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Presented by APAA

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New Beat

MARCH 2021



NEGAR FATHI
NEW BEAT NEWSLETTER EDITOR
VOLUNTEER PEER MENTOR





AIM CONFERENCE 2021

The Atkinson Professional Accounting Association (APAA) brought networking to its members' screens during AIM Conference 2021. With a rapidly changing workplace and uncertain job market, the conference theme was Redefining the Possible. The conference spanned 4-days, with each day loaded with exciting new information, tips and tricks about recruitment, and discussions about the endless possibilities in accounting.

Sean Mullin kicked off Day 1 with an incredible CPA information session. He spoke about the path to becoming a CPA and the bountiful opportunities that await the students with this designation. Next, Daniel Ferman provided us with insights on what it is like to be a partner at KPMG, as well as about the Private Sector Enterprise industry. He discussed the importance of bringing your whole self to work and about the motivations behind his decision to stay at one firm throughout his career. Daniel also talked about how his day-to-day responsibilities changed as he climbed up the corporate ladder.

On Day 2 of the AIM conference, APAA members had the privilege of networking with members of the MNP Toronto Team. They gave us an insight into their average workday amidst the pandemic and showed us the importance of managing the team and the clients effectively. Julia Moskal, Campus Recruitment Manager, talked about the recruitment process of the firm. Myda Shuja, Senior Accountant, and Samson D'Silva, the Staff Accountant, shared their journeys with us and gave some valuable tips and advice on how to successfully kick-start a career at MNP. Finally, the Fireside Chat with Keith Kwan and Kenny Lueng provided the attendees a true sense of the fun and inclusive culture of the firm.

Day 3 featured a roster of amazing keynote speakers. Steven Nushis, the Director of Accounting at Exhibition Place, asserted his philosophy about the four pillars of life and the importance of maintaining balance. Additionally, he answered our inquiries about how the workplace has changed. Next, it was time for Ramneet Brar, Senior Tax Consultant at KPMG described her experiences. Her resilience and passion for the field motivated every one of us. Lastly, we had the chance to network with the reigning Ms. Global 2020, Alice Li, CPA. Alice emphasized that "where there's a will, there's a way", and that nothing should stop us from chasing our dreams. With their experiences and insights, each of the speakers showed us how they have Redefined the Possible during these uncertain times.

Day 4 featured an interview skills workshop with Alexander Golijanin. In just 1 hour, we learned the Do's and Don'ts of virtual interviewing and how to successfully answer mock accounting job interview questions.

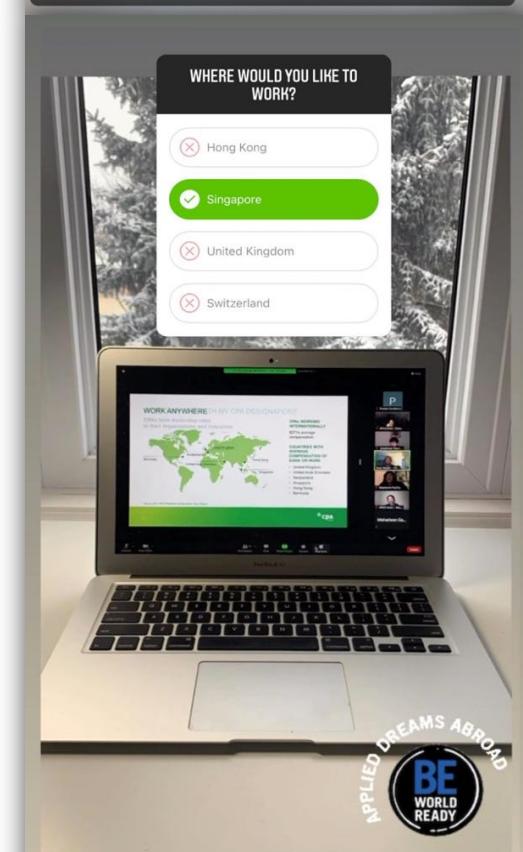
That wrapped up the 2021 AIM Conference. Though we missed the amazing food, we were thrilled and grateful that we had the chance to host AIM and network with some incredible professionals virtually.

