

New Beat

FROSH
EDITION

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NEW STUDENTS | NEW INFORMATION | NEW COLLEGE

A Tip From Staff

We can't stress enough, the importance of completing the online YU START Modules. The link is provided through MyFile.

Our office receives a number of calls from students who have either not completed the modules or skipped through a lot of the content to get to the end so they can add their courses. We get it! However, the issue is that students end up missing a lot of information and not fully understanding the enrolment and course selection process, which leads to enrolment problems and errors.

We encourage students to carefully go through all of the modules. In-person assistance is also available for those that require it. The LA&PS Advising Office, located in 103 Central Square, is holding YU START drop-in sessions every Friday this summer from 10:30 am - 2:30 pm. If you are having difficulty with YU START, we highly recommend you take advantage of this resource.

School of Human Resource Management
Faculty of Liberal Arts & Professional Studies
Campus Location: 150 Atkinson
Telephone: 416.736.5806
Website: www.shrm.laps.yorku.ca

Looking Back

My experiences at York University and especially New College have been most memorable so far. I am grateful for the events, programs and workshops offered, and the people that I have met. Attending orientation has helped me connect with wonderful people who are a part of the New College community.

I have met faculty members and staff on a daily basis and seen familiar faces who have impacted the New College community. They make an effort to ensure that all students are comfortable especially in their first year and ensure that students take advantage of the tools and resources available at York to succeed in school and their future career.

I have been a Peer Mentor for a couple of years, participated in Intramural Sports and became a University Experience Presenter in my second year. I was presented with the Master's Award in March 2018 for being engaged in College life and giving back to the New College community. Participating in workshops and programs has helped me build and further improve my presentation, communication and leadership skills, while building my social and professional network. I will be able to draw from my network whenever I need to provide references for my career.

New College has become another place that I can call home and it all started with attending Fall Orientation.

WRITER: LATOYA SIMMS (BHRM STUDENT, PEER MENTOR AND UNIVERSITY EXPERIENCE PRESENTER)

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The Perfect Frosh

Frosh Orientation Week is just around the corner and that means nine days of no sleep for us Leaders, Captains and O-Chairs, BUT nine days full of fun, enjoyment and the transition into being a first-year student at York University. Frosh Orientation Week worked wonders and shaped me into the individual I am. I hope to help our incoming first-year students to ensure an unforgettable Frosh, just as it was for me. Here are three major tips I would give all incoming first-year students attending Frosh Orientation Week.

Participate

Being an active member of the community is the most efficient way to make friends and find your voice in the community. Unfortunately for me, I chose to skip out on many events due to my lack of confidence. I have always been a very social person, however, going into an environment without knowing someone, took me out of my

comfort zone. My way of being social was through the Frosh Leaders, Captains and Orientation Chairs. They befriended me and made me feel the sense of belongingness, which I lacked. Be prepared to be in unfamiliar territory, but just remember everyone is in the same boat as you. Also, this will most likely be the only time you will attend Frosh as an incoming first-year.

Eat & Sleep

New College feeds its constituents more than generously. In addition, there are many opportunities to rest and sleep. During my stay in the commuter spaces provided by New College, eating and sleeping was not a priority. The hype of Frosh does not end any time in those nine days. Fun fact: during Frosh, I lost MORE THAN 11 lbs. and averaged about THREE hours of sleep. Sure, I had a solid six-pack and beautiful bags under my eyes, but they definitely were not worth jeopardizing my physical and

mental health. Make sure you continuously check in with yourself and give your body the much deserved nutrients and rest it wishes.

Have Fun

Remember why you are here. Remember what decision brought you here. More importantly, remember who you are doing this for; yourself. You came into this week with the expectation to have fun and you are the only one who can dictate how well this week goes. There are various events organized by our Orientation Chairs, Maya James and Gurjot Singh, to ensure the enjoyment of our incoming constituents. Do not forget YOUR main goal for this week. With these three simple tips, you have constructed the foundation of a very enjoyable Frosh Orientation Week.

WRITER: JASKARN DUHRA (2ND YEAR BCOM (MANAGEMENT) , VP OF SOCIAL AT NEW COLLEGE)

Warning! Classes start here									
saturday, 1 st	sunday, 2 nd	monday, 3 rd	tuesday, 4 th	wednesday, 5 th	thursday, 6 th	friday, 7 th	saturday, 8 th	sunday, 9 th	
9AM		Breakfast	TTC Broom Ride		College Head Breakfast	Clubs Breakfast	Messy Games		
10AM	Dormitory Move-in Day								
11AM		Wizards go to Glendon Carnival	Orientation Day	Quidditch	Welcome to the Forbidden Forest	Break	Wasaga Beach Trip		
12PM									
1PM		Quest				Lunch			
2PM									
3PM									
4PM	BBQ	Break							
5PM									
6PM	Pre Party	Pre Party	Pre Party	Break	New College Festival & Coffee House	York U Soccer Game	Break	Boat Cruise	
7PM									
8PM	Calumet Party & Mashup Party	Bethune Camp Mashup Party & Movie Night	Quad Party & Defense Against The Dark Arts	Capture The Wand					
9PM									
10PM									
11PM									
12AM									
1AM									
Warning! Schedule is subject to change									

VIEW
THE FULL
SCHEDULE
ONLINE!

Why Every Incoming Student Should Participate in Frosh Week!

