



NOVEMBER 2020

New Beat

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Writing Centre

Want to enhance your ability to produce effective academic and professional writing? During the summer term, the Writing Centre will offer primarily online one-to-one appointments, drop-in sessions, and limited eTutoring.

Visit: <https://writing-centre.writ.laps.yorku.ca/>

PASS Sessions

If you have trouble in certain courses, then Peer Assisted Study Sessions (PASS) is for you!

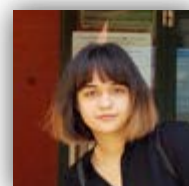
PASS sessions are available for the following courses:
ADMS 1500, ADMS 2320, ADMS 2500, ADMS 2510, ADMS 3530, ADMS 3585, ADMS 3595, ITEC 1620 and ITEC 3210.

PASS session schedules are posted at:

<https://new-college.laps.yorku.ca/pass/>.

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

NEGAR FATHI
NEW BEAT NEWSLETTER EDITOR
VOLUNTEER PEER MENTOR



About the Election

Hey Eagles!

My name is Kyra Bendastos, and I am the secretary of the New College council for the 2020-2021 school year. Although this year is very different from the rest, our council still provides various social, athletic, and academic activities and services, to give students a sense of community, and to ensure that they have an amazing experience here at York. As council members, we represent all students affiliated with New College.

As of the end of September, there were many positions available for students to become members of the New College Council. The five available positions were: First-Year Representative, Commuter Representative, Director of Promotions, Vice President of Promotions, and President.

Due to our current situation, this year's elections were held online. Our CRO, Krista Lopicollo made changes to assure that the nominating period, campaigning period, and voting period ran smoothly with everything being virtual. The elections (including nominating period and campaigning period) ran from September 24th to October 9th, 2020. The results were released on October 13th, and a total of 74 students voted.



I would like to congratulate and present the new members of our council, our First-year Representative Vanch Chopra, our Commuter Representative Tracy Hoang, Director of Promotions Nabiha Tariq, Vice President of Promotions Rachel Trinh, and our President Maritza Mohammed. I am very excited to work with you!

Thanks to everyone who voted and ran for the positions. Be sure to keep up to date with all the activities and events that our council has to offer by following our Instagram page (@newcollegeyu).

KYRA BENDASTOS
NEW COLLEGE COUNCIL
SECRETARY



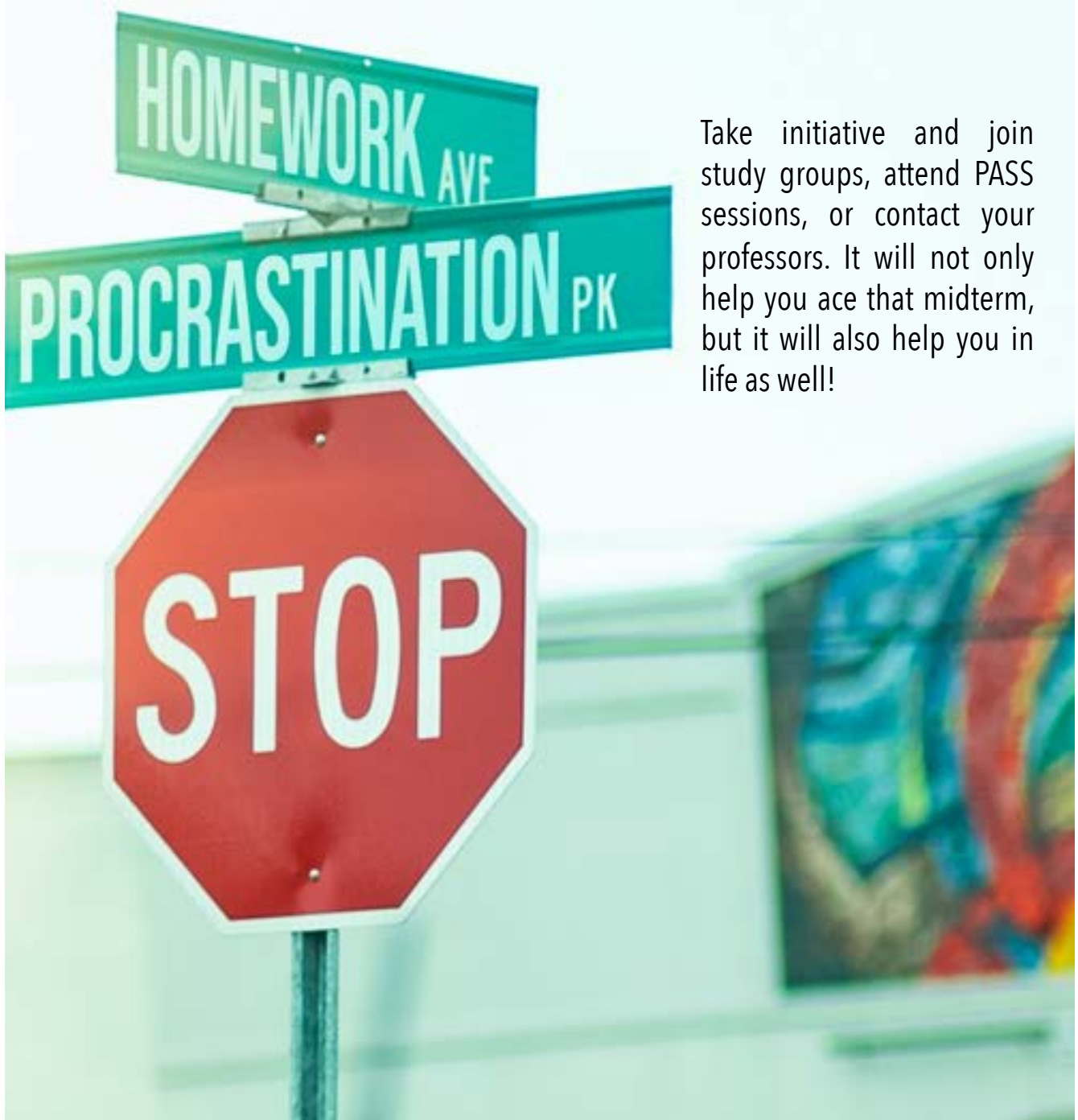
Tips for Studying at Home during a Global Pandemic

