



New Beat

IN THIS ISSUE

- Editor's Book Recommendation P.1
- Virtual Frosh Week/ Welcome Week P.2
- Is it your first year at York University? P. 3
- How to Expand Your Network P. 4 - 5
- Summer:
A COVID Story! P. 6

Editor's Book Recommendation:

For a while now, I wanted to read a book that I had heard about a lot. Last week I was finally able to do so, and I'm excited to share it with you. The book is called *Never Split the Difference* by Chris Voss, a former FBI hostage negotiator, and an award-winning teacher who has taught in some of the world's most prestigious business schools. This is a handbook of negotiation principles that can come in handy everywhere.

Commerce students in particular, can use these techniques in their workplace to help them be on top of their game. I recommend that everyone reads this book. I quote Mr. Voss here, "Everything in life is a negotiation!" And that is why becoming a better negotiator is a necessity for everyone.



Negar Fathi

New Beat Newsletter Editor and Volunteer Peer Mentor





Virtual Frosh Week/ Welcome Week

September is right around the corner, which means that there will be many new members joining the New College Community. As many already know, New College Council is excited to bring you events for Welcome and Frosh Week during September 5th to September 12th! Although this year is different from the rest with everything being virtual, we still have exciting virtual events. We have fun ways for the incoming class of students to get connected and meet some new friends. The week will include a virtual Games Night via Zoom, online Cards Against Humanity, a Movie Night, and more! Not to mention, all the events are free, and there are many different prizes to win, all from the comfort of your home! We understand that many incoming students are concerned and think it will be difficult to make long-lasting friendships, but we have created the perfect way for you to connect with others and have fun. Be sure to stay connected via the New College Council socials (@newcollegeyu) to stay updated on upcoming events that you would not want to miss!

Shenali Don

New College Council
Director Social



Is this your first year at York University?

If so, you may be experiencing first-year anxiety – a completely normal phenomenon. To help alleviate the stress, we have listed five pointers below that you can use to help you navigate your first year.



Soroosh Kosha
BCom Management
Peer Mentor

How do I apply for scholarships and bursaries?

To aid students in reaching and applying for the numerous financial awards available, York University has created an easy-to-use platform called the Student Financial Profile. The SFP allows students to fill out their personal information and search for scholarships/bursaries that they are eligible for. Some awards may require a short written component, which can be satisfied on the SFP itself. There are many different awards with varying criteria, so you never know which ones you may be eligible for! Visit <https://sfs.yorku.ca/aid/sfp> for all relevant information, including deadlines and specifics on how to apply.

PASS Sessions

If you have trouble in certain courses, then Peers Assisting Student Success (PASS) sessions are for you!

PASS sessions will be offered in the fall term for the following courses: ADMS 1500, ADMS 2320, ADMS 2500, ADMS 2510, ADMS 3330, ADMS 3530, ADMS 3585, ADMS 3595, ITEC 1620 and ITEC 3210.

PASS session schedules will be posted to <https://new.college.laps.yorku.ca/pass/> by September 11, 2020.

For further information, please contact Lorraine Myrie at lmurie@yorku.ca.

When it is safe to go back to campus:

Where to eat?

York University is a big place, and when you have a long day of classes you will get hungry. Accordingly, it is a good idea to get to know where you can find places to eat. *York Lanes*, the *Student Centre*, the *Victor Dahdaleh* building, and *Central Square* contain the largest dining collections you can choose from. Also, just across The Pond road you can find other food options. All of these options (and more) will be available again when we return to campus. For more information visit <https://foodservices.info.yorku.ca>.

Libraries are a great place to study!

Now that you're attending university, you will have to spend some time studying. Maybe the local coffee shop is too loud, or staying at home isn't ideal. Not to worry, because at York University, there are many libraries that are at your disposal. Just to name a few – *Scott Library*, *Steacie Science and Engineering Library*, and the *Schulich Library* are available. You can also book quiet study rooms if you need to, as well as access most of the reading materials digitally through the online library database. Visit <https://www.library.yorku.ca/web/> for more information about York's library services!

