

# New Beat

New College Monthly Newsletter | March 2022



Photo: Victoria Campos-Gentile

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## The Residence Issue!

*This month, the New Beat team offers tips to make the best of your living situation, for both commuters and students living in residence. We are excited 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



# Student Council Corner

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## How My Role on Student Council Improved me

Director of Promotions is a title I never thought I would have. Before joining New College Council, I kept my art (or anything I created) to myself. I was never very confident in my creative skills and I always underestimated my ability to create. However, when I joined the New College Council, I pushed myself out of my own comfort zone and decided to apply my passion for content creation in a way that was more public, where people would actually see what I made. The New College community is supportive both on council and off. People are always there to cheer you on, allowing a safe, positive community that you can grow in. Many students in New College find themselves developing their skills and gaining experiences that can last a lifetime. Being Director of Promotions has allowed me to develop myself in a way that's fun and it has given me an experience unlike anything else.

**-Nesha Thambirajah**

Director of Promotions

New College Council

## Peer Mentor Tip of the Month

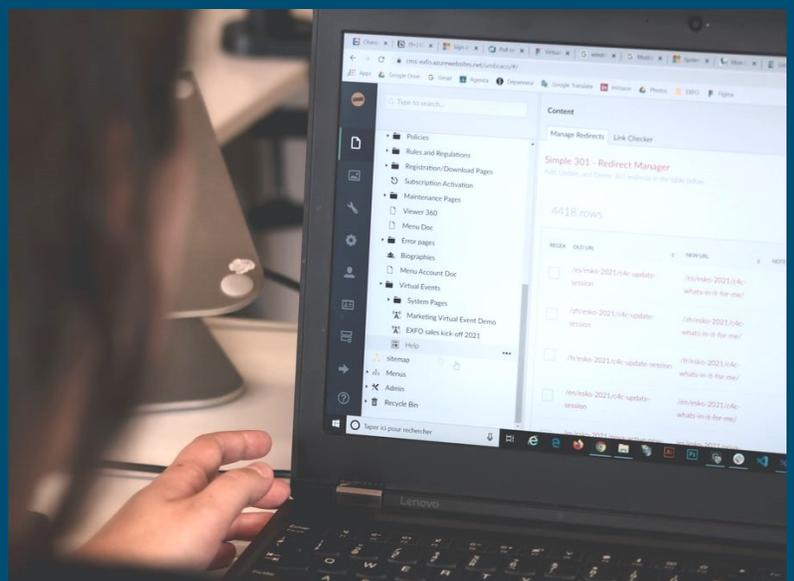
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### Conduct eClass and Email checks

Stay up to date with course activity through email and eClass by conducting periodic checks. Some notifications may not be pushed through, so it is important to avoid missing updates from professors on course activities.

**-Ankita Singh**

New College Peer Mentor



# A Home Away from Home

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**Gareth Neba**

New Beat Staff Writer

York University has admitted more than 5000 international students, many of whom depend on York to provide them with student residence. Luckily the university offers a plethora of options. In addition, the university hosts events in order to help acclimate new students to the university's culture. However, for those of us who come from elsewhere, the transition process is still exceedingly difficult. The aim of this article is to identify some of the unique obstacles that international students face when moving into residence on campus, as well as how to overcome them.

First and foremost, the process of moving in can be especially challenging for international students. In my personal experience, transporting my luggage proved to be more difficult than I anticipated. Canadian students typically get assistance from family and friends when moving in, however not everyone has that luxury. When I first arrived, I had two large suitcases, plus one small one, and no one to help me carry them. Luckily, since COVID restrictions have loosened and the university has hired older students to assist you with transporting all your belongings, all you need to do is ask.

The next issue is finding other members of your community. One of the best parts of living in residence is meeting different people from different parts of the world. York University is a world-renowned institution, which is reflected by the diversity of the student body, staff and faculty members. The diversity is incredibly exciting, but it is also important to develop relations with people who come from the same place as you do. The solution is YU Connect. YU Connect is a platform created by the university which allows students to join clubs that are of interest to them. Personally, I joined YUBSA (York United Black Students' Alliance) in order to connect with students in residence who were from the same place as me. It is a very useful tool for all students, but international students in particular.

