



NEW BEAT



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Frosh 2021

Frosh Orientation Week is just around the corner, and that means nine days of no sleep for our Orientation Team. BUT nine days full of fun, enjoyment, and the transition into being a first-year student at York University. Frosh Orientation Week worked wonders and shaped me into the individual I am. I hope to help our incoming first-year students and ensure an unforgettable Frosh, just as it was for me. Here are three major tips I would give all incoming first-year students attending Frosh Orientation Week.

Participate

Being an active member of the community is the most efficient way to make friends and find your voice in the community. As for myself, I went to as many events as I could while still attending my classes, and even though I was very nervous, each day I did go, I got more and more comfortable at New College. My way of being social was through the Frosh Leaders, Captains, and Orientation Chairs. They befriended me and made me feel a sense of belongingness, which I lacked. Be prepared to be in unfamiliar territory, but just remember everyone is in the same boat as you. This is the one big chance you have to meet new people in the same program as you and make friendships that can last long after you finish studying at York.

Eat & Sleep

FOMO (Fear Of Missing Out) is real during frosh week, so taking care of yourself can be at the bottom of your list of priorities. This seems like a pretty easy tip to follow; however, with the number of events happening, you can easily get caught up in the moment. Selfcare is the most important thing to make sure you get the best out of frosh week. You will have many opportunities to rest and sleep. All events are drop-in style, so it is okay to miss or be late for an event. The hype of Frosh does not end any time in those nine days, so you will not miss out on too much. Make sure you continuously check in with yourself and give your body the much-deserved nutrients and rest it needs.

Have Fun

Remember why you are here. Remember what decision brought you here. More importantly, remember who you are doing this for; yourself. You came into this week with the expectation to have fun, and you are the only one who can dictate how well this week goes. There are various events organized to ensure the enjoyment of our incoming students, and my captains and leaders are here to ease your stress and welcome you to our family.

Do not forget YOUR main goal for this week. Following these three simple tips will bring you a very enjoyable Frosh Orientation Week. I am so excited to meet all of you, and I can't wait for you all to see what the New Fast, New Furious Frosh will look like this year. You can purchase your frosh kits on www.newcollegeagles.com and follow our Instagram @newcollegefrosh to stay up to date with the week.

MARITZA MOHAMMED
NEW COLLEGE COUNCIL
ORIENTATION CHAIR



The Peer Mentor Program Returns to New College!

New College is proud to announce the return of its Peer Mentor program for the Fall 2021 semester! The Peer Mentor team is looking forward to providing New College students with resources and support to help them transition into university life and pursue their academic and personal goals. New and returning Peer Mentors each bring with them a unique approach to leadership based on their diverse backgrounds, experiences, and identities. New College is committed to leveraging this diversity as a source of strength for the peer mentor program and its participants.

All first-year students at New College are automatically matched with a Peer Mentor in the Fall term. Students will meet their Peer Mentors for the first time during orientation week. Peer Mentors are trained upper-year students in New College affiliated programs, and they support 15-25 mentees in their area of specialization. A Peer Mentor is like a friend who students can go to when they have questions about course requirements, student services, ways to get involved on campus, or anything else to do with York University. The role of the Peer Mentor is to build relationships with their mentees, direct them to the appropriate resources, and offer advice based on their previous experiences. Peer Mentors also send out weekly check-in emails to their mentees. These emails include updates about Peer Mentor events and New College Council socials, where mentees can meet their classmates and make new friends.

This fall, the Peer Mentor team is excited to be leading academic and social events that focus on community building. The purpose of these events is to facilitate students' holistic development by actively engaging them in a student-centred community.

Students who have questions about the Peer Mentor program are encouraged to email ncmentor@yorku.ca. The Peer Mentor team is eager to welcome students into the New College family and collaborate with them so that they can reach their full potential.

DAN GOLDMAN
PEER LEADER COORDINATOR



The new school year is coming up! What better way to meet fellow peers than to attend the upcoming events hosted by New College's Peer Mentors.

These events are a great opportunity for incoming students to:

1. Meet new friends and upper year Peer Mentors
2. Engage in competitive and social games
3. Drop-in and get your university-related questions answered
4. Earn rewards through our loyalty program

LO-FI STUDY + Q&A SESSIONS

Lo-fi is a genre of music that is popular for studying because it promotes concentration. In these sessions, students can drop in to listen to lo-fi music as they work on Zoom. This creates an atmosphere that feels like you are in a library with other students on the call. If you have any questions, do not worry! Our Peer Mentors will also be on the call to answer your questions in the chat or a breakout room. When exam season approaches, we have you covered with this fantastic study environment!

TRIVIA NIGHT

Ready to let your competitive side out? Trivia will be hosted every Wednesday at 8:00 PM by New College affiliated clubs and leaders. A variety of themes will be chosen for questions, such as academics, T.V. shows, and music, so be prepared for a super fun night! One winner will be announced at the end of each game, and the winner will receive York swag or a gift card. Who wouldn't want that?

Loyalty Card

Having a blast at these events? Our loyalty program will make them even more worthwhile. Sign up at (<https://forms.office.com/r/SBaH7eZ7vm>) to register for a loyalty card and get ready to participate! We will be taking attendance at every event and giving out virtual stamps to all the participants. For every 10 stamps that you collect, you will earn a gift card! We cannot wait to see how many virtual stamps you all collect.

