

October 2021

New Beat

New College
Monthly
Newsletter



In This Issue

Tips for a Better School Year 1

Overcoming Toxic Productivity
During the Pandemic 1

Writing Professional Emails with
Conviction 2

Amazing Food Spots on Campus 2

October PASS Schedules 3 - 4

Laptop Equipment for ITEC
Freshmen 5

Peer Leader Tip of the Month

“Make sure to carefully go through the course outlines for your classes in order to keep track of all your assignment due dates. Your eClass timeline may not include all the due dates for assignments and exams.”

Adityaraj Rana

New College Peer Mentor

BCom Student Specializing in
Accounting



Shenali Don

VP Social, New College
Student Council

Communication &
Media Studies student

Tips for a Better School Year

Hi Eagles!

I hope the first month of school has been off to a great start for all of you! As it is still early in the school year, I want to share some tips that can elevate your university experience and make a better school year!

1. **Make Friends!** Although it is difficult to interact with others as we used to, New College still holds social events in-person and virtually. Coming out to social events helps you create a bond with other New College students through fun activities and games.
2. **Write It Down!** Whether you use an agenda, online document, excel, or anything of the sort— make sure to write things down! Since the majority of us undergrad students are taking 4-5 courses per semester, it can become difficult to remember all the important dates that come along with each course. From assignments to midterms to classes and any other important dates, staying organized will help you understand what to focus on and when.
3. **Practice Good Habits!** Practicing a few good habits throughout the year, in your daily or weekly routine can significantly increase the quality of your school year! These are small habits that ensure that you have time to focus on YOU, rather than the busy academic/work life of being a university student. This could be waking up at a consistent time earlier in the day, having breakfast before starting your day, no screen time 30 mins before bed, and many more. There are endless possibilities for good habits, so find what works for you!

Thanks for reading, Eagles! Hope to see you soon at social events— and make sure to follow @newcollegeyu for the latest updates!

Overcoming Toxic Productivity During the Pandemic

During the 2020-2021 school year, I developed the habit of studying and only studying. It was a friend of mine who pointed this out to me, and at first, I saw this to be a good thing. Of course, it is good to keep up with your homework and assignments, follow a study schedule, and stay motivated. However, I was doing more than any of this because I thought that the pandemic was giving me a rare and special opportunity. That is, I saw it as an opportunity to take advantage of the extra time that I was given to do more schoolwork and to be more productive than ever before.

Now, I do believe that this can be a great mindset to have, but it starts to become toxic when it influences other essential parts of your life, such as working out, spending time with friends and family, and taking care of your mental health. When my friend pointed out what I was doing, I told her that if I wasn't doing schoolwork with all of my newly-found spare time, then I would just regret 'wasting time' later on.

It wasn't until the end of my second semester last year that I realized that what I was doing wasn't healthy. I was completely burnt out from isolating myself in my room, maintaining only minimal contact with friends and family, taking minimal study breaks, and not being as active as I should have been. I was burnt out because I was partaking in toxic productivity. The way that I addressed and still continue to address this habit is that I try to clearly establish what is most important to me from all aspects of life— not just my school life— and I make sure to always make time for those things. Furthermore, I've learned to implement breaks into my day-to-day routine so that I do not have to excessively rely on coffee to maintain my energy level throughout the day. Lastly, I have begun to implement the rule 'work smarter, not harder' into my routine by identifying all the ways that I can efficiently use my time. This practice gives me time to go through all of the tasks that I have identified as most important to me.



Gurkamal Aujla

New College Peer
Mentor

BCom student
specializing in Marketing



India Madsen

New Beat Editor

Professional Writing student

Writing Professional Emails with Conviction

In this digital age, written communication allows us to maintain an almost constant level of connection with the world. Although outlets such as texting and social media may dominate our personal communications, email is the indisputable king of the professional world. Many positions across the spectrum of professional careers will require you to write content intended to be shared with dozens, even hundreds, of colleagues or clients. How will you ensure that your emails leave a positive impression?

The Salutation

Beginning your email with a personal touch is the first step to engaging your reader. While phrases like *‘I hope this email finds you well’* are sufficient, *re-calling a recent shared experience (ex. ‘I enjoyed speaking with you in our meeting last week’)* will strengthen your professional relationship.

The Body

Having evaded the danger of being lost in an overflowing inbox, most emails only receive a quick skim, rather than a careful read-through. To ensure that all of your questions are answered and ideas heard, separate your ideas into paragraphs, or, when appropriate, bullet points. Organize your paragraphs in order of greatest to least importance— and don’t be afraid to use bold lettering. Within the body of your email, highlight a clear plan of action. Outline a set of expectations surrounding the timeline of the issue at hand and the ideal response from your recipient. For example, rather than vaguely asking for an extension, try: *‘I believe that an extra two days to flesh out my paragraph about [topic] would bolster the argument of my essay. Would an extension until the 15th be possible?’*

The Close

Would you simply walk away from a colleague in the middle of a conversation? Of course not! Ending your emails without some sort of acknowledgement of your addressee can convey the same cold sentiment. Your addressee will feel much more obliged to reply to your email promptly and carefully when you acknowledge their efforts with a simple sign off such as ‘thank you’ or ‘best regards.’