Overall, living in residence is undoubtedly the best course of action for international students because it allows you to incur new responsibilities in a safe environment, all while getting to explore the vast university campus. Life as an international student in residence isn't without its challenges, but ultimately they will enable you to develop into a self-reliant adult.

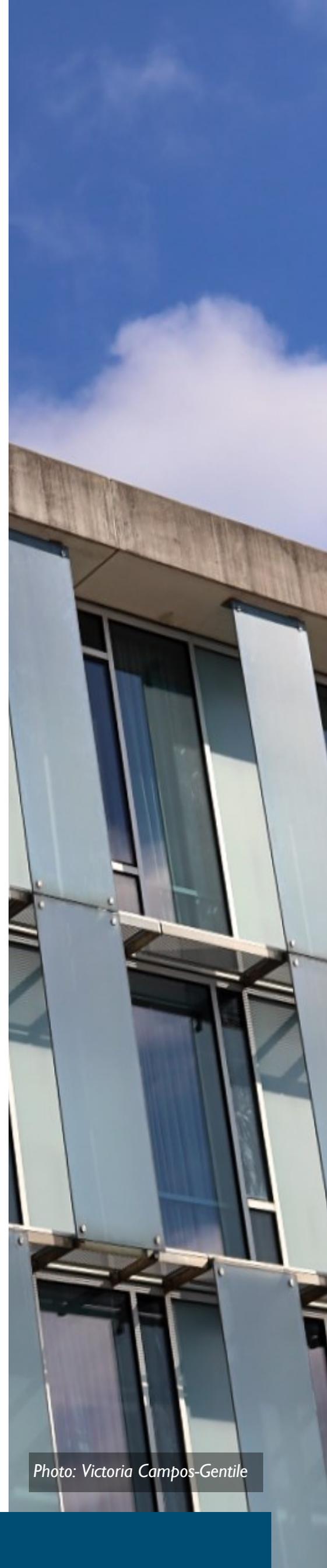


Photo: Victoria Campos-Gentile



Photo: Yuliya Trukhan

## Setting Boundaries with Family and Roommates

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**India Madsen**  
New Beat Editor

In a metropolis with apartment rents higher than its skyscrapers, living alone is an almost insurmountable challenge for many Torontonians college and university students. Although we will hopefully move on to more comfortable living spaces in the future, living with family or splitting rent between a group of roommates remains the most feasible option for many of us at the moment. Whether you live with family or roommates, you are bound to face struggles surrounding sharing your space with others. Luckily, with a little bit of patience and resilience, many common challenges can be prevented.

### **Create a dedicated study space for yourself**

Sometimes, it can be difficult to focus when you are working and your housemates are relaxing. Studying in shared spaces (ex. on your couch, at a kitchen table) only exacerbate this issue. Creating a dedicated workspace will not only help you to focus, but signal to those around you when you are busy.

### **Bring up concerns as they occur**

While ‘keeping the peace’ between the people sharing space may be your go-to course of action when presented with a conflict (queue a text venting to your friends about your roommate’s annoying habits), avoiding resentments is equally important. If your roommate’s actions are upsetting you, don’t wait for weeks on end to bring it up to them out of fear of confrontation.

### **Begin with a positive statement**

Of course, confronting someone you live with about an issue is easier said than done. One easy way to diffuse a contentious situation is to begin with a positive statement, such as a compliment or a “thank you.” For example, *“I really appreciate how you always make sure to keep the kitchen clean after you use it, but could you ask me before eating my food from the fridge?”* Such statements facilitate a less hostile atmosphere for discussion.

### **Recognize that you’re not perfect, either**

While its easy to get caught up in the shortcomings of your roommates or family members, keep in mind that we all have our faults. Being open to discussing your roommate’s concerns about *your* actions will encourage an environment of compromise and mutual respect.

