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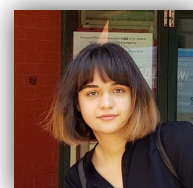
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New Beat

FEBRUARY 2021

NEGAR FATHI

NEW BEAT NEWSLETTER EDITOR
VOLUNTEER PEER MENTOR



Journaling: What Is It and Why Do I Care?

Let's address the title of this article, "what is journaling and why do I care?"

Journaling is popularly known as a form of expressive writing that one partakes in when dealing with complex emotions. However, journaling is known to have many benefits such as providing a structured routine for people, reduce stress and anxiety, and even improve physical health. A study conducted by researchers Sherlock Campbell and James Pennebaker (2003) showed a statistical relationship between emotional writing and the frequency of physician visits. The longitudinal study of 15 years demonstrated that emotional writing influences many other factors involving health including immune function, stress hormones, blood pressure, and a variety of social, academic, and cognitive variables. In other words: journaling is known to improve physical health!

You may be reluctant to start journaling because maybe you "just don't have that many problems going on." Understandable, but journaling can be done in many different forms. Another popular form of journaling is bullet journaling: a method of organizing thoughts, future tasks, brainstorming, reminders, and to-do lists. Art journaling is another example that expresses emotions through illustrations, colors, and patterns. Video journaling (also known as *vlogging*) is another popular form of journaling where people document their thoughts and emotions through video.

Reference:

Campbell, R. S., & Pennebaker, J. W. (2003). The secret life of pronouns: Flexibility in writing style and physical health. *Psychological Science*, 14, 60-65.





Here is a list of the other types of journaling that may interest you:

- Food journaling
- Gratitude journaling
- Travel journaling
- Plant journaling
- Fitness journaling
- Poetry journaling
- Prayer journaling

If you're still not convinced that you should take up journaling, there are many other benefits to journaling that improve one's lifestyle. One benefit is that the purpose of journaling is to keep people accountable for their thoughts and ideas. By having a visual reminder, journaling can help people achieve their goals faster. Journaling also helps boost memory; just like writing handwritten notes allows for better retention of information, journaling can help your brain make stronger connections and allow for better storage of information in long term memory.

Journaling overall is an excellent form of self-care that advocates structure and challenge through expressive writing. I challenge you to take initiative for your mental and physical health, starting with little changes!

In honour of Mental Health Awareness Week, York will be hosting a number of self-care tips and tricks on the Instagram page so be sure to stay updated!

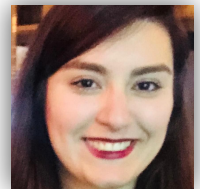


CASEY ANN MEDINA
NEW COLLEGE COUNCIL
VP ATHLETICS



phone a
friend

MEGAN AHMADPANA
VOLUNTEER PEER MENTOR



Send This to a Friend

For me, online education is challenging - way more challenging than I thought it would be. When it was first announced that our classes go online, I thought to myself that I'd be free! I was happy in the beginning that I did not have to drive to school, walk for kilometers through the parking lot and wake up early for class. I could not believe that I would save money from paying the parking lot fees, and I would not have to pay for campus food anymore. Even the thought of not having to carry a heavy backpack full of books, which usually gave me a sore back, was a great feeling. Right now, those are some of the things I miss. I did not realize how much my eyes would hurt staring at the computer screen or how much I'd miss being in the classroom environments or working in person with friends for group projects. In the beginning, I thought it would be fun if I could listen to a lecture while wearing my pajamas, but now, I miss getting dressed for school.

It has been a difficult experience, and honestly, everyone is hoping that it ends soon. But what if things remain the same for a few years? What if this does not end soon enough? Should we put our lives on hold?

Absolutely not!

Now is the time to show how strong we are, despite all challenges. Now is the time to read, learn, grow, and improve ourselves. We need to be focused on our mental and physical well-being more than ever. Exercising, yoga, meditation, drawing, playing an instrument, or any other activity that gives us peace of mind, do more of that! What we do not need now is a negative attitude. This experience once again has shown us how much we need our loved ones to be beside us in laughter and joy. We learned our happiness is only worthy when it is shared with the people that we love. There is always a beam of light at the end of the tunnel. So, cheers to that very moment when we get to hug our loved ones, and they hug us back even tighter!

New College Presents

Organized by the Office of the College Head

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

New College



New College Proudly Presents

Excel Workshops

*Struggling in your courses that require Excel?
Looking to learn how to use Excel to ace that assignment?
Want to gain more competitive skills for today's job market?*

Beginner Workshop

Friday February 12, 2021 (2pm - 4pm)

Register at: <http://www.yorku.ca/newcol/forms/view.php?id=99>

Intermediate & Advanced Workshop:

Friday March 19, 2021 (10am - 1pm)

Register at: <http://www.yorku.ca/newcol/forms/view.php?id=100>

Please Note: The Beginner workshop is the pre-requisite for the Intermediate/Advanced workshop.

Registration for the Intermediate & Advanced workshop will open after the Beginner workshop has ended.

Registrations will close when we reach maximum seating.

