

New Beat

New College Monthly Newsletter | April 2022



Photo: Victoria Campos-Gentile

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“NETWORKING, Interning and How-To After Graduation”

The Health Issue!

As a student, taking care of your wellbeing can sometimes be difficult. This month, the New Beat team shares tips and advice to improve your mental and physical health. 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



Meet the New Beat Photographers!



Yuliya Trukhan

Hi everyone! My name is Yuliya. I am a second year Administrative Studies student at York University. I am happy to contribute my creative skill to New College's New Beat newsletter.



Victoria Campos-Gentile

Hello, my name is Victoria and I'm a first year Human Resource Management student. In my free time I like to cook, be in nature, and take photos.

Peer Mentor Tip of the Month

Join a club or try to find study buddies for your courses! These are both great ways to make new friends.

-Adityaraj Rana

New College Peer Mentor

The Severely Inconsistent Sleep Cycle of a Student



Photo: Yuliya Trukhan

stifles brain development—which is particularly important considering the human brain continues to develop until the age of 25. Personally, I struggle with this as well because I am naturally nocturnal and it is difficult to readjust my sleep schedule at the beginning of a semester.

The best way to combat this issue is to establish a fixed daily schedule for yourself. Train yourself to wake up at the same time every day and sleep at the same time every night. Typically, it is the inconsistency of waking up at different times every day that spirals out of control and ultimately ruins a person's sleep schedule. In my experience, I found that setting my alarm every morning for the same time naturally healed my sleep schedule to the point that my body automatically wakes up at 08:00 in the morning every day. The most difficult part of the process is getting into the habit. However I can assure you that the end result is very rewarding. Getting an adequate amount of sleep will enhance every aspect of your life because your brain will be fully functioning, enabling you to be more productive, creative, and energetic. Not only now as a student, but for the rest of your life.

Work Cited:
Towriss, Jessica. "Sleep – a Luxury That Post-Secondary Students Can't Afford." *Spoke*, 31 Oct. 2018, <https://spokeonline.com/2018/10/sleep-a-luxury-that-post-secondary-students-cant-afford/>.

Gareth Neba New Beat Staff Writer

University students are no strangers to hectic sleep schedules, we often find ourselves having to wake up at different times every day for various reasons, like attending lectures or going to work. Although most of us know that inconsistent sleep patterns are unhealthy, most people's understanding of the detrimental effects of inconsistent sleep patterns does not extend beyond surface level knowledge. I aim to inform you about the dangerous effects lack of sleep has on

students, and how you can hopefully ameliorate the problem if this is something you are currently dealing with.

According to Statistics Canada, 7 out of 10 post-secondary school students report that they don't get enough sleep during a working week (Towriss, 2018). Needless to say, this is an insufficient amount of time to rest considering the fact that 8-9 hours of sleep is the optimum amount of sleep per night. The effect of sleep deprivation on the brain is comparable to alcohol intoxication, and often leads to sloppy and erroneous work. Furthermore, insufficient sleep

Simple Yoga Poses for Students

India Madsen
New Beat Editor



It's that dreaded time of year again: Exam Season. While your midnight deadline might be the only thing on your mind when typing your final essays, the stress that lingers with this busy time of year can be not only mental, but physical. If you find yourself with a sore back, neck, or wrists from sitting at your desk and typing for hours on end, you may benefit from a few strategies to let go of physical tension. For this reason, I sat down with Rhondda Smiley, a certified yoga instructor with valuable experience teaching classes in a corporate setting, where the yoga students struggled

with the same pain resulting from desk work that students like you and I often feel. If you have soreness in your back, neck, or wrists after a marathon of essay-writing or note-taking, try one of these stretches!

1. Restorative Back Stretch

Roll or fold up a bath towel lengthwise into a column shape. Place the towel on the floor and lie on your back with the towel aligned under your spine. Bend your knees, with your feet planted on the floor. According to Smiley, this restorative yoga pose can help you to combat the tension that may build up as a result of hunching forward over a laptop.