A well-crafted email is about so much more than politeness: it gives your addressee the impression that you are attentive, thoughtful, and competent. As you venture into the professional world with your degree, investing time in well-written emails will allow you to put your best foot forward, before you’ve even stepped into the office.

Amazing Food Spots on Campus

Hey Eagles!

With students finally returning to campus, I want to share some of my personal favorite places to get delicious food while on campus. I hope that all of you get a chance to try these places and let me know what you think.

Galito’s Flame Grilled Chicken

Located at Pond Road near New College, this restaurant serves South African style chicken. The meat is well marinated and it is very filling and extremely nutritious, especially for those seeking to gain protein. I would recommend trying the chicken strips on rice. 8.5/10

Banh Mi Boys

This restaurant is a Toronto institution. Their downtown locations are always full, and there is always a long line of customers waiting for their authentic Vietnamese sandwich. After the meat is grilled right in front of you, they put the meat in the sandwich along with cilantro and pickled carrots. Additionally, they have a dish called pulled pork kimchi fries, which tastes amazing as well.. There are so many options and varieties to choose when you’re at Banh Mi Boys, I would recommend anything on their menu. 9/10

Food Court at Strong

Looking for an affordable, filling breakfast? Check out the food court located within Stong College. Try their Big Breakfast Combo: for \$5.99, you get three eggs cooked the way you want, with either sausages or bacon, served with buttered toast, and potato wedges. It tastes great and it is a perfect budget option. 7.5/10



Sean Lee

VP Academics, New College Student Council

Educational Studies and Concurrent Education student

ADMS + ITEC PASS Sessions

OCTOBER
2021

Class	Mon	Tue	Wed	Thu	Fri
ADMS 1500	2:00-4:00pm Section A (Prof. Nasreen) <i>With Myroslava & Yusra</i> ID: 912 2572 2218 Passcode: 47395				
ADMS 2500	9:00-11:00am Section D (Prof. Sevel) <i>With David</i> ID: 984 5375 9381 Passcode: 796469 4:00-6:00pm Section M (Prof. Ng) <i>With Fernanda</i> ID: 958 3987 8340 Passcode: 438387	9:00am-11:00am Section L (Prof. Nasreen) <i>With Yuwei</i> ID: 990 7991 8329 Passcode: 129353 11:00am-1:00pm Sections E, F, G (Prof. Wang, Prof. Ng) <i>With Gurleen</i> ID: 973 1766 8875 Passcode: 852301 3:00-5:00pm Section N (Prof. Kim) <i>With Fernanda</i> ID: 958 1243 8307 Passcode: 407655		1:00-3:00pm Section B (Prof. Ng) <i>With Cadisha</i> ID: 993 0705 2013 Passcode: 151550	
ADMS 2510	2:00pm-4:00pm Section C (Prof. Diab) <i>With Vanshika</i> ID: 982 8550 8017 792174	3:00-5:00pm Sections F, G, H (Prof. Kwan, Prof. Yousefian, Prof. Brahme) <i>With Yewen</i> ID: 917 4814 0848 Passcode: 564707	10:30am-12:30pm Section E (Prof. Sheikhman) <i>With Aaron</i> ID: 928 5018 1715 Passcode: 280226 12:00-2:00pm Section D (Prof. Heath) <i>With Roan</i> ID: 975 7095 8980 Passcode: 578519		
ADMS 3530	12:30-2:30pm Section D (Prof. Nguyen) <i>With Priya</i> ID: 918 5786 8094 Passcode: 897288 2:00-4:00pm Sections E, G (Prof. King) <i>With Haseeb</i> ID: 925 6429 4640 Passcode: 939191	11:00am-1:00pm Section C (Prof. Ho) <i>With Dhruv</i> ID: 947 2406 5093 Passcode: 804645	9:00-11:00am Section F (Prof. Nguyen) <i>With Andrea</i> ID: 941 7406 3893 Passcode: 946691 12:30-2:30pm Section I (Prof. Kowalski) <i>With Langsheng</i> ID: 961 7509 7989 Passcode: 516477	12:30-2:30pm Section H (Prof. Ho) <i>With Langsheng</i> ID: 918 6507 3398 Passcode: 192719 2:00pm-4:00pm Sections A, B (Prof. Li, Prof. Alagurajah) <i>With Alina</i> ID: 941 6229 7879 Passcode: 777493	