RACHEL TRINH
PEER LEADER COORDINATOR



Summer Term 2021 PASS Sessions

If you are experiencing difficulty in the following courses:

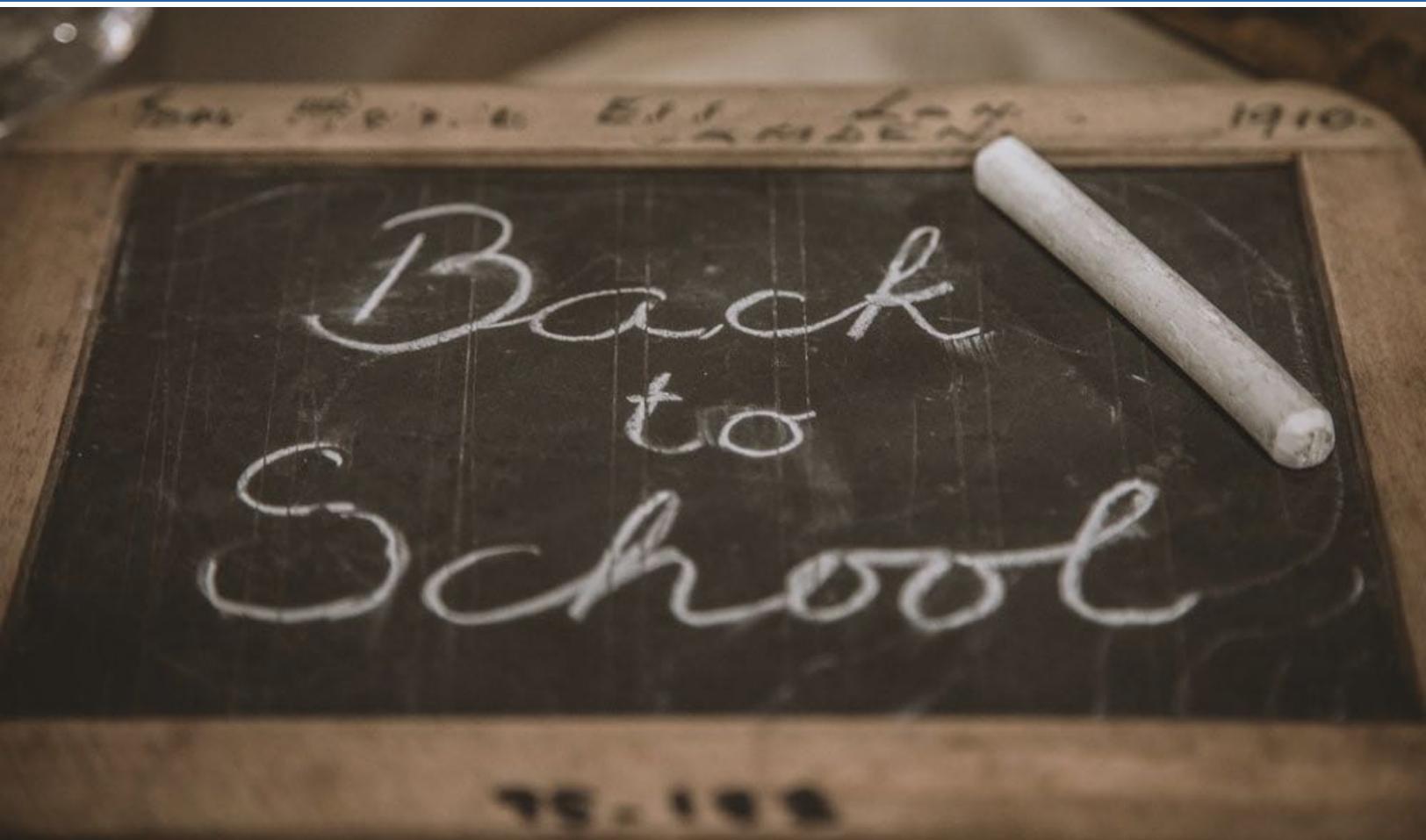
- ADMS 1500
- ADMS 2510
- ITEC 1620

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



As we all know, Covid-19 has made it extremely hard for everyone to go on with their daily lives, especially students. Since March 2020, we students have gotten used to remote learning; a method that not only guaranteed the safety of everyone but also made sure that we all receive the quality education we deserve. York University has made remarkable efforts regarding bringing everything back to campus. However, during the span of remote learning, many students discarded all the crucial habits for in-person learning; such as waking up on time to attend classes, staying focused during lectures, etc. When we go back to normal, there will be no such thing as attending lectures in bed and off-camera mode. Thus, it is important for us all to get back into the routines we had before the pandemic.

Here are a few tips that will very much be helpful for the upcoming school term. First, we can practice getting up early (or at least give ourselves enough time as if we are commuting to school) and just lay in bed waiting for a class to start. Even though we are not actually “going” to school, getting up early will help our bodies and minds get used to waking up earlier than usual. Secondly, I know that we all have problems with focusing while remote learning. During the pandemic, students have been given a leeway or somewhat an advantage during quizzes or exams since proctor programs presented a privacy threat. However, we must realize that 90% of in-person exams are not open-book; hence by starting to put in more time and actual effort into studying and being prepared for exams will not harm you!

Start studying for your future, for your dream jobs. Finally, start reaching out to your friends, acquaintances, people that you did not have a chance to contact during the pandemic, start building your relationships and connections again. This will not only help you feel less lonely and distant when you go back to school, but it will also give you more motivation to go to school. We all know how amazing the university experience could be, so why waste it? Yes, studying and being successful is important, but your mental health and well-being are important as well. Time flies when you are having fun, so if you do not enjoy the learning process as much, having some buddies by your side can make school ten times more pleasant (p/s: friends can make awesome study partners!)

Reference:
<https://ylhsthevrangler.com/23200/features/how-to-prepare-for-in-person-learning/>

TRACY HOANG
NEW COLLEGE COUNCIL
SPEAKER

