



NEW BEAT

BACK TO SCHOOL EDITION



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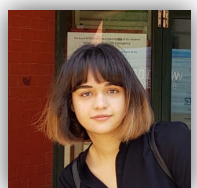
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September 2021

NEGAR FATHI
NEW BEAT NEWSLETTER EDITOR
VOLUNTEER PEER MENTOR





NCC Presents

Hello Eagles,

Frosh week was a huge success! It was a week full of fun and learning experiences that our first-year students will hold with them throughout their academic careers. If you were unable to attend frosh week, do not worry. There will be many more events that we will be hosting throughout the school year that will be open to all students. With events ranging from social, athletics, academics, and community outreach, there will surely be an event for you.

We understand that safety comes first, which is why we will be planning both in-person and virtual events. If an online setting continues, we will mimic last year's format, as New College Council was able to hold a successful year of events virtually. Some of those events were Jeopardy, movie night, games night, talent shows, and first-aid training.

In the event where in-person events are allowed, we have a ton of fun excursions planned, such as Blue Mountain, Niagara Falls, Montreal, paintballing, bubble soccer, BBQ nights, and so much more. My favorite event of the year is Formal, where we celebrate the achievements within the New College community at the end of the school year.

There are also opportunities to get involved with academic-extracurriculars through clubs. There is a club for each program offered by New College. You will get to meet other students in your program, as well as people who have an interest in the subject. This is a great starting point for networking.

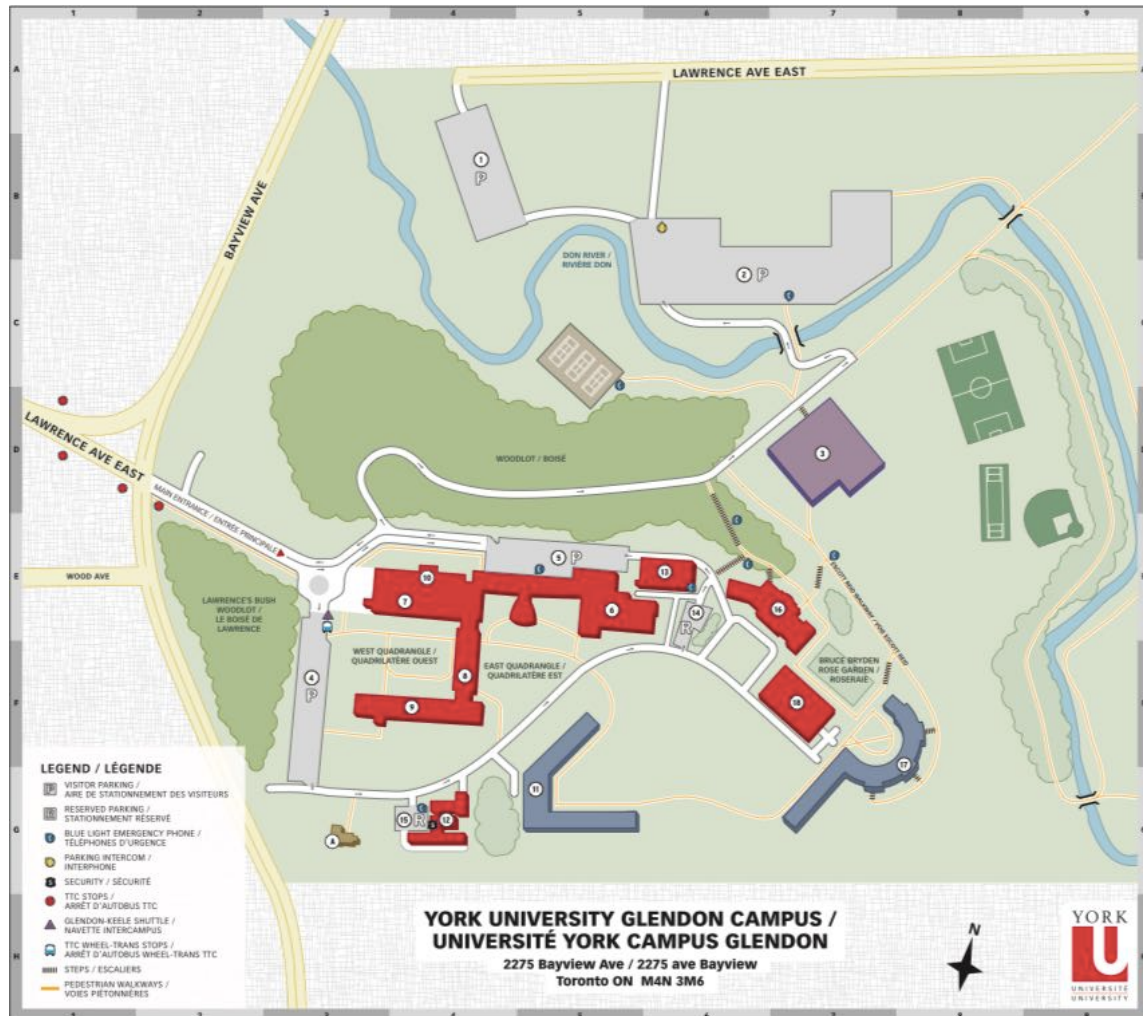
This is just a glance at all the events we host throughout the year. Stay tuned to our Instagram @newcollegeyu, where we will post all our information about our events. If you have any questions, comments, or suggestions for events, please feel free to email me at president@newcollegecouncil.com. You can also direct any questions to our Instagram account.

