

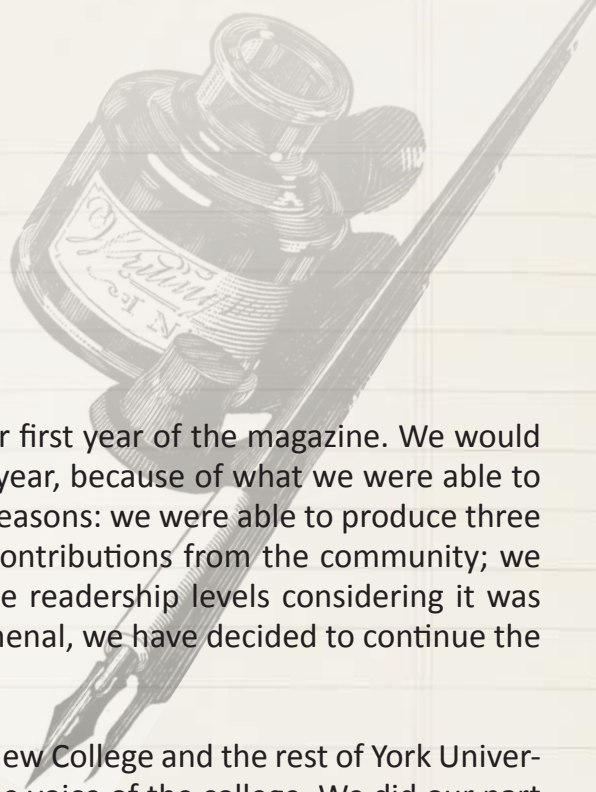
New Beat

SPRING EDITION

2010



Editor's Note



We here at the New Beat are getting ready to wrap up our first year of the magazine. We would like to think of ourselves as having a successful inaugural year, because of what we were able to accomplish. We feel we were successful for the following reasons: we were able to produce three solid issues of the magazine with excellent content and contributions from the community; we got the word of the magazine out and gained respectable readership levels considering it was our first year; and because our feedback has been phenomenal, we have decided to continue the magazine going forward!

Our focus this year was to get the word out there to all of New College and the rest of York University to let everyone know that we exist, and that we are the voice of the college. We did our part in sharing the latest updates from the college, letting you know what events were taking place, as well as exhibiting some of New College's best talents through pieces that were contributed.

The college's first year has been a special one. The merger between the Atkinson and Arts Faculties left many people wondering what would become of it. With the early success that New College has had in its first year, it is safe to say that the college has many positive things to look forward to for years to come! With amazing programs such as Peer Mentorship, Alumni Mentorship, PASS, etc., in addition to six awesome clubs that help students connect to their respective industries and fantastic social and academic related events held throughout the year. Which student wouldn't want to be a part of New College?

This edition continues to explore topics that are relevant to the university students of today. Articles covering topics such as finishing your degree in four years gives you an idea of what the trends for many undergraduate students are these days. As final exams are approaching, we have some helpful tips from the PASS program that will leave you with great studying habits by the time you finish reading the article. As being in great shape is just as important, we also have a health supplement article that will tell you ways to best prepare for final evaluations and the late nights that lie ahead.

As we get ready for the end of the year, the New Beat would like to thank all of our readers and supporters for taking the time to help make this a successful year for us and wish you the best of luck with final exams and assignments. Have a fun filled summer and we will see you next year!

Sincerely,

New Beat Co-Editors

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The New College Famous 'Hump Day Café'

By: Danielle Fucchansky

If you happened to be in the Atkinson building on any given Wednesday and passed by room 140, you would notice something different. Originally sponsored by the Office of the Master, "Hump Day Cafe" has become a big hit in the Atkinson building. Now, sponsorship rotates each week, between the different schools, such as the School of Administrative Studies, School of Human Resources, The Dean's office, New College Clubs, Student Council, Staff and even the WorkStudy students with tasty treats, such as cookies, fruit, veggies and dip, bagels and coffee, which are available for FREE to all who visit the office.

I interviewed the inventor of this weekly event; Michelle Fucchansky who is the Receptionist in the Office of the Master, to answer a few questions about Hump Day Cafe.

She explains that the Hump Day Cafe is "a way for people to socialize, get to know each other and familiarize themselves with what the Master's Office does." She said, "it started with an open house that we had here in November 2009 and it just escalated into a weekly event that goes on every week throughout the year, until the end of april, before summer break."