Do you want to be a part of our upcoming exciting events? Follow us on our Instagram @apaayorku, and let us Redefine the Possible together!



1. ASK YOURSELF: WHAT IS ONE THING THAT MAKES YOU HAPPY?

2. YOUR CAREER IS WHAT YOU CHOOSE TO MAKE OUT OF IT!



Just Keep Swimming: Remote Motivation

FARZANA JALAL
NEW COLLEGE COUNCIL
POND ROAD REPRESENTATIVE



I assume everyone has watched the Pixar film Finding Nemo? No?

Well, long story short, Nemo was a young fish challenging himself to swim out in the 'blue' world to prove something to his Dad. However, he got lost, and his Dad, Marlin, set out on a journey and met another fish Dory, and together they swam through obstacles to find his son and persevered.

Well, I know that us facing the pandemic now, after getting hit by waves of lockdowns and restrictions, losing loved ones, and not being able to reach out to those whom we care for, has been extremely hard. Especially for University Students right now, motivation has been harder to grasp. Usually, pre-COVID, when one woke up, they had the freedom to go anywhere to be heard, study, socialize, or take a fresh breath of air without worrying. But now, those things are restricted to ensure the safety of the community. Despite everything being online, there are ways to stay remotely motivated. Let me share what I do:

- First step is to start your day with your usual morning routine and **MAKE YOUR BED!** It is the first productive thing to complete so you can do the next one. Otherwise, you will slide back into it and call it a day already. I am guilty of that, etc.
- Find things to do, and no not just Netflix and TikTok binging, playing games 24/7, or forcing yourself to catch up to readings. That becomes boring! Do not lose joy by repeating what you like to do.
- **EXPLORE!** Take up new hobbies or enroll in short online courses to increase personal growth! Then switch it up, so you will not lose interest.



References:

Finding nemo. (n.d.). Retrieved February 11, 2021, from <https://www.imdb.com/title/tt0266543/plotsummary>

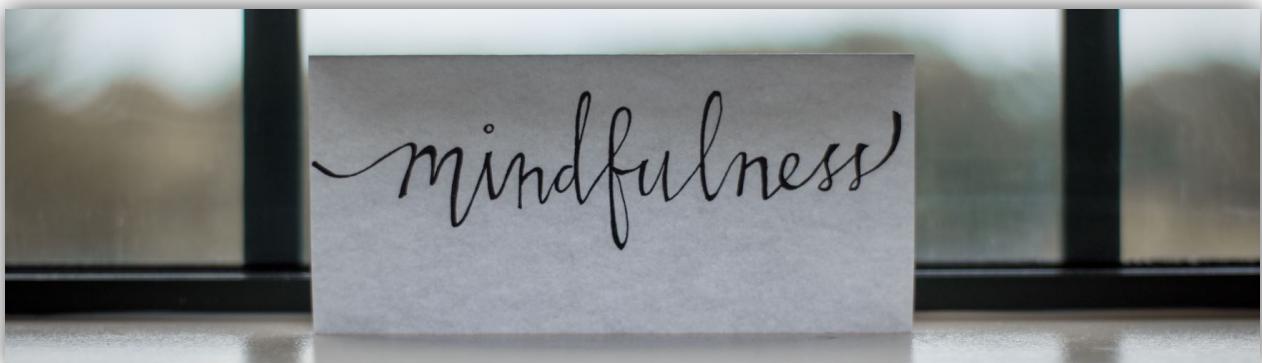
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The importance of self-care. (n.d.). Retrieved February 11, 2021, from <https://www.perimeterhealthcare.com/about/news/the-importance-of-self-care/#:~:text=Self%2Dcare%20encourages%20you%20to,the%20good%20feelings%20to%20others.&text=While%20some%20may%20misconstrue%20self,not%20considering%20your%20needs%20alone.>

- Stay connected. Set up ZOOM calls with your beloveds and blabber over your day, catch up and attend online events together. If you want extra company, feel free to join New College Events as we have been organizing various engaging events for everyone to have fun virtually. My personal favorite is HUMP DAY. I invited a friend and had a great time with the members! Follow @newcollegeyu on Instagram to stay informed.



