



An Everlasting Convocation

Eagles are known to be creatures that travel and hunt solo. These birds, that symbolize power, authority and strength are admired for their size, incredible speed and skillful hunting tactics -- the perfect hunter. Having more than 60 different species, eagles are known to be the king of the skies. From the day they are born, they are put in situations where they have to fight for their lives. Most



eagle species will lay two eggs; the larger of the two chicks will usually kill the smaller chick. As they grow older, depending on the species, they hunt larger preys to prove their dominance and to survive.

New College Eagles display very similar characteristics to the tenacity and intensity of an Eagle. A convocation (or a group of eagles) is what I remember during my time in University. From what I remember, we were a bunch of students with a diverse set of talents, a diverse set of personalities and a unique togetherness that I have never seen before. We were a group of misfits that fit together. We were so strange and so cohesive that 'being unique and weird' became our identity. Since we were so different, we complemented each other and it allowed us to push each other to fly higher than if we flew by ourselves. The bond that I have with the New College Eagles will be in my heart forever, and I've never been so proud to say that I was and still am a New College Eagle. Happy Hunting eagles!

John Paul Guiao (Alumni)

The University Experience Project

This initiative provides meaningful experience to current undergraduate students who volunteer to visit local high schools and talk about their university experience. The goal is to dispel common university myths and inform high school students about what to expect when entering university. Volunteers are provided with training so they are able to adapt their presentation to their experiences. After, they are brought together to debrief and discuss the experience. This is a great opportunity to improve your public speaking skills, meet new people, and assist future students with their transition. Most likely recruitment for volunteer presenters will take place January 2016 via NC-Announce emails.

Frost Week 2016

Frost week (Winter Frosh Week) is social orientation for all new and incoming New College students (domestic, international, exchange, transfer and mature). It will be taking place the week of January 11th 2016, following Winter Academic Orientation on Friday, January 8, 2016. During the week New College Council will be hosting fun events and welcoming new students into the community. In the past we have held dance classes, yoga, ice skating, movie nights, etc. This year we start the week with a Broomball tournament, followed by a Cards Against Humanity game night on Tuesday. To stay in the know about this year's New College Frost Week make sure you are a part of the "New College at York University" Facebook page and click 'Going' to the NC Frost Week 2016 event!

Veronica Rondinone (Director Social, NCC)

One Way To Avoid Getting York'd

Upon entering my first year at York I heard countless upper year students telling me how they got "York'd" (York'd: a term students at York use when they blame the University for something that has happened to them). A handful of students I spoke with told me of how they were shocked to find out that they could not graduate on time as they did not meet their degree requirements. All those I spoke to advised "*Freshman me*" to seriously plan out my next four years at York if I wanted to graduate by 2018 (Four years after starting my degree). Now, there is nothing wrong with taking your time, university is not a race by any means! However, it would be unfortunate to have to come back for a fifth year unwillingly to complete those mandatory courses you forgot, or perhaps never knew were required.

Plan Your Future at York

1. If you are not already aware of your degree requirements book a student academic advising appointment here: <http://acadresources.yorku.ca/advising.htm>
2. ASK QUESTIONS! At your appointment, make sure you ask questions to further understand what it is that you need to graduate with your degree by a given date.
3. Know your prerequisites and make sure you complete those in time to take the upper year courses that follow.
4. Start mapping out how you can make it happen. Are you a full time student? What is your timeline?
5. Start mapping out your degree plan. (Write out your mandatory courses, pre-requisites, electives and Gen Ed's!)

Marissa Magneson (2nd year, Music)



Getting Motivated After the Holidays

Whether you are going back to work or back to school after the holidays, this can be a hard adjustment for many.

Here are some tips to keep you on your toes:

1. Write your tasks down on a to do list or in an agenda
2. Time yourself on what has to be done- this forces you to avoid procrastination and ensures that you are fully concentrated for that time
3. Take short breaks in between tasks. We can only concentrate for 45 minutes before our mind begins to drift off. From that point onwards, the tasks we implement start to become inefficient
4. Never try to multitask; students believe by multitasking that they can accomplish more but this is not the case. A study conducted by Laura Bowman suggests that when students were tested under conditions in which they were texting compared to those students who didn't text took longer to perform.
5. Get a hard task done first; that way other tasks will move along faster and smoothly

Alexa Lopreiato (4th year, BHRM)

League of Legends Night



To some, League of Legends is only a game, but to others, it is a sport, an e-Sport. Over the years League has grown exponentially in popularity and has become one of the biggest online games on the planet. New College Council is proud to be hosting their first League of Legends night of 2016 on the 27th of January. Anybody and everybody is welcome! Come out and enjoy a night of competitive fun and prizes sponsored by Riot Games themselves! Check out the Facebook event page 'New College League of Legends Night' for more details.

Dominic Ong (Commuter Rep, NCC)

There's No Place Like Atkinson

I walked into Atkinson on the first day of frosh as a clueless first year and I never really left. From that initial contact until now it has been a great 4 months being a part of New College. Much of my successful transition is a result of the heart of New College: Atkinson 107, the Lounge.

Several people would agree when I say that the lounge is a magnetic environment that



attracts repeating visitors and has them staying there for hours at a time. In

time, it may take away from schoolwork and other responsibilities, but that isn't always the case. The New College family is a small but kind and generous group of individuals that are always happy to meet "new" people.

This welcoming environment consists of students in different years, and who have unique stories about who we are, where we come from, and other random life topics. Between balancing classes and study time, you can stop by to meet some friendly faces, run a game of foosball or FIFA, or head over to the Master's Office for free breakfast every Wednesday morning (we call it Hump Day around here). All in all, the lounge really helps students take a break from all of the assignments and tests constantly being thrown our way.

You are always welcome to our lounge which is usually buzzing with conversation among wonderful people. Feel free to make yourself at home; just try not to play foosball when Sandro is around; once it's his turn, that's the sign for you to leave.

Haile Wondwossen, (1st year BAS Accounting)

Blue Mountain

It's that time of year! New College's annual Blue Mountain trip is fast approaching. This reading week come out and ski, snowboard or just relax with NC in Blue from Tuesday to Thursday, February 16-18, 2016! Ticket prices are \$160 for New College or Pond students, \$200 for non-New College York students, \$260 for non-York students. Prices include accommodation (4 per room), transportation, and lift tickets for Feb. 16 & 17. Bring money for food and other expenses! Equipment rentals are NOT included. For all the details and important information check out the Facebook event page 'New College goes to Blue Mountain'.



Veronica Rondinone (Director Social, NCC)