



NEW BEAT



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YorkU Resources

Mental Health and Wellness at York

Many of you are understandably anxious about COVID-19 and the unknowns it poses, but by staying informed and following basic prevention tips you can help to keep you, your loved ones and your community safe.

Visit: <https://www.yorku.ca/bettertogether/>

Writing Centre

Want to enhance your ability to produce effective academic and professional writing? During the summer term, the Writing Centre will offer primarily online one-to-one appointments, drop-in sessions, and limited eTutoring.

Visit: <https://writing-centre.writ.laps.yorku.ca/>

Library Services During COVID-19:

Limited study spaces in the Scott and the Frost libraries are open to currently registered YorkU students, staff, and faculty.

YorkU Libraries have moved operations online to continue to serve the campus community.

Our friendly and knowledgeable staff is available to respond to your questions and concerns via email, chat or video conferencing.

Faculty and students can reach out to library personnel directly or contact a specific department within YorkU Libraries.

Visit: <https://www.library.yorku.ca/web/>

Career Centre

Are you wondering if it is a good idea to job search during this difficult situation? The career centre resources will provide some strategies for exploring job opportunities remotely, networking, and managing your career during challenging and uncertain times.

Visit: <https://careers.yorku.ca/covid-resources>



Cooking Class With Sean Lee

Do you love eating delicious food and trying new dishes? Say no more! I have an amazing, healthy, and easy-to-make BBQ Turkey Pizza for you to try. With the ongoing pandemic, restaurants are closed, and food lovers like me have been unable to satisfy their cravings for delicious meals. I started looking up recipes online and tried to cook these recipes as a new hobby. Trying something new is essential while we are all stuck at home every day. This is one of my favorite recipes that I have discovered, and I highly encourage everyone to try this!

Ingredients :

Pizza Dough

Mozzarella Cheese 85g

Minced Turkey 285g

BBQ Sauce 140g

Green Bell Pepper 1

Roma Tomatoes 3

Green Onions 1

Steak Seasoning (Can be substituted for any meat seasoning) 1tbsp

All-Purpose Flour 1tbsp

Preheat oven to 500 Fahrenheit

Step 1: Sprinkle flour on both sides of the dough. Stretch the pizza dough into a large round shape. Let the dough rest in a warm place for 8-10 minutes

Step 2: Wash and Cut all the produce. Cut the pepper into ¼ inch pieces. Cut tomatoes into ¼ inch pieces. Thinly slice the green onions.

Step 3: In a non-stick pan, heat 1 tbsp of butter or oil over medium heat.

When the pan is hot, add the peppers and cook for 3-4 minutes until softened. (Season with salt and pepper)

Add the minced turkey and meat seasoning into the pan. Cook for 5 minutes until meat is no longer pink

Step 4: Drizzle 1tbsp of oil on the pizza dough (Season with salt and pepper)

Spread the BBQ sauce on the dough, and then add the turkey, peppers, and tomatoes onto the pizza.

Sprinkle cheese over the top. Bake the pizza in the oven (500f) for 12-15 minutes.

Step 5: After the pizza is out of the oven, cut it into slices and sprinkle green onions on top.

Enjoy!



SEAN LEE

NEW COLLEGE COUNCIL
VP ACADEMICS



Online Summer Courses: Tips

Why Take a Summer Course?

York University offers a wide range of courses during the summer. Students can choose whether they want to take a NATS course, a course for their major, or any other. They also have the chance to take a full summer course (SU) or a course that runs for only half of the summer (S1 or S2). There are many benefits in taking these courses, such as allowing students to catch up with their classes or to getting ahead. As well, some students take summer courses to have a lighter workload during the regular school semesters. Personally, I have found this extremely beneficial. Dealing with a lighter workload in the fall, I can focus more on my classes and have a greater understanding of the material.

With online summer classes, it may be hard to focus, especially when the weather is nice and warm. Here are three tips to make sure that you do not fall behind and fully understand the material.

1. Attend PASS Sessions

For those of you that do not know, PASS stands for Peer Assisted Study Sessions. Similar to a study group, it takes place on Zoom, and students review what they have learned and work on problems together. I have found that attending these sessions and doing the worksheet provided was extremely helpful as it motivated me to practice problems. Also, it allowed me to figure out what part of the material I was struggling with. Throughout the summer, there are PASS sessions for ADMS 1500 (Introduction to Accounting for Human Resource Professionals), ADMS 2510 (Introduction to Management Accounting), and ITEC 1620 (Object-Based Programming).

2. Make a Schedule

It can be very tempting to go outside in the summer and do things other than studying. But that is exactly why students fall behind in their studies. It is crucial to make a schedule and allocate time for your lectures as well as for studying each week. Doing so will keep you prepared for tests, and motivates you to do your work since you have everything planned out.

3. Take Breaks

Taking breaks when studying is very important! It will help you become more productive when you begin working again, in addition to improving your ability to retain information. Personally, I take a break every hour for 5-10 minutes, and during that time, I grab myself a snack or make myself a drink.

If you are taking summer courses, I wish you all the best in your studies, and I hope that these tips be as helpful for you as they are for me.

KYRA BENDASTOS
NEW COLLEGE COUNCIL
VP FINANCE



Summer Term 2021 PASS Sessions

If you are experiencing difficulty in the following courses:

- ADMS 1500
- ADMS 2510
- ITEC 1620

then Peer Assisted Study Sessions (PASS), are for you!

Take advantage of them. And you know what? THEY ARE COMPLETELY FREE!

To participate in Online PASS sessions this summer, please do the following: Sign up at this link: <http://www.yorku.ca/newcol/forms/view.php?id=150>

If you have questions, send an email to Lorraine Myrie at lmyrie@yorku.ca