



New Beat

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DEAR EAGLES...

As the role of president is normally an elected role, I wanted to thank the council for appointing me to this position. But more importantly, I wanted to thank the community for believing in me and allowing me to serve a position on council to begin with. Without the continued support, I would not be able to be in the position that I am in. I'm extremely excited to work with everyone that is elected and hired into their respective positions. The hard work and dedication that they have shown to the community is unbelievable.

While the new Student Choice Initiative is taking place starting September, it will not stop our council from planning large and small social events, supporting affiliated clubs, and participating in Intermurals throughout the entire year. While there are going to be many challenges from these changes, the community gathering together would be able to combat these issues. The new SCI is a difficult concept to understand and significantly affects New College. We are here to support the students and the community, to maintain this standard we request that you stay opt-ed in, it will provide funding to the respective area.

We are still waiting for the new student space to be completed from construction. However, the space should be open to us shortly! This space will allow for students to have a quiet study area in the Atkinson building.

My job is to serve you to build and develop as a community. If you ever have any questions or just want to talk, send me a message and I will get back to you. We want to ensure that New College is an inclusive, accessible and welcoming space for all students.

I believe that we can fly!

Kristy Chui,
President
New College Council



THE PROS AND CONS OF OUR TECHNOLOGY- DOMINATED WORLD

BY DILRAJ VIRK
PEER MENTOR

Technology has taken over our lives and has become increasingly pervasive within modern society. Everywhere you look, there is bound to be someone using their smartphone or laptop. However, this begs the question, what effects does technology have on our lives? On one hand, technology has made many tasks simpler, whether it's paying bills online rather than visiting one's local branch, shopping online, and texting friends and receiving instantaneous replies. While the benefits of technology are undoubtable, the negative effects of technology within our technology-dominated world must also be addressed.

One of the negative effects associated with technology is our increasing reliance and addiction to our smartphones. According to a recent study conducted in Korea, in which teenagers diagnosed with smartphone addictions were studied using standardized addiction tests, it was found that many of them scored high on indicators for depression, anxiety, insomnia and impulsivity (CTVNews.ca Staff, 2017).

Technology may have many benefits, but it seems as though it is negatively affecting us as well, by creating addictions that result in chemical imbalances in our brains. Another one of the cons of our technology-dominated world, is the increasing use of social media, which leads to frequent social comparisons. In a recent conversation with my friends, they all expressed how social media had negatively impacted their self-esteem, by allowing them to view the lives of their peers on social networks such as Instagram, Facebook, and Snapchat.

They expressed how they often ended up comparing themselves to people who were more successful, had higher follower counts, or lavish lifestyles in general. Social media networks are a form of technology that have allowed us to become prisoners to social comparisons. These sentiments are echoed by others as well, including within Ottoni's (2018) opinion piece for The Toronto Star in which she stated:

"It's becoming clearer to me that each time I log in to Instagram I am being smacked in the face with people's best moments and strategically taken pictures, and it creates an illusion that their lives are constantly this way...I used to remember this when looking at celebs and models, but now it seems like I am inadequate compared to my friends' bright and sparkly lives.(para. 5)"

Comparing yourself to others on social media is detrimental to your mental health, as it leads to feelings of inadequacy and low self-esteem, even if social media has become a popular.

Technology has also simplified our lives, by enabling us to perform tasks while on the go, whether it's purchasing groceries online, banking through an app, or sending emails.

The positive impacts of our technology-dominated world are clear, but it is integral to assess the negative impacts associated with technology as well. How technology has had detrimental effects on our mental health must be analyzed and addressed. As technology continues to grow and expand the parameters of our lives, it remains to be unseen what our future world will resemble, but it is certain that technology now dominates our world.

Comm-Unity

BY ISABELA BIBULOVIC
VICE-PRESIDENT ACADEMICS, NEW COLLEGE COUNCIL



School, social life, grades, budgeting, the future... just a few topics that run through our minds as students. However, we tend to forget that in this fervent pursuit of our studies we may actually be hindering our progress. How?

Way too often students catch themselves in fourth year scrambling to build a network and get involved on campus in extracurriculars while they still can. However, these efforts come too late. Too much time is spent on either being a bookworm, or being no worm at all. A balance between school and life is vital.

A student in their early undergraduate years, especially in Business (Commerce), needs to keep their focus razor sharp and know what their target is. This gives them time to build their network in a strategic manner and see what opportunities suit them best.

Sound like something you want to get a head start on? New College has opportunities for you to get involved in the numerous clubs

that are affiliated with our growing community. Whether you're in Finance, Accounting, Marketing, have an interest in leadership development, Information Technology, Human Resources, and much more, there is a club for you! These clubs allow you to network with professionals in the realms that you're interested in with regular events, and allow you to grow individually and as a member of the New College community.