How to Expand Your Network

Rachel Trinh
New College Council
VP Promotions



A Network is a relationship you build when speaking to new people. Building a Network can be tricky, especially in University. Factors such as entering as a first-year student can be a major setback in meeting other students. Last year, I was an anxious incoming student at York University. Nobody in my high school was in my program, and only a few of my peers attended York. I was struggling in the first month of September to get myself out there. Considering my outgoing and extroverted personality, university was a big change and affected my ability to connect with others. Throughout my first year, I have collected tips and tricks that I would like to share that has helped me interact with more people.



Attend Events

Not enough school spirit? Want to learn more about your degree? There are plenty of events for York University students where you can meet students who are, or who are not in your program. Take advantage of these events to get the best out of your university experience. For example, as a first-year student, I attended events specifically related to my major, which helped me connect with even more students in my program and other professionals. I got the opportunity to meet many students in my field, and we spoke about our experiences in our program. Guest speakers are eager to connect with students. You can ask them for advice, or connect with them on LinkedIn. These are golden opportunities to meet like-minded people in your field of study. York hosts a variety of school-related events, which I highly recommend attending as much as you can! Last year, I attended York's Football Game, Red & White Day, Frost Week, etc. These events are also hidden opportunities that students end up skipping. By not attending, students miss opportunities to represent York and contribute to the York community. I met a lot of friends outside of my program at these events to whom I still talk to today.





Join Clubs

Clubs are essential and allow you to meet new people and to contribute to something you are passionate about. That is where you will be able to connect with a lot of people and work towards the same goals. It can also help you with practicing skills and gaining real-world experiences. There are plenty of student clubs you can join at York, that are affiliated or non-affiliated with your college. I genuinely felt that joining clubs in my first year made it more exciting, and it also made a difference in my outlook towards school. I have met so many people who have the same interests as me, whom I know I would keep a close connection to in the future. Remember that clubs not only benefit your resume but also, will be the experience and network you assemble that will contribute to your university experience. <https://new-college.laps.yorku.ca/student-clubs/>

Attend classes

We all dread classes sometimes and might struggle to study for a test or an exam. Meeting new people in your classes might help reduce that stress while it leads to making new friends. Simply introducing yourself might be nerve-racking, but others are probably looking for someone to talk to as well! Asking the person beside you questions is also a great way to start up a friendship. I have never failed to finish a class without meeting at least one or more new people. It is not always easy to approach somebody, especially at university. Us students have to realize that in reality, it is not as frightening to take the first step. It is better to think of the benefits such as a long-lasting relationship with that peer. It is always nice to have someone there to support you, talk to you, or grab lunch with you. The last thing you would want to do in university is to go straight home after classes. Many people regret not being active in their university as there are plenty of opportunities around us. Make this upcoming year a good one, regardless of it being online. You can always find ways to connect with other students and make new friends!



Summer:

A COVID Story!

Summer can come and go in the blink of an eye. As a kid, you fantasize about spending all day with your friends underneath the hot summer sun. As a teen, you yearned for those summer nights filled with parties and late-night drives. But what is one supposed to do when they have longed for summer all year just to have it be cancelled.

That's the situation I found myself in two-months ago. At one point, I thought I should just pack it in, after all, we are living in a pandemic. However, I decided to play the hand I was dealt and made the most of it.

So, I grabbed a group of 12 friends, and we planned. The first thing on my list was a cottage trip. We figured we could do our own thing within our own bubble. Sounds simple, right? Well, it wasn't. Why? Because unlike when we were kids, most of us now had girlfriends. Luckily, we had an idea, we'd plan one weekend getaway for couples and two weeks later another for just the boys. Planning two trips only became possible because most of us were not working due to COVID.

Those two weekends were filled with memories. Swimming underneath the hot summer sun, BBQs in the afternoon, and sitting around the bonfire until 3 am underneath the starry summer sky. These weekends allowed us to be ourselves, have fun, and forget about the turmoil going on in the world around us.

It was here where we decided that we would try and see each other once a week. Which resulted in our weekly beach volleyball excursions. Which was perfect because with 12 people we could field two teams to verse each other. Just like when we were kids, we could spend all day underneath the summer sun, laughing and playing. And for those brief moments every week, we'd forget about the scary world we live in.

As my summer comes to an end, I won't remember it as a summer that was ruined by a pandemic. Instead, I'll just remember the fun times I had with my friends, my girlfriend, and my family. In life, you get out of it what you put in, and this summer I didn't fold when times were tough. Instead, I played the hand I was dealt, went all in and won the hand.



Matthew Mohammed
New College Council
VP Operations