We can not wait to meet you all in person!

KYLE FERNANDES
NEW COLLEGE COUNCIL
PRESIDENT



Is This Your First Time Coming to Keele Campus?



Where 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!

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>.

Where to Workout?

Need a place to burn all the pandemic weight? Tait McKenzie is a great place for de-stressing, working out, joining a group exercise, and making new friends who share similar interests with you. Visit <https://yorkulions.ca/facilities/tait-mckenzie-centre/1> for more information about the services offered at Tait McKenzie!

Effective Ways to Deal With Old and New Stressors

Hey Eagles!

We hope you've been staying healthy during the lockdown, and that you're as excited as we are to start the new school year with the hybrid model. The past year and a half have been far from normal but inevitably became our new normal. We understand that you may experience anxiety and new stressors starting the new school year and adjusting back to what we used to call normal. I want to share three key tips and tricks I have learned over the years that helped reduce my back-to-school anxiety. I hope they help you as well!

1. The Pomodoro Technique

I used to think this technique was overrated until I learned how to use it effectively. One thing I would like you to note is that everyone works differently. Some people can work eight hours straight until they finish their task, and others focus better with multiple breaks. The Pomodoro technique works best for me when I have little to no motivation to finish a difficult task.

Personally, I find the technique works best when you use your breaks wisely. So during your 5-minute breaks make sure you are not in the same places in which you were working in previously and that you are away from any screens. During my breaks, I like to stretch, move around, play a quick game of tug of war with my dog, and then go back to work. Make sure you're moving around to keep your blood flowing which helps you to focus better.



2. Journaling

You might be one of the many people that can remember every date, detail, assignment, and any other information you may need, whenever you need it. However, even if you are one of these people, keeping a planner, journal, or agenda can help you relieve stress significantly. Typically, at the beginning of every semester when my timetable is finalized, I like to write down all due dates of assignments for each class in my calendar for the next few months. This way, I can easily check when I have any important assignments coming up. Journaling also allows you to make a weekly/daily to-do list. This can make you feel less stressed once everything is in front of you, and you can focus on each of them one at a time.

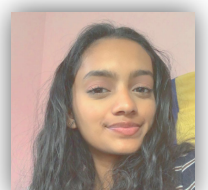


3. Separating work and personal time

I believe that there is so much importance in separating work and personal time, or in other words, separating “work and play.” This could look different for everyone; for some, this may be working during certain hours of the day and having a cut-off time for when work time is done, and it is officially personal/rest time. For others, as it does for myself, this simply means separating my workspace and personal space. I like to ensure that I do not do school work in my bed or in my room in general. I like to finish all the work I need to do before I leave campus, so I enjoy working at either Scott or Stacie Library, the New College lounge, or Aroma Espresso Bar at the Quad.

Looking forward to seeing you all soon Eagles! Feel free to reach out to me at social@newcollegeeagles.com or on Instagram @shenali_don or @newcollegeeagles if you have any questions or concerns!

SHENALI DON
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VP SOCIAL



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