Remember it's not all about receiving, but also giving. Don't underestimate the impact you may have on those around you. As Betty Reese cheekily points out "If you think you are too small to be effective, you have never been in bed with a mosquito."

Keep an eye out as the school year approaches to see what clubs appeal to you and where you can contribute best.

If you have any club related inquiries please feel free to contact:
academics@newcollegecouncil.com

Student Clubs at New College*

Atkinson Professional Accounting Association (APAA)
info@yuapaa.com | www.yuapaa.com

Entrepreneurship Development Association (EDA)
infoeda@yorku.ca | www.edayorku.com

Finance Students Association (FSA)
fsa@yorku.ca

Human Resources Student Association (HRSA)
hrsayork@gmail.com | www.hrsayork.com

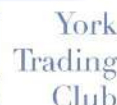
Information Technology Student Association (ITSA)
itsayorku@gmail.com | www.itsayorku.ca

Marketing Students' Society (MSS)
mssyorku@gmail.com

NOW Leaders (NOW)
nowldr@yorku.ca | nowleaders.strikingly.com

Undergraduate Disaster and Emergency Management (UEM)
udemYork@gmail.com | udemYork.club.yorku.ca

York Trading Club (YTC)
ytic@yorku.ca | www.yorktrading.club



Finance Students Association



NOW Leaders



*these are clubs that were affiliated with New College in 2018-2019, and does not guarantee that they will be re-affiliated in 2019-2020

OUR MISSION

The YFS Food Support Centre is open to any York University or Seneca@York student (full-time or part-time, undergraduate or graduate).

OUR PRIMARY GOAL

is to have food and basic needs available to students of York University who are in a position where they can no longer afford to purchase these items for themselves.

OUR SECONDARY GOAL

is to provide healthy, balanced food choices and to ensure that the food provided can, to whatever extent possible, fit cultural and dietary needs.

FACTS

- Post Secondary Students are the fastest growing demographics of food bank members in Canada.
- Students are graduating with an average of \$37 000.00 of debt.
- 59% of Toronto food bank members gave up a meal a day to pay for another necessity.
- YFS Food Support Centre distributes at least a 1000 individual food items each day.
- YFS Food Support Centre Membership grows by at least 25% every year.

WHAT IS FOOD SECURITY?

When all people have physical and economic access to sufficient, safe and nutritious food produced through environmentally and socially just means.

The very existence of the YFS Food Support Centre means that the York University community is food insecure.

WHAT IS THIS SERVICE?

The YFS Food Support Centre helps students overcome difficult financial circumstances by providing free non-perishable food and basic need items.



GET INVOLVED. VOLUNTEER. DONATE.

We welcome volunteers as well as donations of money and non-perishable food items throughout the year.

Please contact us at:
416-736-2100 x44861
foodcentre@yfs.ca
for more information.



HOW TO ACCESS THE SERVICE?

You can access the YFS Food Support Centre by becoming a member. Memberships are attained by presenting your YU Card and filling out a membership form, which is held in the strictest of confidence.

From that point on you only need to bring in your membership card (which has no identifying personal information on it to maintain privacy) every time you visit the YFS Food Support Centre.



WHERE IS IT LOCATED?

York Federation of Students
Food Support Centre
005 Second Student Centre

YFS FOOD SUPPORT CENTRE



THE SECRET TO ENGAGING AND ENHANCING YOUR YORK UNIVERSITY EXPERIENCE

Many times when a student begins the transition from high school to university they are often confronted with myths involving their overall GPA decreasing and having a rapid weight gain. As a result, it leaves a student to wonder, apart from the formal education, what else is there to enjoy about university life?

Within my first term at York University, this was a question that I wanted to discover and answer for myself. When I began my studies at York University originally, I focused on attending the lectures on time, and completing all the assigned readings. I found that although it was nice to learn new information in terms of enjoying the university experience, there was something missing. I then discovered from the YU Connect website, the different clubs and organizations at York University.

I then decided to join the clubs and organizations and began volunteering at clubs such as the Women's Mental Health Talks (WMHT), Humanity First and Habitat for Humanity.

Similarly within New College, the amazing volunteer opportunities that I participated include volunteering for Orientation Days and being a part of New College's Peer Mentorship Program that aims to help first-year ADMS, HRM, ITEC and DEM students have a smooth transition to university life, while at the same time giving upper-year students a volunteering opportunity to develop their leadership skills by helping a new member of the York community.

If I could go back in time, I would have definitely engaged more in the university experience within my first semester at York University. However, the advice that I would give to any student looking to further enhance their university experience would be to get involved as the benefits of getting involved are numerous. Some of the benefits include the ability to meet new people and form networks as well as assist in establishing interpersonal and leadership skills.

Sidra Saeed
Editor, New Beat Newsletter