While it can be difficult to live with a group of other people as you study from home, establishing your boundaries, while avoiding an accusatory attitude, is the first step to maintaining a peaceful living space for yourself.

# Living On Campus Made Easier: Tips, Advice, and Life Hacks

## Nusaiba Mustafa

New Beat Staff Writer

Living on campus has numerous benefits which include saving commuting time, easier access to libraries and study areas, meeting and connecting with new people, and access to facilities that would be rather expensive off-campus. All in all, living on campus is time-saving and convenient. However, adjusting to a completely new place away from home for the first time can prove to be a challenging task. Another huge challenge is how to best organize and utilize the limited space in your room. To make these tasks a little less complicated, I have gathered some ideas for products and tips that will help you organize your life on campus and feel more at home.

### Advice for Living On Campus

#### Have a good connection with your RA.

Your resident assistant can help and guide you through any issues or questions you may have, whether it is with your room, another resident, or residence facilities.

**Study in groups.** This can increase motivation and also the efficiency of your work. You get to learn from other people's work habits and methods.

#### Make friends with your floormates.

Connecting and networking with people will make your stay so much simpler and more comfortable. Again, you can learn a great deal from getting to know new people.

**Use a map app to navigate around the building.** It is really easy to get lost in a new place, especially when it has many floors and rooms. For this reason, using a map is a useful and essential tool.

**Take a meal plan (could be required or optional depending on which residence you choose).** This takes away the hassle of cooking every single day. You also do not have to pay every single time you get a meal because you have paid in advance. A few of the many places you can use your meal plan within campus are Starbucks, Tim Hortons, and Subway.

#### Add little decorations around the room to make it feel more homey.

Adding things like candles, frames, plants, plush toys, and other decorations can be a great mood lifter after a long and tiring day of attending classes and studying.

### Organization Tips

**Desktop shelves:** these are the perfect way to store stationery, books, and small accessories.

**Rolling utility cart or a portable bathroom tote bag:** a great way to carry your toiletries, especially when the residence has common bathrooms.

**Under-bed storage units:** since the bed takes up most of the space in your room, it is a good idea to store things like clothes and shoes underneath it.

**Cascading hangers:** this makes it easier to hang clothes in a small closet space

**Lap desk:** A lap desk makes it easier to work on your bed and can be folded and put away after you are done.

**Jewelry cabinet with mirror:** while we're at it, why not utilize the door to your room? Having a jewelry cabinet with a mirror behind your door makes getting ready much easier.

**Bonus tips!** Use websites like Amazon Prime Students and UNiDAYS for great student discounts. Shop at Walmart for cost-effective products (take Bus 41 to get to the one near York University).

That's all for this month folks.

P.S. Don't forget to have fun!

