

New Beat

New College Monthly Newsletter | February 2022



Photo: Victoria Campos-Gentile

All About Money!

This month, the New Beat team offers financial advice and budgeting tips for York students. We are thrilled to share our original student writing and photography with you. Happy reading, Eagles!



A partnership between New College Office
of the College Head and New College
Student Council



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Meet the New Beat Writers!



India Madsen
New Beat Editor

“Hey Eagles! Welcome to the February issue of New Beat! I am delighted to announce that our newsletter team is growing. It is my pleasure to welcome our new volunteer contributors, **Gurkamal, Gareth, Nusaiba, Victoria, and Yuliya** to the New Beat staff. I speak on behalf of our entire team when I say that we are very excited to share our work, thoughts, and advice with you in this month's newsletter.”



Gareth Neba
Staff Writer

“I am a Second Year student working towards my Bachelor of Commerce (Finance) degree. I moved to Canada in the beginning of 2021. I come from an obscure part of the world, Mozambique/Malawi.”



Gurkamal Aujla
Staff Writer

“Hi! My name is Gurkamal. I am a fifth year BCOM (Marketing) student, and an aspiring lawyer. I am also a New College Peer Mentor!”



Nusaiba Mustafa
Staff Writer

Hello everyone! I am a 19 year old, Bangladeshi student. When I am not studying I am most likely reading, writing, painting, or watching something on Netflix. I am currently a second year student working towards my Bachelor of Commerce (Management) degree.

Should You Work for Free?

Gurkamal Aujla

There is a lot of controversy around whether we, as students, should work for free. Much of this conversation tends to focus on unpaid internships but, in a way, volunteer work and even extracurricular activities can feel like unpaid work. So, the question is, should you work for free?

My response to this question is, of course, going to be different from the next person's. This is because we all have different perspectives and are granted different privileges when it comes to money. I, for instance, am fortunate enough to have worked during my university career, meanwhile knowing that I had the freedom to quit if I wanted to focus on school alone. This might not be an option for everyone, and so for those people, I would recommend taking advantage of internships that are paid, as well as paid positions at York that could also count as extracurriculars.

However, I will say that it is also important to see the value in those volunteer positions, extracurricular activities, and even internships for which you will not be remunerated. This is to say that I caution you against dismissing all unpaid opportunities, assuming that it is a waste of time since you won't be making any money. Taking on an unpaid position may give you the opportunity to gain valuable experience and skills, which you would not only be able to add to your resume and LinkedIn profile, but carry with you throughout your life. These kinds of positions can also help you to realize what is important to you in life, as well as what isn't really that important to you.

For instance, my experience of working with kids and seniors, such as my involvement in Big Brothers and Big Sisters, has affected my interest in human rights matters, which is an interest that I hope to materialize later in my career. Furthermore, my involvement around the school has helped me to open up more and to develop my communication and collaboration skills. It has also helped me better understand what's important to me, as I have realized that working with people and helping people is something that I undeniably want to do in life. These realizations may not have come to me if I was only filling my time with academics and paid work, which goes to show that it is important to give unpaid positions a chance and to look at them as opportunities. These opportunities have given me an abundance of clarity in terms of who I am, who I want to be, and how I would like to impact the world.



Peer Mentor Tip of the Month

“Allocate work hours! Although it might be difficult, trying to allocate work hours and rest hours or breaks will help you become more productive when you are doing your work and may even help with reducing burnout.”

-Arjun Rattan

New College Peer Mentor



Photos: Victoria Campos-Gentile



Financial Fortitude for the Future

Gareth Neba

From the perspective of a student, opening a savings bank account can seem daunting, given most university students' lack of financial expertise. However, opening a savings or retirement bank account is advantageous for a number of reasons. Personally, I had to extensively research the pros and cons of opening a savings account in order to determine if it was worth doing. Ultimately, I concluded that it was beneficial overall. However, many of you may not be sure where to even begin, so hopefully I can assist you.

Firstly, it is important to know which banks offer student benefits and discounts and are in close proximity to York's Keele campus for the sake of convenience. I believe that the best options are: RBC, CIBC, Bank of Montreal, and TD Canada Trust. Once you come to a decision about which bank is most suitable, you may then proceed to open an account. I recommend opening an account in person so that you're able to ask any questions you may have in real time. The entire in-person process shouldn't last more than an hour.

Part of the university experience is learning how to transition from a dependent child into a self-reliant adult, and financial security is a pivotal part of this maturation process. In my experience, a savings account helped me to avoid impulsive and imprudent spending and helped me become more thoughtful about my finances. Furthermore, opening a savings account as a student puts you in a prime position to develop a good credit score at a relatively young age, which will be useful when you've graduated and are in need of a loan or mortgage. This future-oriented way of thinking is incredibly useful in all aspects of life, but especially financially.



Managing Living Expenses for International Students

Nusaiba Mustafa

Being an international student is not that easy, but I can help.

International Eagles, this one's for you!

As if travelling overseas to an absolutely foreign country to study is not nerve racking enough, there is also the anxiety linked to paying the high tuition fees and living expenses. Not to worry though! I have found several ways in which you can manage these expenses and have learned about the types of jobs you can do with a study permit. The bad news is you have to work for it and the payment is going to be just enough to cover your expenses. The good news is you get work experience and get to learn more about the community!