- SELF CARE! I cannot emphasize how important it is. Not being able to go out, physical activity sure has decreased, and we are not getting our daily dose of Vitamin D, entrapping toxins that affect our mood and end up questioning our purpose of anything. So, eat healthy and search for ways of doing mindfulness activities that suit you and help you get rid of stress.



- If you work or study, or do both, break up your tasks into portions and reward yourself with your guilty pleasures.

- Before ending the day, I encourage you to write the tasks for the next day and repeat them. (Obviously, you can add your spice to these suggestions, you do you.)



In the end, Nemo is found, because Marlin and Dory kept the positive mindset of never giving up. It is never easy, but any step to help yourself when things are out of hand still contributes to achieving your goals. As an International Student, staying on-campus and not being able to keep in touch even with my neighbors can be lonely. However, doing some of these activities and keeping track of my priorities and resources (<https://reslife.yorku.ca/resources>) provided on Residence helped me to pull through, and they will do so for you too.

Right now, we are in the middle of the ocean; it is deep and frightening with no signs of land or people, just a horizon of water. But instead of focusing on where you are stuck, think about the destination.

So **“Just Keep Swimming!”** – Dory from Finding Nemo.

Frosh to Frost

To start the New Year, the Social Department alongside the O-Chairs, planned a great Frost Week. This week was full of many fun events such as speed friending, Jeopardy, a scavenger hunt, and cards against humanity, with many prizes. It was great to see familiar faces after the winter break, as well as meeting the new incoming first-year students.

As for the rest of the semester, it will be much like the last one. This semester will consist of online events as safety is a priority during the pandemic. Not to worry, just like the previous semester, the online events this semester will be engaging, interactive, exciting, and most of all, they will create a welcoming atmosphere in the New College Community.

Including myself, many people were disappointed that events such as Niagara, Montreal, and formal are improbable this year. I understand that these online events cannot simply replace our gatherings. With this in mind, I

urge you to take the advice I am about to give you, whether you are an incoming first-year or a senior who has yet to attend an online event this year. Keep an open mind this year, especially in the online setting.

I was an orientation leader for Fall's orientation known as the Frosh Week. That was also the first Frosh Week online. With that being said, many people were skeptical about it and contemplated if it was even worth attending since it was online. By the end of the Frosh Week, I could firmly say that every single person who attended, was able to make new friends and connections with not only the other first-years but also the upper-year students. Keeping an open mind allowed those who attended Frosh Week to fully experience it all while making friends along the way.

When I attended my orientation week, it allowed me to make friends in my program, all of whom I keep in close contact with today. These are the same people who will likely be in many of your

classes, and it is helpful when you see a familiar face. I also found it helpful to make connections with the upper-year students as they gave me great advice for university.

Since it has already passed, outside of Frost Week, there are many events throughout the year. This is a great opportunity for those who have missed their orientation week, or even for those that attended, to meet new people and experience a wide variety of events. These events allow students to hang out with their friends and give themselves a break from academics during the online setting.

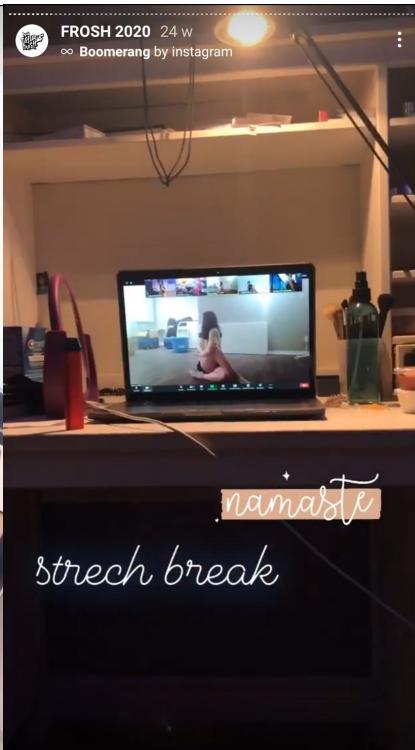
If you keep an open mind, I promise you will not regret it.