Should you have any questions, please email lmurie@yorku.ca



Hosted by the Office of the College Head, New College.

PASS Sessions

If you have trouble in certain courses, then Peers Assisting Study Sessions (PASS) are for you!

PASS sessions will be offered in the winter term for the following courses:

ADMS 1500, ADMS 2500, ADMS 2510, ADMS 3530, ITEC 1620 and ITEC 3210.

For further information, please contact Lorraine Myrie at lmurie@yorku.ca.

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

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New College Proudly Presents

TOASTMASTERS

- ⇒ Do you have a fear of public speaking?
- ⇒ Do you want to become a confident public speaker and strong leader?
- ⇒ Do you break out in cold sweat just thinking about giving a presentation at school or at work?
- ⇒ Do you have little to share in group discussions?

If you answered YES to at least one of these questions, then **TOASTMASTERS** can help you to:

- Develop better speaking and presentation skills
- Build strong Leadership & Mentoring abilities
- Win that job interview
- Improve your Communication, Leadership and Public Speaking skills
- Become a competent Communicator
- Increase your self-confidence



Toastmasters is a worldwide organization with over 16,600 clubs in 143 countries working on developing communication, public speaking and leadership skills. Top corporations such as Amazon, Boeing and Google offer communication skills training for their workforce through Toastmasters.

THURSDAY FEBRUARY 4, 2021

2:45pm - 4:00pm

Door Prize: One-year Toastmasters Membership

Register at: <http://www.yorku.ca/newcol/forms/view.php?id=107>

(You will receive the ZOOM link the day before the event)

Should you have any questions, please email lmurie@yorku.ca



Hosted by the Office of the College Head, New College.

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

New College



New College Financial Series Proudly Presents:

INVESTING IN YOURSELF Smart Ways to Cover the Cost of Your Education



How can students be financially successful while completing their degrees?

Your Peers at Student Financial Services can teach you all about it. From OSAP, to the NSLSC, to Loan Repayment and Budgeting, we will talk about it all.

Come prepared with all your questions!

This workshop will be facilitated by **Student Financial Services** and will cover the following:

- ⇒ OSAP
- ⇒ National Student Loan Service Centre (NSLSC)
- ⇒ Grants, Loans and Repayment
- ⇒ York Student Accounts: How to pay tuition
- ⇒ Budgeting and other Student Finance Concerns
- ⇒ Student Financial Profile
- ⇒ Scholarships, Bursaries and Awards
- ⇒ Other sources of funding

THURSDAY FEBRUARY 25, 2021

12pm - 1pm

Everyone welcome

Register at: <http://www.yorku.ca/newcol/forms/view.php?id=123>

(You will receive the ZOOM link the day before the event)

Should you have any questions, please email lmurie@yorku.ca

Hosted by the Office of the College Head, New College.



Peer Mentor Drop-in Office Hours



First week: Jan 11 - Jan 15 @ 9:00 am - 4:00 pm EDT

<https://yorku.zoom.us/j/98817305219>
Meeting ID: 988 1730 5219

Tues & Thurs: Jan 19 - Apr 8 @ 9:00 - 10:00 am + 3:00 - 4:00 pm EDT



Community!



All Day, Fun Day, Hump Day

- **FREE** games and activities

Monthly: Every 3rd Wednesday

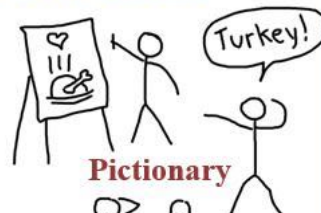
(January 20, February 17, March 17)

Begins: 9:00 a.m. Ends: 4:00 p.m. EDT

<https://yorku.zoom.us/j/91909797303>

Meeting ID: 919 0979 7303

- A great place to meet new people, play some fun games, laugh, have some fun and de-stress.



BCOM, BDEM & BHRM Advising Open Forum



Advising Open Forum with Academic Advisors from BCOM, BDEM & BHRM

Thursday, February 11, 2021
2:00 pm to 3:00 pm EDT

<https://yorku.zoom.us/j/93362608158>
Meeting ID: 933 6260 8158

Virtual Drop-ins Winter 2021

New College Peer Mentors are available to help answer any questions you may have. No appointment necessary, just drop in to the zoom link.

<https://yorku.zoom.us/j/98817305219>

Wednesday Hump
Days – Winter 2021

Our Wednesday Hump Day Cafes during this work and study from home period will now be substituted with some fun activities all day long. Join us for **"All Day, Fun Day, Hump Day"**

Monthly: every
3rd Wednesday.

February 17 & March 17,
from 9:00am to 4:00pm
<https://yorku.zoom.us/j/91909797303>

BCOM, BDEM and
BHRM Advising
Open Forum ~
Thursday, February
11, 2021

The BCOM, BDEM and BHRM Academic Advisors will be available for an Advising Open Forum on Thursday, February 11 at 2:00 pm. No appointment necessary! Just drop in and ask any questions you may have.

<https://yorku.zoom.us/j/96200250236>