

# New Beat

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## How to Ace Your Next Virtual Interview

*A successful job interview always begins with a firm handshake.*

This was the advice that my parents imparted upon me the day of my first job interview. What advice did you receive before your first interview? Maybe you were told to greet the interviewer with a warm smile, to stand up straight, or to ask an intelligent question. Whatever your advice was, there is a good chance that it revolved around forming a connection with your interviewer. While speaking about your skills and accomplishments is important, interviews give potential employers the unique opportunity to get to know you, *beyond what's printed on your resume.*

### India Madsen

New Beat Editor

But in the age of Covid-19 and Zoom interviews, making a positive impression can be a little more challenging than mastering your perfect handshake. So, how do you ensure that your friendly demeanor and positive attitude shine through the computer screen?

Recently, I had the privilege of sitting on an interview committee which happened to be meeting with applicants over Zoom. Being on the 'other side' of the Zoom interview process for the first time gave me insight into some of the well-appreciated ways to convey your professionalism and charm in a virtual setting—going beyond sharing what's printed on your resume.

1. **Look at your camera, not your screen.** While not looking at your screen may feel unnatural, looking into your camera gives the impression that you are making eye contact with the other people in the Zoom call. By looking into your camera, you will appear to be more engaged and attentive.
2. **Use a simple background.** A cluttered background can be distracting and seem unprofessional. Luckily, if you do not have a clean space or blank wall to conduct your interview, you can try using a Zoom virtual background instead.
3. **Dress as you would for an in-person interview.** While attending meetings and classes in our pajamas has been one of the few benefits of Covid-19 restrictions, it can be beneficial to put effort into looking your best for an online job interview. Not only will wearing an outfit which you feel is well suited to the position you are interviewing for help you demonstrate your professionalism to your potential employer, but combat nagging feelings of imposter syndrome.
4. **Be mindful of detail in your answers.** In an in-person interview, there are usually a variety of physical cues given to candidates to guide the expected length of each of their answers. However, it can be difficult to know when you have provided a sufficient amount of detail in your answer in a virtual setting, where you do not always clearly see the interviewer nodding, taking notes, or expressing satisfaction with the depth of your reply through their facial expressions. Instead, confidently wrap up your answer when you feel that you have covered all the points you intended to touch upon, taking into account the number of questions and the planned length of the interview when considering how long your answer should be.

Equipped with these confident, professional practices, you will be ready to knock your next virtual Interview out of the park!

# The Dangers of Cyber Attacks



**Ming Kan Leung**

New College Peer  
Mentor

After my previous article, *What I Learned Working on a Cyber Defense Project*, which was published in the November 2021 edition of New Beat, I received some responses to the article. One of my friends reminded me that firewalls are not entirely about cyber defense. While I know firewalls cannot prevent intruders (who obtain passwords they are not

authorized to have and use them to access internal systems), my friend's words still woke me up. I had intensively customized firewalls in the workplace, but had not considered how bad real-world hacks could be. In this article, I will share what I learned about hacking when I was working on a project in cyber defense.

Intruders always take the easiest pathway to learn users' passwords and information. They breach big portal websites and steal millions of accounts. No matter how secure my own system is, hackers can still use stolen passwords and gain access to the system. I realized why computer experts recommend Internet users not use the same password on multiple websites. It is particularly important to use a unique password for email accounts because many websites allow users to change their passwords by sending a reset link to their preset email addresses. If intruders take control of users' accounts, users may eventually suffer monetary losses.

Pirate download websites are another major pool of exploiting attacks and system vulnerability. Users demand to use any software free of charge. They seek 'cracked' versions of software which have been modified by unknown sources. I have discovered that many of these pirate softwares inject Trojan malware. Once the software is running, malware is active in the system. Some malware can be identified by an antivirus program, but who knows if the malware can generate a backdoor and take over the system?

Human factors are usually another weakness for cyber defense. For example, I read a post on a forum claiming that cracked applications must earn false negative alerts from antivirus programs because cracked applications were presented by hacking tools. I do not believe it was the truth, as he was just promoting the illegal download of cracked programs to users.

Real-world hacking is much worse than many non-technical users think. I understand that there are millions of attacks every day. Hackers have numerous ways to breach networks. Some attacking tools utilize Artificial Intelligence (AI) technology to scan vulnerability weaknesses automatically. Cyberattack damage costs billions of dollars every year and we should realize that it is a problem that needs to be solved in the Internet world.

## Experiential Education Symposium 2022

The Experiential Education (EE) Symposium showcases experiential education at York University. At the EE Symposium, you will have the opportunity to hear from other students who have benefitted from Experiential Education programming and discover the many ways you can engage in hands-on learning opportunities as a York student.

This annual event will be held on **February 2, 2022** from 10:00 a.m. to 4:30 p.m. via Zoom. Registration is now open! For more information, click [here](#).



