everyone will benefit from the experience. It will be held on November 20th, 2015 from 9 am to 5 pm. The first place prize includes \$1000, 4 sets of blue tooth speakers, and much more! So, come out, get professional, be inspired and network.



For more information: <http://bitly.com/C3EVENT>

Register at: <https://www.picatic.com/hrsa2015>

Yushi Wang (Director of Events, HRSA)