Lastly, I asked her why she chose the name Hump Day. "Wednesday is typically referred to as hump day, because it's the middle of the week and because once you get over the hump, it leads toward the weekend."

Well in this case, it's nothing to jump over; rather, it is something to look forward to. The Hump Day Cafe will be starting up again in September and everyone is welcome to pop by.

Finishing Your Degree In Four Years

By: Laksh Vig

When many of us entered university, we imagined we would finish our degree on time in 3 or 4 years. The thought of continuing school after high school for another 4 years made many of us dread university before we even stepped in. The idea that we were that much closer to starting our professional career where we would be earning money made us want to get in and out of university as soon as possible. While this has been the notion for quite some time, the reality suggests otherwise. Today, many students are completing their degree in a longer timeframe; challenging the status quo of what the typical age of a university graduate is. There are many factors that contribute to this shift

in the amount of time a student will take to complete all of their courses and graduate. In many cases, students change programs while in university, repeat courses, take additional courses/enroll in additional programs. However, there are some students who take longer to complete their program because they decrease the amount of courses they take each year, they want to remain in school and explore different work/extra-curricular opportunities, or they work full time and want to finish it slow. Some students however, just prefer not to rush and take it slow altogether. Whether this is a sign of a more laid back generation, or a more strategic approach to ensure high GPA's, many university students are adopting this philosophy of finishing university after 4 years. The truth is that university life is not easy. The school workload, the opportunities to get involved on campus socially (which sidetracks most of us), and the responsibilities and commitments that arise because of adulthood, makes university the most challenging endeavour a person has to deal with over the course of his/her life.

So what do employers and parents think? These are probably the two groups that are most interested in a students' graduation. Parents are of course interested because they want to see that their son or daughter has made them proud by achieving a higher level of education. It also lets parents rest at ease knowing that their child can support themselves financially. Employers are also interested because they want to get their hands on new graduates so that they can train and fill their staffing needs accordingly. After speaking

to many students from different cultures and backgrounds, I got a variety of answers. Many students who have parents who are more traditional (believe in older day values) will tell you that they are under greater pressure to finish their degree on time. Other students, who have parents that can relate more to their experiences, find that their parents understand and that they leave it up to the student to figure out and decide on when they want to finish. Whatever the case may be, figuring out the trend is not an easy task, and university demographics have changed in the last couple of decades, in terms of the average age of a university graduate. Could this be a sign of a changing work place after the baby boomers retire? Only time will tell.



The Quest for Study Space

By: Danielle Fucchansky

It's the middle of the exam period, during which you have approximately 10 exams to study for, with the pleasant addition of 40 essays to write. You can't study at home, because there are too many distractions, so you hop over to Scott Library for some quiet time. The moment you arrive, you realize something; there is absolutely no space to study, at all. You go all the way to the top floor to find people sitting on the floor. What to do? Instead of settling for that comfy spot between the washroom and the garbage, why not get your work done somewhere else? The New Beat team have devised a list of all the places we have thought of, that aren't packed like a can of sardines, that you can study at. And of course, we thought pictures would be an added bonus. Enjoy!

The Schulich Building



With quiet areas such as the Bronfman library and a lounge area with tables and chairs (featured in the photo), Schulich is an excellent place to work, not to mention that it's a nice and spacious building.

The TEL Building



The TEL building is an optimal choice, especially because of its selection of food and drink. It has a Tim Hortons and a cafeteria located conveniently in the building, so that you don't even have to walk far for a coffee.

Seneca Building



Although it may be considered as 'crossing enemy lines,' the Seneca building is full of study spaces; desks and chairs.

Next, we have Stong College. There is much study potential locked away in its labyrinths and corridors. In the basement, there is a study room which is not often populated, so if you can't possibly find a seat in any other place, make the trek down there and you'll be happy you did.

Last but not least, go outside! When the weather becomes reasonable, what better place to study than outside? A little natural air won't hurt you! There are many benches and fields throughout campus. Get your studying and tanning done simultaneously!

I hope you all learned from this article and take my advice the next time you have a 20 page paper. Have a great summer!