# Techniques for Maintaining Mental Health and Avoiding Burnout



**Kyra Bendastos**

VP Finance, New College  
Student Council

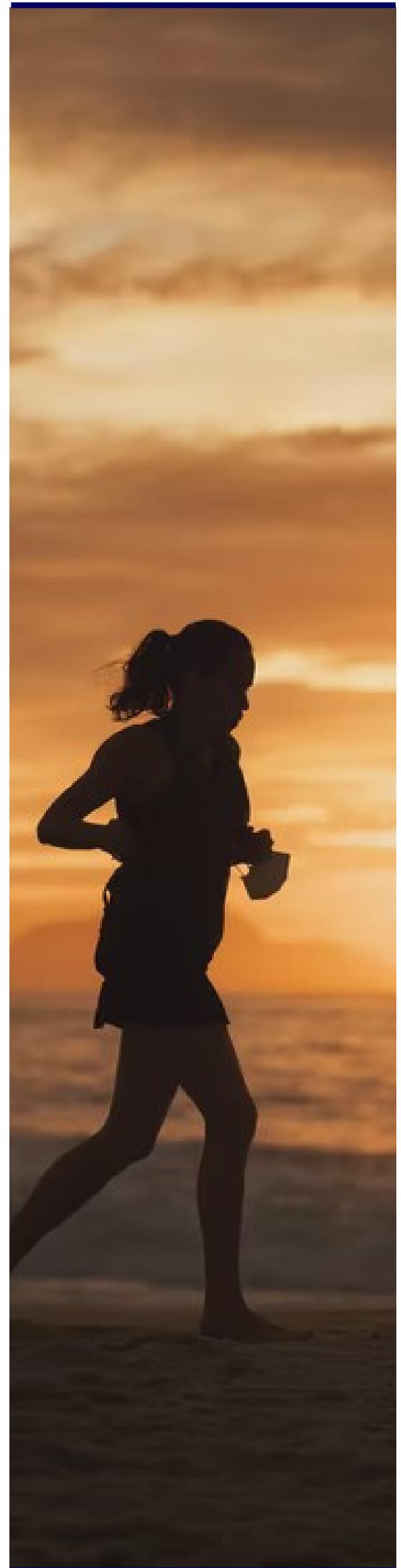
Juggling school, work, and a social life isn't easy. With school alone, it can be very difficult to stay on top of everything, but it is important to always put your mental health first. Without proper time management and mental health practices, a heavy workload can make you feel unmotivated, drained, and defeated. These are all early signs of burnout. Burnout is a specific type of exhaustion that occurs when you feel constantly overwhelmed due to being physically, emotionally, or mentally stressed for a prolonged period. Here are a few key points to maintain your mental health and avoid burnout.

**1. Listen to what your body is telling you.** Having the ability to self-reflect is crucial. It is very easy to get lost in the turmoil of daily life. However, it is important to tend to your own needs. For example, if you feel tired, sleep for a little longer. If you're studying and start to feel overwhelmed, take a fifteen-minute break and then continue.

**2. Exercise regularly and eat well-balanced meals.** Regular exercise and healthy eating have many benefits, including a reduction in stress levels and improved sleep.

**3. Talk to someone.** It is important to remember that no one is superhuman, everyone gets overwhelmed or feels drained at some point. However, if these feelings are becoming too much, don't wait to seek help. Being able to talk to someone about how you're feeling and what you're going through is very important. Whether it be a friend, family member, or therapist, having a support system is crucial to coping and reducing your stress.

**4. Seek out services at York University.** York university's Student Counselling, Health, and Well-being services allow students who are enrolled in courses at the Keele campus to speak with registered clinicians. If you are a student enrolled in courses at the Glendon campus, there is a similar service available at the Accessibility, Well-Being, and Counselling (AWC) Centre. Check out these services [here](#).





## Frost Week 2022 is Here!

Hey Eagles! I'm Maritza Mohammed, your Orientation Chair for New College Council 2021-2022. Now that exams are over, and a new semester has begun, we're back with more social events to help y'all make new memories and continue building our community. Being part of New College has introduced me to new opportunities, friends, and a second home. I really do not know where I would be if I did not have this community in my life; I depend on them in my life at YorkU. Being your Orientation Chair this year has given me the opportunity to welcome more of you to our college community.

### Maritza Mohammed

Orientation Chair,  
New College Student  
Council

Not long ago, I was also in my first year getting ready to start my journey at York, which brought on a lot of fear and nervousness. I did not know who I would meet, especially with the classes being bigger and the campus having so many places filled with so many new people. Every single upper year has felt this way and has depended on the college system to help them transition into this

new chapter with ease. Being the Orientation Chair has continued to instill within me the same sense of school pride, and I hope to inspire froshies to stay involved in our community throughout their school years. I do realize that these past few months have challenged us all in different ways, but coming together as a community can only bring out the silver linings, which is why I encourage you to remain active within New College.

To start the winter semester off right, New College Council is hosting our annual Frost Week from **January 10th to 14th** entitled **F2: New Fast New Furious**. For those who do not know, frost week is similar to frosh week as we welcome all incoming first year students who are starting their journey at York in the winter. We also invite all upper years to attend, as Frost Week is also a 'welcome back' for you all after the holiday break. This year we will have a Hybrid Frost Week, meaning both online and in person events will be planned in order to give everyone a chance to participate. We will also be giving out prizes to some lucky attendees and will be featuring Frost Week merch for the very first time. Online events such as Red Table Talk, Mafia and Speed Friending will all be coming back to bring more good times. Furthermore, if Covid-19 restrictions allow, we will be hosting a Skate Night at Canlan, a Ski Trip to snow valley and Go-Karting at K1 Speed. I look forward to y'all coming to these events. Let's relive the Fast and Furious lifestyle one last time before the term ends! #FAMILY

## Peer Mentor Tip of the Month

*“Keep your resume up to date— you never know when an opportunity will arise for a paid or volunteer position, so you should always have your resume ready and updated. The [career center](#) can also help with this through their resume and cover letter workshops, among others.”*

**- Ankita Singh**

New College Peer Mentor