



OCTOBER 2020

New Beat

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PASS

PASS Sessions

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

PASS sessions will be offered in the fall term 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 will be posted to <https://new-college.laps.yorku.ca/pass/> soon.

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

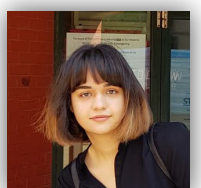
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NEGAR FATHI
NEW BEAT NEWSLETTER EDITOR
VOLUNTEER PEER MENTOR





We're Here For You

Virtual Drop-ins



Tuesdays, Wednesdays, Thursdays

Sept 15 to Dec 3, 2020

8:30 am to 4:30 pm EDT

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

Meeting ID: 988 1730 5219

Virtual Drop-ins Fall Term 2020

Each Tuesday, Wednesday and Thursday from 8:30 am to 4:30 pm our 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

Community!



All Day, Fun Day, Hump Day

- **Every Wednesday**

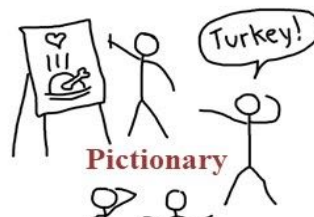
Starting **second week of each term**

Time: **9:00 a.m. Until: 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.



Wednesday Hump Days -Fall Term 2020

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**" every Wednesday from 9:00am to 4:00pm

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



Coming in October ...

Advising Open Forum



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

Thursday, October 8, 2020

2:00 pm to 3:00 pm EDT

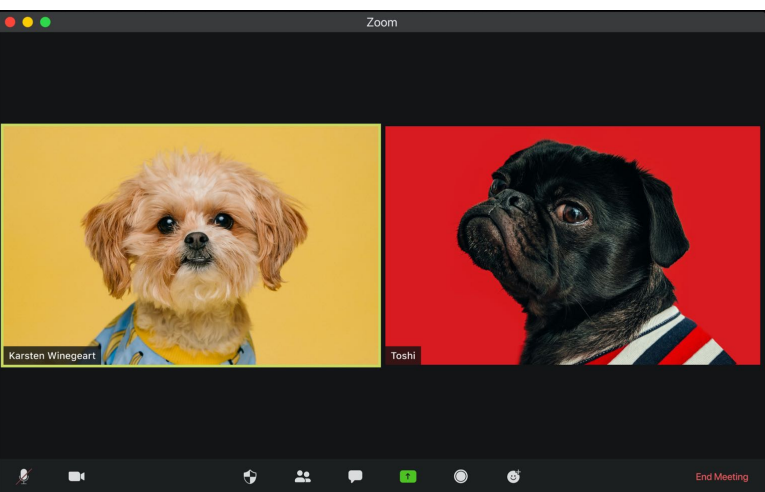
<https://yorku.zoom.us/j/96200250236>

Meeting ID: 962 0025 0236

BCOM, BDEM and BHRM Advising Open Forum - Thursday, October 8, 2020

The BCOM, BDEM and BHRM Academic Advisors will be available for an Advising Open Forum on Thursday, October 8 at 2:00 pm. No appointment necessary! Just drop in and ask any questions you may have.

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



Hello Eagles!

My name is Kyle Fernandes, and I am New College's VP Social for the 2020-2021 school year. This is going to be a great year full of new experiences for everyone.

This school year will be unlike anything anyone has ever seen. That being said, members of the New College Council (NCC) have come up with provisions to make this year one of the best years ever.

One of the changes that NCC is implementing is the online lounge hours. For those who don't know, the New College lounge is located in the Atkinson building, and it is essentially a safe and inclusive space for students to study, play games, eat, talk, chill, and pretty much everything in between. When the campus was open, I would always be in the lounge before, after, and even in between classes. Since classes are now online, we at NCC felt it would also be a great idea to move the lounge online in a virtual setting. The lounge will be the same as it was before, a safe and inclusive space for students, except this year, it will be online.

The virtual lounge is a great place to meet new people and keep in touch with your friends. It is also a great place to study. Chances are, there will be someone in the virtual lounge who is studying for the same classes as you are, or there will be an upper-year student that has already taken those classes. In that case, we will place you in a separate breakout room so that the focus can solely be on studying that course.

