



NEW BEAT



New College

THERE IS SO MUCH HOLIDAY CHEER IN ALL OF OUR COMMUNITIES, WE JUST HAD TO SHARE IT. PLEASE FLIP THROUGH AND ENJOY THE HOLIDAYS!

In many ways, students are blessed to be part of York University and New College. The Kendo Club, Ukrainian Students' Club, Chinese Students' Association, Filipino student association, African Students Association, Malayalee Students Association, Assyrian Chaldean Syriac Student Union, Iranian Human Rights Society and many more, displays diversity and different traditions. I cherish these clubs and know that the variety of club traditions reflect the different ethnic, cultural & religious belief. This shows the Diversity within our Institution. I am proud of the diversity that exists and know that it makes us more inclusive and richer as a community.

When I wish you Merry Christmas, please know that I am also wishing you a Happy Hanukkah, Happy Kwanzaa, or joy in whatever holiday you may celebrate.



Merry Christmas,
Umashankar Ketheeswaran
New Beat Editor



Presenting to you- Now Leaders

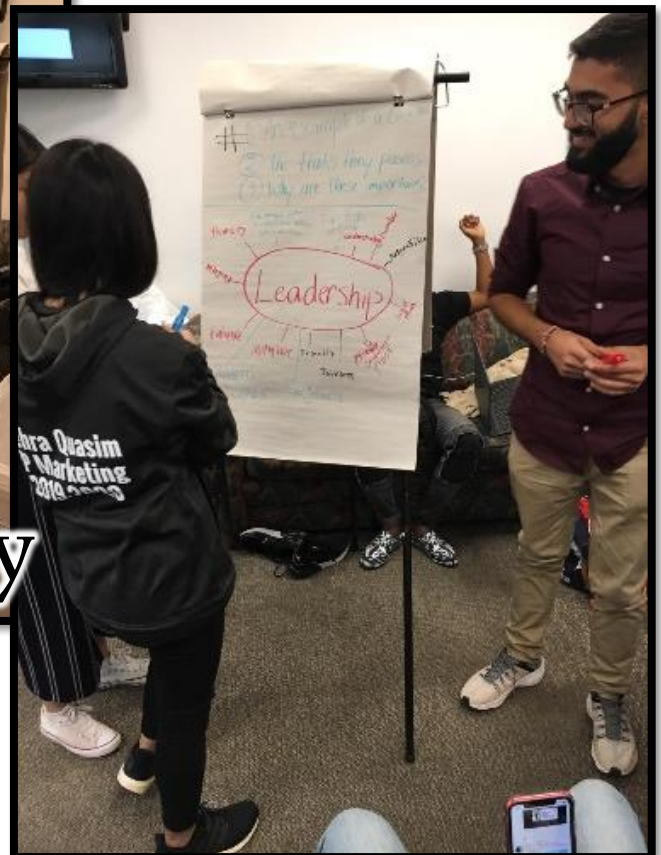
2018 New College Club of the Year

So, who exactly are we? Now Leaders strives to promote leadership development among New College students at York University. We are, a dynamic team, driven to help New College students gain exposure to leadership experiences, make valuable connections, and make campus a lot more fun & enjoyable. As New College's leadership development club, we are committed to helping students create a vision, build courage, and expand their horizon through hosting a series of networking sessions. Now Leaders' networking sessions involve professional speakers and leaders. Our goal is to help students enhance their soft skills and leadership traits so that they can readily apply it in their professional careers.



Have A Great Holiday

By Jafer Dincer
Student Representative
NOW Leaders



WE ARE THE NOW!



Staying Healthy and Practicing Self-Care During the Exam-Season.

As we head into the exam season, it can be difficult to manage all our different priorities. Sometimes it feels like we're being pulled in so many different directions; it can be overwhelming to try to manage all the stress that comes with those competing priorities. Here are some ways to help you practice self-care and put you on the right track for success!



1) Study in a consistent environment

Practice maintaining consistency in your study environment. Doing this regularly will allow your brain to focus more easily.

Bonus: Aim to mimic your exam environment!

2) Be intentional about breaks

Try to avoid taking a break, even if it's scrolling on your phone, in the same environment that you study in. Step away to do some form of self-care that brings you joy like chatting with a friend or grabbing a favorite snack.

3) Stay hydrated

It's always vital to remain hydrated, but especially during the exam season. Caffeine or energy products can be tempting but many of them contain a high amount of sugar. If you do choose to consume these products, it is important to use them in moderation.

4) Sleep!

Sleep is important for your overall wellness and helps with information retention and recall. While the amount of sleep each individual needs can differ, having a routine and setting a regular bedtime will help you feel refreshed for that 9am exam!

5) Get active

Exercising while studying for exams can be challenging but physical activity can improve concentration and memory which can be helpful when studying for exams. So try to step away from your books to go on a walk, do an at-home workout, or get in a quick workout at Tait!

By Health Ed Peer Team

New College Clubs



Services Provided by New College and Affiliated clubs

PASS Final Review Schedule – FALL 2019

Space is limited for Review Sessions. First come, first served.

EMAIL/DM TECHDOC

To get free *TECH-support*



COURSE NUMBER	PASS REVIEW DATE	TIME	ROOM #	Number of Spaces Available
ADMS 2320	Monday December 2	1pm - 4pm	ATK 124	30
ADMS 2500	Tuesday December 3	9am - 12pm	ATK 124	30
ADMS 2510	Friday November 29	9am - 12pm	ATK 024	30
ADMS 3330	Friday November 29	12pm - 3pm	ATK 124	30
ADMS 3530	Monday December 2	9am - 12pm	ATK 124	30
ADMS 3530	Tuesday December 3	12:30pm – 3:30pm	ATK 124	30
ADMS 3585	Friday November 29	9am – 11am (Regular Session) 11am – 2pm (Review Session)	ATK 140	30

PASS (Peer-Assisted Student Success) sessions are organized by
New College, Office of the College Head
York's Community for BCOM, BHRM, ITEC and BDEM
<http://new-college.laps.yorku.ca/pass/>
140 Atkinson, 416-736-5233, newcol@yorku.ca



Do you want to write for NEWBEAT?

We are open to articles, events, or anything about the New College community. If you want to be published in the New-Beat January newsletter, email your submission to ncnews@yorku.ca by December 11th, 2019.

Everyone is Welcome!

Come to our
Office: 140D Atkinson

Check Out Our Social Media

✉ support@techdocyorku.ca

fb.me/techdocyu

@techdocyorku



Tech Doc

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We Offer FREE:
Java Installation/Setup
New Computer Setups
Virus Detection and Cleanup
OS Optimization
Lag Repair
General Installation Help
Microsoft Office Installation

Free NEW
SERVICE
for York U
Students



Contact: Umashankar Ketheeswaran
New Beat Editor
ncnews@yorku.ca



New College Events

December 2019

York's Community for BCOM, BHRM, ITEC and BDEM New College



The Office of the College Head, New College
cordially invites you to a
Holiday Luncheon/Study Break

Wednesday December 11, 2019

12pm – 2pm

HARRY CROWE ROOM, ATKINSON 109

Come out of the cold and into the warmth of New College.
Mingle with friends and colleagues while you enjoy
delicious holiday treats!

Register at:

<http://www.yorku.ca/newcol/forms/view.php?id=133>



MERRY CHRISTMAS

York University CLOSED
December 23rd, 2019 – January 3th, 2020

Reopens
January 6th, 2020