2. Seated Wrist and Neck Stretch

Sit in a chair with both feet planted on the floor. Sit on your hands, with your fingertips facing inwards. Gently stretch each side of your neck by moving one ear towards your shoulder. This exercise benefits both your wrists and your neck, and can be easily practiced almost

anywhere.

3. Shoulder, Arm, and Chest Stretch

Take the ends of a belt in each hand (if you don't own a yoga belt, a regular belt or even a towel is just as effective). Though the length of the belt that you take into your hands will differ depending on the length of your arms and your range of motion, holding about thirty inches of belt can be a helpful starting point for experimentation. Slowly lift your extended arms over your head, continuing the range of motion back, behind your head if you are comfortably able. This exercise benefits your shoulders, arms, and chest, which often cave inward while slouching at a desk.

The next time you spend a long period of time working at a desk, give one of these helpful stretches a go!

Note: These exercises do not constitute professional medical advice.



The Road Not Taken

Gurkamal Auja
New Beat Staff Writer

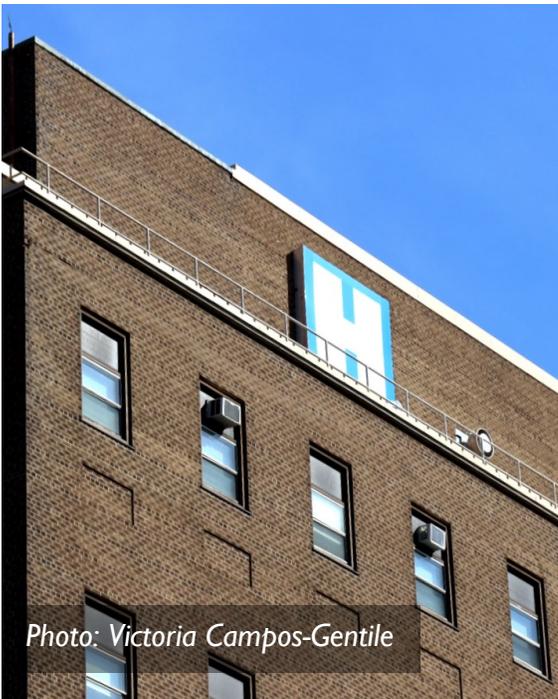


Photo: Victoria Campos-Gentile

Dwisha Patel is a novice Registered Nurse (RN). She graduated from the BScN program at Ryerson University in April 2021 and obtained her license in late October of the same year. Her first job was at Plan A Halton, a long-term care agency, where she is still employed. On January 1st of 2022, she began working full time at Trillium Hospital in the Comprehensive Stroke and Rehabilitation Unit.

Dwisha agreed to sit down with me and talk about her insights on the limits and restraints that are implemented within the education system, which influence the decisions of prospective healthcare practitioners. She shared a real, honest narrative about her journey of becoming a registered nurse.

Dwisha spoke about how COVID-19 has impacted the nursing profession. She explained that “many new graduates were stripped of the opportunity of becoming an independent RN, and this still happens today, due to the lack of clinical placements”. When asked about the consequences of the lack of opportunities for new graduates, Dwisha stated that, “with such a setback in the student nursing career, it wouldn’t be surprising

if new graduates won’t be able to handle the regular patient load during this pandemic”.

When asked what advice she would give to her 17-year-old self, who was just starting university, Dwisha responded that she could “...communicate the importance of gaining experience over grades to [her] younger self. Going through university, every student is focused on chasing that school-assigned 4.0 when, in reality, the true 4.0 is assigned from the real world. Theories and hypothetical situations are easy to memorize and regurgitate on an exam, but new graduates soon learn that the real-world experience is much more intense”.

Dwisha reflects on the fact that there are certain parts of nursing, particularly bedside nursing, that are glorified in schools and in mainstream media and, as a result, many students choose to follow those paths. “I think that giving high school kids a clear picture of what the nursing profession consists of is vital to their decision-making process.” Further expanding on idea that nursing is misunderstood as a strictly one-pathed profession, Dwisha suggested that “...classes that introduce the different healthcare professionals would be beneficial to students”.