Be sure to stop by the virtual lounge as we will be giving out random giveaways daily. These prizes include New College merchandise, various gift cards, and even your Uber Eats order covered by NCC! If you have any questions, comments, suggestions, or concerns, please feel free to email me at social@newcollegecouncil.com.

See you in the virtual lounge!

KYLE FERNANDES
NEW COLLEGE COUNCIL
VP SOCIAL



Hey, Eagles, Let's discuss mental health!

It is no surprise that the pandemic has taken over the majority of the 2020 year, and social distancing for months is not always easy, especially for those who struggle with mental health. Since the winter term is also going to be online, we students will have limited interactions with our peers, which can take a toll on our mental health. It is important for us to not only have an excellent academic standing but also prioritize our mental health, as mental health is usually neglected. That being said, here are a few tips you could use throughout the school year (and after) to improve your mental health.

Don't overwork yourself and take a break:

Understandably, school can become overwhelming. But you have to remind yourself that you should take a step back sometimes, and take a break. Go for a walk and have some time to yourself. That way, you're able to increase your focus without feeling anxious.

Self-care:

Self-care isn't valued as much as it should be. Self-care can require as little effort as drinking eight glasses of water every day, or treating yourself to a bubble bath. Also, provide your body with enough nutrition. Remember that small acts can go a long way!

Exercise

As much as doing any type of physical activity may be difficult for some people, it has been scientifically proven that being physically active could improve your mental health in many ways. So, as mentioned before, going on a walk for at least an hour, or even to ride a bike or practice TikTok dances for an hour, will not only improve your mental health but also improve your physical health!

Work on your hobbies

Just because school has started, it does not mean that we should forget what we are passionate about. We can work on our hobbies while taking a break from studying, whether it is painting, cooking, etc. Do what makes you happy!

Eat

I cannot stress this enough! Many students forget to eat properly because of how stressful school can get sometimes, and believe it or not, it happens way more often than you expect. That is why it is so important to set yourself a reminder to have a proper, healthy meal throughout the day. To ensure you eat well, try starting meal prep, setting a reminder, or asking a family member to remind you.

Get enough sleep

Every student should have an average of 8-9 hours of sleep per day, and it is common for students to pull an all-nighter to study for exams or work on an assignment they have procrastinated to do until the last minutes. But now that school is online, it should not be difficult to catch up on your sleep. Remember that a healthy brain is a well-rested brain!

Talk to someone

Last but not least, if you ever feel overwhelmed, don't be shy to talk to someone, whether it is a member of your family, your friends, or a professional. Just know that there are always people you can talk to. We also have plenty of counseling services provided at York, so please don't hesitate to reach out, and if you know anyone who is struggling with mental health, tell them about these services so they can seek professional help.

Please use these tips even beyond your academic life, and never neglect your mental health. Here is a link to YorkU mental health services. Stay safe Eagles!

<https://counselling.students.yorku.ca/>



My quarantine experience:

Wei Wang
ITEC
Peer Mentor



For me, this year will be unforgettable! This is my second year at York University. Last year, I came to Canada and started my second university life as a transfer student. Everything was new to me. I loved to explore everything and wanted to enrich my life experience on campus. However, by the beginning of the year, Covid-19 hit the globe, and the whole world was affected by the pandemic. Now everyone has to stay home to fight this terrible virus, and we university students need to study and work from home as well. It certainly is not easy for us! We used to go to campus, meet our friends, study together, and chat with each other. These things are what we have been accustomed to as students, now all that has been replaced with Zoom calls and Emails. While in quarantine, I decided to learn French and Excel. French is the language that I've always wanted to learn, but I did not have time to do so; now in quarantine, I have lots of time to study it by myself. Also, New College provides several workshops that are always available online. One of these workshops is the Excel, which is quite popular among the students. That is a complete course that provides so many basic and advanced Excel skills, which will be very useful both now and in the future. I believe these skills will help me gain an advantage when I am applying for any job. Thus, I chose to learn new things to beat quarantine. Even though we are still fighting the Coronavirus and need to stay at home, none of us is alone, and we stick together in different ways.