Going into my third year of being an Orientation Week Leader, one thing I have realized is that no matter who you are, or what kind of personality you have, everyone should partake in Frosh Week for their first year of university. As we get close to Frosh Week at York University, let me share some of the main reasons why I think Frosh is something every student going to university should experience.

Get Familiar with the Campus

York University is one of the biggest campuses in Canada, home to over 52,000 students. As a first year student coming from a high school with a capacity of barely 1,000 students (sometimes even less), it can be very intimidating and scary trying to find your way around the Keele Campus. And that's where Frosh plays a massive role! During Frosh Week, you will constantly be travelling around the campus for different events, parties and activities, which will help you become more familiar with the campus, and learn where your classes are ahead of time!

Make Friends in Your Respective Majors

This is probably one of the most important factors of not just Frosh Week, but your entire University Career. You cannot put a price on true friendship. One of the best parts of Frosh Week is the ability to meet students who share the same major and classes with you, as well as meet students in upper years, who can give you tips and tricks on how to make your time at York University, the best time of your life. Coming out of high school, I had always been a self-studier, who would prefer to do assignments and projects on my own. However, unlike classes in high school, courses in university (especially business orientated courses) really emphasize the importance of group work and collaboration in their classes, and what a better place to collaborate than Frosh Week, where you're surrounded by many students who share the same major and classes as yourself.

Get Out of Your Comfort Zone!

Probably the most challenging and difficult part of Frosh is trying to get out of your comfort zone. When you're surrounded by hundreds of students you have never seen

before, it can get quite difficult being comfortable and open with yourself and the environment, and that's absolutely normal. However, one of the beauties of Frosh Week is that you can express yourself in the way you want, in a safe, welcoming and judgement-free environment. Use this amazing opportunity to try the things you never got to do in high school and make your time at Frosh and York U, a time you will never forget.

I hope this article helped you understand the underlying beauties behind Frosh Week, and inspires you to take that leap of faith and join Frosh at York University this year!

WRITER: HARSH VERMA (4TH YEAR BCOM – HONOURS ACCOUNTING, VP OF FINANCE AT NEW COLLEGE COUNCIL)

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PLATFORM



To sign up for Orientation
or purchase your Social
Orientation Frosh kit visit:

<http://yustart.yorku.ca/>

FROSH WEEK:
September 1 - 9, 2018



From One Nervous Froshie To Another

Before I walked into York, I was really nervous as I didn't really understand how things worked but what I did know was that there was an event called frosh, that I heard about. The nervous me, decided to attend one frosh event where I made many friends. After talking to many people, I felt more comfortable and less nervous, as I knew I was not alone. After the frosh event, the next day was orientation where they informed us about how university works which got me worried and concerned, but the one thing that I took away from that day was being more involved in school will make for a better experience. The first thing I got involved in was the Health Aid Network, where I was the Health Aider (presenter). This helped me find resources for first year students and also allowed me to be more comfortable in presenting as we had to present all the resources in the psych class. Talking in front of a class of about 500 students was the start of many other experiences to come.



In my second year, I felt more comfortable in the York atmosphere which allowed me to explore more clubs and activities. In this year, I joined the Human Resources Student Association (HRSA) as a mentee, where I found out more information about my HR program. HRSA expanded my network in a way where it helped me more with my degree. I also attended on campus events as much as I could, where it allowed me to meet more people. This was also a year where I got the chance to be a Peer Mentor at New College which allowed me to share my experience to the first year students. I also got to host the fall and winter orientation, which allowed me to meet many people including the staff.

Third year was a year of hidden blessings. I was a Peer Mentor again which allowed me again to help with all the orientations (fall, winter and summer). I also got the chance to be a University Experience Presenter, where I went to my high school to share my Personal experience. This was a year where I built a strong relationship with the staff in the Office of the College Head. I once again expanded my network. Since I had a good network, I got a job at York as an Event Assistant in the summer. At the end of the year, I was given the honour of receiving the Outreach Award. In September, I will be entering my fourth year where I already have a plan of what I will be involved in. For instance, I will be the Associate VP of Marketing of HRSA and will be planning fun activities for the upcoming year. I will also be a Peer Mentor of New College along with being a University Experience Presenter. Something new that I will be involved in is the Marketing Students' Society (MSS) Executive Council where I am the VP of Social Activities. I knew that participating and giving back would give me good experiences, but I didn't always have the courage to do so. As I slowly expanded my network, it helped me develop the courage and gave me the experience that I was looking for. For instance, I will receive a Certificate of Participation or a Reference Letter which is something that employers are looking for. Since it's my time to give back, I would want everyone to make sure to get involved and expand their networks because together we could be amazing.

Thanks to the York family for getting me out of my shell and allowing me to help others!

WRITER: HARPREET PABLA (4TH YEAR, BHRM STUDENT)

NOT ATTENDING FROSH?

HERE ARE SOME IMPORTANT DATES
YOU MAY NEED!

INTERNATIONAL STUDENTS ORIENTATION:

Fri., Aug. 31 1:00 pm - 2:00 pm
Tues., Sept. 4 11:00 am - 12:30 pm
Tues., Sept. 4 1:00 pm - 2:30 pm

PARENTS AND FAMILY ORIENTATION:

Saturday, September 1st, 2018
9:30 am - 3:00 pm

NEW STUDENT ORIENTATION:

Tuesday, September 4th, 2018
2:30 pm - 8:00 pm

FIRST DAY OF CLASSES:

Wednesday, September 5th, 2018

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