Class	Mon	Tue	Wed	Thu	Fri
ADMS 3585 *Note: Online students in Section C (Prof. Lai) can attend any ADMS 3585 PASS	2:30-4:30pm Section K (Prof. Amerski) With Jaikun (Kyle) ID: 915 9746 8050 Passcode: 360196	10:30am-12:30pm Section D (Prof. Kim) With Jaikun (Kyle) ID: 960 0695 8089 Passcode: 107781	9:30-11:30am Sections A, B (Prof. Volodina) With Ricky Loi ID: 921 5074 2273 Passcode: 480782		
ADMS 3595				9:30-11:30am Sections B, C (Prof. Ma) With XiaoXiao ID: 958 9343 4953 Passcode: 193714 9:30-11:30am Section D (Prof. Stanco) With XiaoXiao ID: 958 9343 4953 Passcode: 193714	
ITEC 1620	2:00-4:00pm Section D (Prof. Pateau) With Telmuun ID: 950 3374 3499 Passcode: 432089			10:30am-12:30pm Section A (Prof. Jammal) With Christopher ID: 959 8805 9362 Passcode: 014665	10:30am-12:30pm Section B (Prof. Pateau) With Peipei ID: 968 8402 2313 Passcode: 433366 12:30-2:30pm Section C (Prof. Pateau) With Rachad and Davood ID: 960 7461 0376 Passcode: 656715
ITEC 3210	12:00-2:00pm Section B (Prof. Pavlovych) With Kabir ID: 969 1354 6188 Passcode: 863447	12:00-2:00pm Sections C, D (Prof. Benslimane) With Kabir ID: 996 0407 7163 Passcode: 892121 2:00-4:00pm Sections E, F (Prof. Hao) With Rojean ID: 932 2623 9085 Passcode: 004880			



Laptop Equipment for ITEC Freshmen



Ming Kan Leung

New College Peer Mentor
Information Technology
(ITEC) student

Hi everyone! Are you busy studying? How are you doing? Let me briefly introduce myself: my name is Ming and I am currently working towards my BA in Information Technology. Additionally, I am one of the Peer Mentors for the Fall 2021 term. The online Orientation Day for this term has just passed— time flies! As I recall that day, I saw some happy faces in our Zoom meeting. Some mentees were excited to attend classes after a long summer break. Three mentees asked the same question, which I never previously thought about. The question was, “What are the minimum requirements for a laptop for an ITEC freshmen?” Perhaps I should think more about it.

Well, my first laptop had only 128MB RAM (not in GB— guess what? I am not going to disclose my age, but I am a bit old school. LOL.) This obsolete computer would not meet today’s demands and should be dumped in the Computer Museum. However, I think a basic 64-bit laptop at the price of about CAD\$500 should be decent for an IT course. Nowadays, portable client terminals are not necessary to have a very powerful process capability. Light, wearable devices could meet a first year students’ needs. I think that even if you have a pre-owned iPad or Chromebook with WiFi connection, you would have remote access to a cloud server to work with other classmates on projects altogether.

Personally, I have a few servers with more than 128GB RAM at home, which provide assorted services. I can use any remote access clients to access my own servers anytime and anywhere. Of course, cyber defense is the key to reducing data breaching and hacking vulnerability. Additionally, if I were bringing a portable device to the campus, I would choose a laptop with a longer lasting internal battery because it is difficult to find a power socket on the York campus. This is something that needs to be considered outside of the system requirements. And finally, as a mentor, I would suggest ITEC freshmen explore research on network security and risk management. No matter how good your specialized project, if you do not invest in protecting your system, once your system crashes, you may lose everything!

Interested in writing for New Beat?

Submissions are always welcome! Submit your 250-500 word article to the link below:

<http://www.yorku.ca/newcol/forms/view.php?id=153>

Photos of your New College experiences are also appreciated! Questions? Feel free to reach out to India Madsen at ncnews@yorku.ca.

What's Happening this Month

Lo-Fi Study Sessions



Looking for a calm environment to write your next big essay, study for an upcoming test, or review your lecture notes? Attend New College's Low-Fi Study Sessions, hosted every **Tuesday and Thursday, from 8:30am-9:30am and 2:30pm-3:30pm on Zoom!** Here, you can

focus with light study music and have the opportunity to seek out academic help from Peer Mentors.

Meeting ID: 984 5206 7297

New College Student Council Elections

Student Council Elections are quickly approaching!
Voting will take place from **October 6th to 8th.**

Positions up for election include First Year Representative, Pond Road Representative, and Commuter Representative. Remember to keep an eye on the New College Student Council Instagram account ([@newcollegeyu](https://www.instagram.com/newcollegeyu)), where the link to vote will be posted.



Support from Tech Doc



Having computer troubles? The students at Tech Doc are here to help! Tech Doc is an official York University club, offering free technical support for all York students. Simply send an email to support@techdocyorku.ca including your name and detailing your technical problem.