This year 2020 has been quite unprecedented, and I am sure it has not gone how most of us have anticipated. Nonetheless, students still have to attend school to attain their education. That does not negate the fact that for some, studying at home can be quite challenging. The numerous distractions (i.e. siblings, phones, kids, parents, etc.) can be significant barriers in a student's ability to focus and can put a strain on their academic success. Therefore, with the exam season approaching, it is important to buckle down and get serious. So, here are three helpful tips to ensure studying is as successful and purposeful as possible!

#1. Be intentional!

Procrastination can be the root to many problems in university, and I think many students can confirm this. However, it may also result in additional stress and a heightened sense of anxiety closer to the deadlines. Therefore, approach everything with intentionality. What is intentionality, you may ask? It is the mental state of essentially being deliberate towards something. Moreover, to achieve this, be deliberate with your time and studies by making sure you stay on top of things.

Take initiative and join study groups, attend PASS sessions, or contact your professors. It will not only help you ace that midterm, but it will also help you in life as well!



#2 Get rid of distractions!

I know for most of us being at home, the distractions are endless. Everything from getting up five times to open the fridge only to find your favorite take out still hasn't magically appeared, to family members constantly distracting you while you are trying to study. Right now, you may be reading this on your phone, which for many people, is the biggest distraction! Therefore, I suggest utilizing sites like Google Chrome's Stay Focused on your devices to ensure that you are upholding a certain level of productivity. Also, find a quiet space to study (preferably not on your bed, so you will not be tempted to sleep) and let your family members know of your study schedule, so they can be mindful of it.

#3. Try not to overwhelm yourself!

It is quite evident that being at home is more of an excuse now than ever to lack motivation and procrastinate, but it is vital to GIVE YOURSELF TIME!



Bombarding yourself with too much at once will only be a disservice to yourself and may be detrimental to your mental health. Trust me, been there & done that!

So, organize how you spend your time by scheduling the times of the day in which you will strictly be focusing on your schoolwork. For example, as a finance student, I dedicate 6-10 hours to study per day depending on my workload. You can alter this depending on your schedule. Please do not forget to take reasonable breaks when you study to ensure you are not overwhelming yourself.

Good luck studying, believe in yourself, you've got this!!

ANGELA BROWN
PEER MENTOR





Getting Involved In the New College Community

Hey New College, my name is Kevin Chan, and I am a 3rd-year student in the Business Commerce program, specializing in Accounting. This year, under the circumstances we're facing, it may not be easy to meet new people or make friends by going to in-person events offered by the York Community. Especially for first-year students, it is never too late to get involved, even as we are approaching the middle of the fall semester. There are many different events hosted by the New College Council that members of the New College community participate in. One of the most recent events that we hosted was the Among Us virtual gaming event that had a great turnout. Many Amazon gift cards were given away randomly to participants. Besides the events hosted by New College Council, there are also many events hosted by clubs affiliated with New College. Most of the clubs affiliated with New College fit one of the majors of New College students. Personally, I would recommend you join at least one of these clubs. They provide many opportunities for students to network and get to know professionals in their field, as well as upper-year students who are also studying the same program. Later this month, I will be hosting a club's fair with all the clubs affiliated with New College. This event will be a great opportunity for you to learn more about what these clubs offer and how to join!

KEVIN CHAN
NEW COLLEGE COUNCIL
VICE-PRESIDENT ACADEMICS