On Campus

There are a few scholarships and bursaries available for international students. On the [York International](#) website you may be able to find one that you are eligible for. A couple of these scholarships are automatic and do not require an application. In order to be considered for the Undergraduate Student Bursary, you need to complete your Student Financial Profile. These, however, will most likely not cover the majority of your tuition fees.

York U does provide many voluntary and paid work opportunities. Most departments and colleges have positions open for all students. You may visit their website to see which one works best for you. I like to keep an eye out for emails from New College about job openings. They are very convenient and easy to apply to. You are going to receive these emails. You are going to receive these emails automatically if you are a part of New College, so make sure to stay subscribed. These opportunities are great because you get a chance to get involved with the university community, get work experience that would look amazing on your resume, and get paid.

Off Campus

This is slightly tricky since you cannot do all kinds of jobs with a study permit. After talking to a couple other international students from my program who are working in Canada, I learned that you can work at stores and restaurants such as McDonald's, Tim Hortons, Osmow's, and Gap. Positions vary from company to company, but many of them are cashier, server, and kitchen jobs. You can apply online to some stores, however it is best to go in person with your resume and cover letter and speak with the manager for a job. This makes the process faster and more convenient. You can only work for 20 hours per week and will be required to have a [Social Insurance Number \(SIN\)](#). If you get paid minimum wage (\$15/hour) for your work, you should end up earning about \$1200 per month. This amount should be just enough to pay rent, transportation cost, and other bills and necessities.

Other Tips and Advice

1. Try taking fewer courses (3-4 courses) each semester to balance work and studies
2. Try looking for jobs near campus to save time and energy
3. Reach out to Academic Advisors and International Advisors to learn more about job opportunities and managing coursework
4. In the process of trying to figure it all out, don't forget to take time out for yourself and take a breather.
5. Even though this is a lot to take in, do not compromise with your mental health! Reach out to your advisors or to York's [Student Counselling](#) services for help.



Photos: Yuliya Trukhan

Easy Ways to Celebrate Valentine's Day on a Budget

India Madsen

As students, adding yet another expense to the seemingly never-ending stream of rent payments, tuition fees, and grocery bills may feel overwhelming. However, there are plenty of ways to show your love on Valentine's Day without breaking the bank.

Skating

Frequented by young couples, skating rinks across Toronto offer the perfect Valentine's Day outing—free of admission fees! I recommend exploring the picturesque rinks and trails at Colonel Samuel Smith Park, Nathan Phillips Square, Mel Lastman Square, or Harbourfront Centre.

Brunch at home

Not only is cooking with your partner a great way to enjoy each other's company, making a breakfast or brunch recipe such as pancakes or french toast with fruit is a fun (and cost-effective) alternative to a Valentine's Day dinner. For an extra cute meal, try using a heart-shaped cookie cutter on your pancakes.

A Romantic Movie Night

A rom com paired with popcorn and snacks is the ideal Valentine's night in for those seeking to save money and stay safe. Light some candles or string up some fairy lights (indoor LED lights) for a romantic feel.

A Walk Outdoors

With Toronto's abundance of charming coffee shops and picturesque greenspaces, planning a romantic Valentine's Day is a walk in the park! I recommend bundling up and exploring High Park, Glendon Forest (a part of York University's Glendon Campus), Glen Stewart Ravine (in the Beaches),

or G. Ross Lorde Park (near York University), with a cup of hot chocolate in hand.

Bonus: 'Galentine's Day' Spa Night In

In recent years, 'Galentine's Day' has grown in popularity. For those spending February 14th with their friends, a spa night at home is a fantastic activity to host either in person or through Zoom. Grab some face masks and nail polish from your local drugstore, slice some cucumbers, and you are good to go! For the perfect soundtrack to your night, try creating a collaborative Spotify or YouTube playlist with your friends.

Although some may argue that Valentine's Day is nothing more than a Hallmark holiday, designed only for the sale of bon-bons and greeting cards, I believe that February 14th is a wonderful opportunity to spend time with someone close to you—no matter your budget.