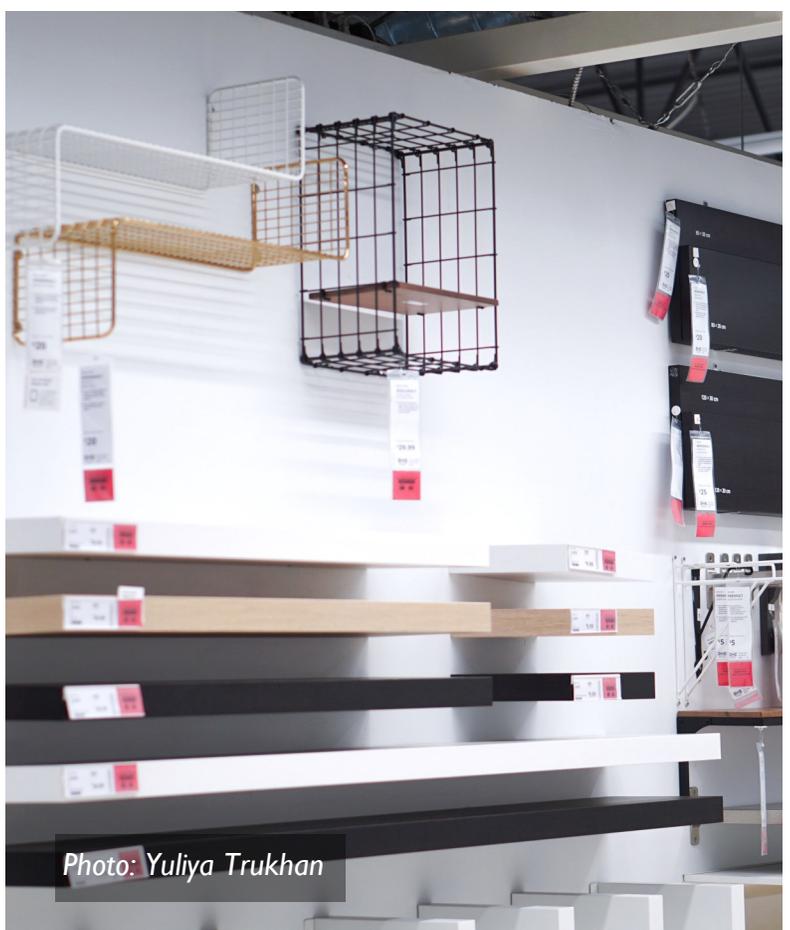


Photo: Yuliya Trukhan

# Online School vs. In-Person Classes: Which is Better?

**Gurkamal Aujla**  
New Beat Staff Writer

I have encountered students who are extremely adamant about the idea that school should be completely online. However, I have also encountered students with a completely opposite view of things, who believe that class should be in-person and that we should all return to York as soon as possible. Having experienced both perspectives, I can say that each option comes with its advantages and disadvantages, and that it is important for us to stay as optimistic as possible about whichever situation that we are put in.

When the pandemic first began and York first closed down, I believed that online school could be a good thing. As I was nearing graduation, I saw this extra time as a blessing because I knew that I could study more, join more extracurriculars, get more involved in the community, and prepare for graduate school. However, towards the end of my first year online, I started feeling sluggish. I realized that this was because I wasn't getting out of the house as

much anymore, and because I was no longer allowing myself to use my spare time to relax. Again, I saw this extra time as a blessing and wanted to make sure that I took advantage of it. Because of these feelings, I started wondering if in-person classes were better after all.

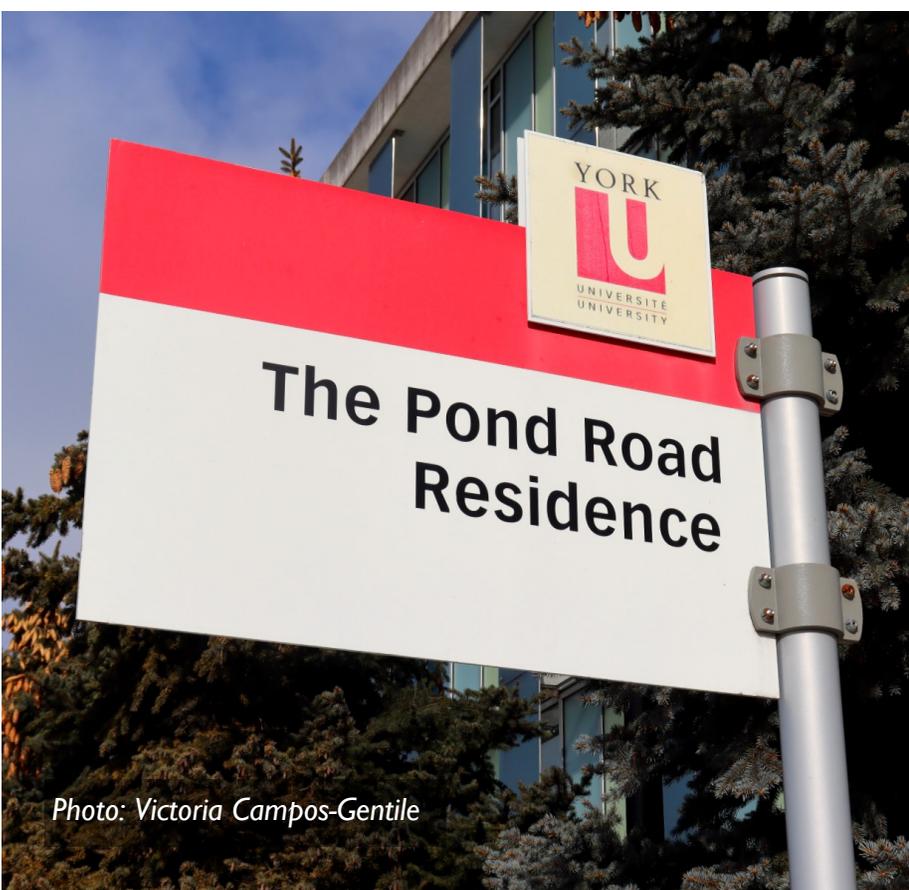
Then came this year, my second year experiencing online school. I have come to realize that, although I truly do believe that students should attend classes in an actual classroom, meet classmates and make friends in person, and have the opportunity to experience visiting York's campus, it is important to remember that we are in the midst of a global pandemic. This means that things are not always going to turn out the way that we expect, and it is completely up to us as to whether we want to embrace the blessings that come with the lack of choice we have in this situation, or not give it our all because we are not learning in our preferred environment.