She also suggested that “...an increase in the transparency of the climate surrounding bedside nursing will decrease the high volumes of novice nurses blindly chasing jobs that they will leave in a short period of time. The glorification of bedside nursing during this pandemic is contributing to the nursing shortage in the grand scheme of things. Less nurses would quit if they had been given a clearer picture of what full-capacity, under-staffed bedside nursing really is,” she predicts.



Photo: Victoria Campos-Gentile

Prioritizing your Mental Health as a University Student

Nusaiba Mustafa
New Beat Staff Writer

Oftentimes, health is simply thought of as a person's physical well-being, probably because physical health is usually visible and easily understood. However, it is also important to consider one's mental health, no matter their age. As young adults and university students, we are always bogged down with both work and worries about the future, leading to frustration and anxiety. It often feels as if we have to excel in everything we do and be better than everyone else just to land a decent job. These pressures and their effects on mental health are often disregarded because work and school responsibilities are things we "have" to do. This is why it is necessary to take care of yourself and do what's best for you; no one will understand you better than yourself. Here are some dos and don'ts to achieve this goal.

Don't overwork! It is very easy to overwork yourself when you get the course outlines with multiple deadlines. Even though overworking is romanticized by many, doing so could cause burnout and, eventually, inefficiency; this is horrible for your mental health. To evenly divide your work and meet deadlines, stick to a planner from the beginning of a semester to the end.

Take frequent breaks. It is important to avoid always working or thinking of work. Go for a walk, catch up on your favorite show, read that book you've been wanting to read, or treat yourself to something nice; do whatever helps you relax. This will help you recharge yourself and concentrate better. You should never have to wonder if you deserve a break or not; you don't need a reason to take one.



Take care of your physical health. Physical and mental health are interrelated. Staying hydrated, eating well, and exercising often (even if it's a short walk) can help you feel better and boost your energy.

Try to strike work-life balance. Work is important, but so are other things in life such as catching up with friends and self-care. Try going to a nice cafe, movie theater, or an amusement park.

Don't be hard on yourself! You don't have to do something just because you think you have to or someone expects you to do it. It is okay to fail, to pass up opportunities that aren't right for you. Take your time with things; you don't have to do multiple jobs right away. Make sure to reward yourself for completing every small task. This will help you stay motivated and feel accomplished.

Make use of all university resources.

- Attend PASS and SNACK sessions for study aid
- Speak to a career advisor to discuss job opportunities
- Speak to an international advisor to discuss your opportunities as an international student
- Make use of student health & well-being counselling to receive professional help with mental health.

These may be easier said than done, however it is crucial to treat your mental health the way you treat your physical health.

Take it easy, Eagles!

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 Event: NETWORKING, INTERNING and How-To After Graduation

Tuesday April 5th, 3:00pm-4:00pm



Victoria Bisram

New College graduate

Victoria Bisram graduated in 2016 with a Bachelor of Commerce in accounting. Upon graduating from York University, Victoria secured a two-year developmental opportunity in the Ontario Public Service's Ontario Internship Program, which offers interns invaluable work experience in strategic planning and business relationship management, while also delivering important public services to the people of Ontario.

She has chaired the Ontario Public Service's Strategic Professionals Association, Refined Knowledge Stewards (SPARKS). In this role, she developed partnerships and offered support to help members advance their careers through networking opportunities. She provided opportunities for members to develop the skills and knowledge they need to succeed and is committed to supporting an inclusive, accessible, and healthy workplace that promotes interns and co-op students.

Victoria will be presenting this engaging and connective session where she will take a deep dive on topics such as skills in conversation, networking, the importance of storytelling, asking questions and ways to diversify your skillset.

This session will help expand your horizon by challenging yourself and your current ways of thinking and doing.

- Pre-Registration is Required. Register [Here!](#)
- You will receive the Zoom link the day before the event.
- Should you have any questions, please email Imyrie@yorku.ca

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



Photo: Claire Nakkachi
(Unsplash.com)