Photo: Yuliya Trukhan

ADMS + ITEC PASS Sessions

Winter 2022 Schedule

Class	Mon	Tue	Wed	Thu	Fri
ADMS 1500			12:00pm-2:00pm Section O <i>With Myroslava</i> ID: 930 7761 3855 Passcode: 458689	11:00am-1:00pm Section N <i>With Yusra</i> ID: 982 0902 9242 Passcode: 362518	
ADMS 2500	3:00pm-5:00pm Section U <i>With Gurleen</i> ID: 973 1766 8875 Passcode: 852301	9:00am-11:00am Section T <i>With Yuwei</i> ID: 990 7991 8329 Passcode: 129353 4:00-6:00pm Section Z <i>With Fernanda</i> ID: 958 3987 8340 Passcode: 438387		12:00pm-2:00pm Section N <i>With Cadisha</i> ID: 993 0705 2013 Passcode: 151550 3:00pm-5:00pm Section P <i>With David and Gurleen</i> ID: 98453759381 Passcode: 796469	
ADMS 2510			10:30am-12:30pm Section M <i>With Aaron</i> ID: 947 0029 3768 Passcode: 890722 2:30pm-4:30pm Section N, Q <i>With Amy</i> ID: 969 1659 8313 Passcode: 115943	10:00am-12:00pm Section U <i>With Aaron</i> ID: 966 7115 1321 Passcode: 366393 12:00pm-2:00pm Section O, P <i>With Rohan</i> ID: 975 7095 8980 Passcode: 578519 2:30pm-4:00pm Section V <i>With Rohan</i> ID: 975 9744 7278 Passcode: 500281	12:00pm-2:00pm Section S <i>With Vanshika</i> ID: 934 1563 3576 Passcode: 895539
ADMS 3530	11:30pm-1:30pm Section M, U <i>With Priya</i> ID: 918 5786 8094 Passcode: 897288	12:00pm-2:00pm Section V <i>With Haseeb</i> ID: 965 1145 5651 Passcode: 123456 2:00pm-4:00pm Section P <i>With Alina</i> ID: 941 6229 7879 Passcode: 777493		10:00am-12:00pm Section R, W <i>With Andrea</i> ID: 9417406 3893 Passcode: 946691 4:00pm-6:00pm Section S <i>With Dhruv</i> ID: 947 2406 5093 Passcode: 804645	10:00am-12:00pm Section Q <i>With Langsheng</i> ID: 961 7509 7989 Passcode: 516477



Class	Mon	Tue	Wed	Thu	Fri
ADMS 3585	12:30-2:30pm Section P <i>With XiaoXiao</i> ID: 989 9223 6453 Passcode: 138720	12:30pm-2:30pm Section M, O <i>With Jaikun (Kyle)</i> ID: 956 5654 8151 Passcode: 99404			12:30pm-2:30pm Section Y <i>With Jaikun</i> ID: 986 4968 2550 Passcode: 465733
ADMS 3595	3:00pm-5:00pm Sections N, O, P, Q, X <i>With XiaoXiao</i> ID: 999 3212 7921 Passcode: 988791				
ITEC 1620				11:00am-1:00pm Section Q <i>With Telmuun and PeiPei</i> ID: 968 8402 2313 Passcode: 433366	11:00am-1:00pm Section P <i>With Christopher and Rachad</i> ID: 959 8805 9362 Passcode: 14665
ITEC 3210		12:00-2:00pm Section M <i>With Kabir</i> ID: 937 8025 8705 Passcode: 935658	12:00-2:00pm Section M <i>With Kabir</i> ID: 959 2829 2169 Passcode: 605204		

New College Events in February

New College, in partnership with York's Career Education & Development, Proudly Presents:

What Can I Do with My BA HRM or BCom HR Degree?

3pm – 4pm on Thursday February 3, 2022

Not sure what career options your **BA Human Resources Management** or **BCom HR** degree might lead to? Attend this webinar to learn how the skills you are developing in your degree and the experiences you are gaining while at York will help build a foundation for your future.

REGISTRATION IS REQUIRED. PLEASE NOTE, THIS WILL BE AN ONLINE WEBINAR FOR BA HUMAN RESOURCES MANAGEMENT OR BCOM HR STUDENTS. To participate in the webinar, you will need a computer (with speakers or headphones), internet access, and Zoom desktop application (Zoom) installed in your computer. You will receive the URL of the webinar with the zoom link in a reminder email the day before the event. Should you have any questions, please email lmyrie@yorku.ca.

Register at: <https://www.yorku.ca/newcol/forms/view.php?id=166>

What Can I Do with My IT Degree?

3pm – 4pm on Thursday February 10, 2022

Not sure what career options your **IT** degree might lead to? Attend this webinar to learn how the skills you are developing in your degree and the experiences you are gaining while at York will help build a foundation for your future.

REGISTRATION IS REQUIRED. PLEASE NOTE, THIS WILL BE AN ONLINE WEBINAR FOR IT STUDENTS. To participate in the webinar, you will need a computer (with speakers or headphones), internet access, and Zoom desktop application (Zoom) installed in your computer. You will receive the URL of the webinar with the zoom link in a reminder email the day before the event. Should you have any questions, please email lmyrie@yorku.ca.

Register at: <https://www.yorku.ca/newcol/forms/view.php?id=168>

What Can I Do with My COMMERCE Degree?

3pm – 4pm on Monday February 7, 2022

Not sure what career options your **COMMERCE** degree might lead to? Attend this webinar to learn how the skills you are developing in your degree and the experiences you are gaining while at York will help build a foundation for your future.

REGISTRATION IS REQUIRED. PLEASE NOTE, THIS WILL BE AN ONLINE WEBINAR FOR COMMERCE STUDENTS. To participate in the webinar, you will need a computer (with speakers or headphones), internet access, and Zoom desktop application (Zoom) installed in your computer. You will receive the URL of the webinar with the zoom link in a reminder email the day before the event. Should you have any questions, please email lmyrie@yorku.ca.

Register at <https://www.yorku.ca/newcol/forms/view.php?id=167>