There are plenty of events planned till April so stay tuned to the New College Instagram page @newcollegeyu for updates.

We can not wait to meet all of you!

KYLE FERNANDES

NEW COLLEGE COUNCIL
VP SOCIAL



NCC Elections

Hey Eagles, it's that time of year again! Spring elections are happening this month.

This year we have a total of 11 positions available for you all to run.

The positions up for election are President, Vice President Operations, Vice President Finance, Vice President Academics, Vice President Social, Vice President Athletics,

Vice President Promotions, Director Social, Director Athletics, Director Promotions, Commuter Rep.

For more information about the roles of each position, please check the New College Constitution and by-laws. The nominations start from March 1st to March 15th, the campaigning period starts from March 6th to March 14th, and the voting

period starts from March 15th to 19th.

For more information about elections and to receive a Nomination Package, please email CRO@newcollegecouncil.com. Election Voting Link: yuvote.yorku.ca New College Council Constitution and By-laws: <https://new-college.laps.yorku.ca/about-us/student-council/>

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



New College Upcoming Events

Academic Integrity Presentation

In this presentation academic integrity and academic dishonesty will be addressed.

Students will gain the basic knowledge needed in order to understand and (hopefully) avoid breaches of academic honesty.

March 10 / 2:45pm – 4pm

To register for this virtual event, click here: <http://www.yorku.ca/newcol/forms/view.php?id=109>

International Student/Alumni – Commerce Student Meet & Greet

Students will get a chance to meet and network with Commerce alumni to gain insight into their educational and professional experiences.

March 11 / 9:30am – 11am

To join this virtual event, click here: https://yorku.zoom.us/meeting/register/tJ0kcugsgz0iEtD22RUZdTXVKY6_fc_ZSg_i

You Can Repay Your Loan

Students will learn:

- How to budget on a fixed income
- About money management skills and how to use debt to help them

Join your Peers at Student Financial Services as they walk you through the loan repayment process. Come prepared with your questions!

March 17 / 12:30pm – 1:30pm

To register for this virtual event, click here: <http://www.yorku.ca/newcol/forms/view.php?id=81>

The Importance of Filing a Tax Return

There are a number of tax rules that can help offset the cost of university as well as a number of social benefit programs delivered through the tax system. But you can only access these funds if you file a tax return.

Professor Joanne Magee will talk about the importance of filing a tax return every year even if you don't owe tax.

March 18 / 2:45pm – 4pm

To register for this virtual event, click here: <http://www.yorku.ca/newcol/forms/view.php?id=116>

Cathryn Patterson Presentation

Cathryn Patterson is a Career Coach, Strategist and an Ex-Tech VP with 2 decades of Software Development experience. She has recruited, managed and led huge teams, survived the Dot Com Bust, Real Estate Bust, been interviewed on ABC News, Bloomberg, the New York Times, Msn, Yahoo! News, and Sparrows. Through the COVID lockdown social media blitz, Cathryn unexpectedly found herself embarking on a new endeavour as a Career Coach and Strategist whose aim is to help you not only get the job, but to get the job YOU deserve!

Cathryn's tips are not found in any textbook, but rather from personal experience gained from her journey to the top. Join us to get a competitive edge in the following areas:

- Job Search
- Application
- Interview
- Social Media
- Education

March 25 / 2:30pm – 3:30pm

To register for this virtual event, click here: <http://www.yorku.ca/newcol/forms/view.php?id=146>

BCOM, BHRM & BDEM Open Advising Forum

Join the **ADVISING OPEN FORUM** to meet with Academic Advisors from the School of Administrative Studies and the School of Human Resources Management.

Bring any questions you may have regarding your **BCOM, BDEM and BHRM** studies.

March 30 / Two sessions: 9am – 10am & 2pm – 3pm

To join the virtual session, click here: <https://yorku.zoom.us/s/93362608158>

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

Hosted by the Office of the College Head, New College