Sticking to this mentality, I have



decided to see my sluggishness as a challenge to find new ways to stay active and to take breaks between study sessions. Furthermore, attending online school means I don't get to have lunch breaks with friends in between classes, and I can look at this as a reason to look for other ways to meet up with friends, whether online or in person. On the other hand, someone who is not looking forward to the extra time that's required to commute to and from school when attending school in person can see this as a challenge to better manage their time.

Overall, I believe that we are all capable of both excelling in school and maintaining a healthy work-life balance. For this to be possible, you need to trust that you will be able to adapt to whichever environment that you are put in. As we start to return to York this month, it may take a little time to understand how we can work efficiently while facing a new environment and facing lengthy commute times, but it is certainly possible for everybody.



# ADMS + ITEC PASS Sessions

## Winter 2022 Schedule

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



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

## New College Events

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### HRSA Information Session: HRPA

Thursday March 3rd, 6:00pm



When it comes to understanding the world of HR, HRPA is the first step! Join the Human Resources Student Association in a zoom information session all about HRPA on March 3rd.

Register in advance for the HRSA Info Session [here](#)

*To stay up to date on all of HRSA's upcoming events, follow @HRSAYORK on all social media platforms!*

### Positive Psychology & Career Well-Being

Tuesday March 8th, 3:00pm—4:30pm

Would you like to learn how to apply fundamentals of positive psychology theory and techniques in your daily life? Join this webinar to find out how to balance your personal and career well-being amidst the COVID-19 pandemic.

Register [here](#)

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](mailto:lmyrie@yorku.ca).

***This event is proudly presented by New College, in partnership with York's Career Education & Development***

## More New College Events

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### New College Formal: *A Night in Las Vegas*

Friday, March 18th



Calling all Eagles! The event you've been waiting for is finally here! Join New College for *A Night in Las Vegas* at the Riviera event space on March 18th. Tickets will be available on Tuesday, March 1st.

Follow @newcollegeyu on Instagram for updates!

### New College Financial Series: The Importance of Filing a Tax Return

Tuesday March 22nd, 2:45pm-4:00pm

There are a number of tax rules that can help offset the cost of university as well as a number of social benefit programs delivered through the tax system. But you can only access these funds if you file a tax return.

Professor Joanne Magee will talk about the importance of filing a tax return every year even if you don't owe tax.

Joanne Magee has been a York University faculty member since 1991 and has supervised student volunteers in York University Tax Clinics since 1995. She is a Fellow of the Financial Planning Standards Council and CPA Ontario and a former Governor of the Canadian Tax Foundation. She currently serves on the Income Tax Education Committee of CPA Canada.

Everyone is welcome! Register [here](#)

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](mailto:lmyrie@yorku.ca).

*This event is proudly presented by the Office of the College Head, New College*