Fallen Pieces

By: Stefany Ting Tung Yeung



My piece takes inspiration from homelessness rampant in the streets of downtown Toronto. The painting depicts the way that the city's culture and glamour covers up those people who fall through the cracks: the forgotten, the neglected, and the side-stepped. The homeless are represented in the painting through the red figure, holding his love close. She had passed away because of neglect. He turns into a tree and reaches out for the helping hand. As he grows higher, hope and faith in human goodness makes him bloom. Leaves, flowers and fruits spread with joy. The use of purple and orange are used in the background to bring the focus on the tree and the two mourning figures. Red depicts the pain in the male figure, which echoes above the cracks at the spot where the buildings are sprouting. In addition, the head of the dying figure is green as she is hopeful that things will change for the red figure. This is echoed in the green of the leaves coming to life at the top. The blue and dark cracks in the ground represent the loneliness, despair and pain of those who have fallen.



Newspaper Day

By: Danielle Fucchansky

If you passed by Vari Hall on Monday, March 8th, out of the ordinary bustling crowd and usual stands, you would have seen one corner displaying something that had never been there before. That's because March 8th was Newspaper Day.

What's this, you may ask?

Well, it was the idea for many of the unrecognized newspapers on campus to ... well, become recognized. Sponsored by the Office of the Master of New College, this event turned out to be a big hit.

Its main purpose was to gain readers and also to recruit volunteers for this and next year. Many students had not even heard of the different newspapers that were featured! By the way, if you were wondering, these were: The New Beat (obviously), The Lexicon, Vandoo, The Insider, Macmedia and the NFSA Arbitrage.

The day was wonderfully planned; entailing a raffle, gumball guessing game, free candy and best of all: free popcorn! The prizes and candy were funded by the Master's Office of New College and partly by The Insider. Prizes included giftcards to Tim Hortons, Second Cup, iTunes and York Bookstore.

From 10:00 a.m. to 3:00 p.m., students gathered around to check out the happenings of this event.

It was glorious!

However, Mr. David Alexander who is the Co-editor, had to persuade students not to just take popcorn but to check out the booths first. It was an important day for creating awareness for The New Beat, in its first year. It was an excellent opportunity for the people behind the newspapers to con-mingle in the same environment and to share their experiences in the field. There was a definite consensus to make the event annual, which means that it was successful.



THE SECRET TO ENGAGING AND ENHANCING

By: Fatima Siddiq Panju

Many times when a student begins the transition from high school to university they are often confronted with myths involving overall GPA will decrease and will have a rapid weight gain. As a result, it leaves a student to wonder, apart from attaining formal education, *what else is there to enjoy about university life?* Within my first semester at York University this was a question that I wanted to discover and answer. 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 York University current students page there was a link to the different clubs and organizations at York University. I then decided to join the clubs and organizations and began volunteering at York University and the various events that were hosted by the organizations. Some of the organizations that I enjoyed volunteering for involve: the Heart and Stroke Foundation "Fun for Hearts", Canadian Foundation For Aids Research "Have a Heart Campaign", York is U "Stress Buster Carnival", "Philanthropy Recognition Week" and the Sick Kids Foundation fundraiser. Similarly, within New College, the amazing volunteer opportunities that I participated in include "Classroom Reporter" and submitting articles to the New Beat magazine; like this one!

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 tremendous. Some of the benefits include the ability to meet new people and form networks as well as assist in establishing interpersonal skills.





New College Council

Student Council for students in:

Administrative Studies
Human Resources
Information Technology

What is New College Council?

New College Council is here to represent students in the School of Administrative Studies, Human Resource and ITEC.

What do we do?

New College Council is here to provide you with:

- * Professional Development opportunities
- * Volunteer opportunities to develop your career.
- * Specific clubs and students organizations that tailor to the needs of your program.
- * Outstanding social events, such as: Frosh/Frost week, NCC Formal, Athletics and much more!

Where can I find out more?

Visit us at www.yorku.ca/ncc

2009/2010 New College Council Executives



Names:

- 1) Armeet Hurry
- 2) Umair Farooqi
- 3) Lua Farnoush
- 4) Salony Mirchandani
- 5) Raj Balasubramanian
- 6) Ryan Pacht
- 7) Charisse Semper
- 8) Rufaro Mudimu

Positions:

- President
- Vice President, Finance
- Vice President, Marketing Communications
- Vice President, Social
- Vice President, Professional Development
- Vice President, Clubs and Resources
- Vice President, Academic
- Director, Athletics

College affiliation is based on a student's residence or program of study.

If at some point you wish to change your college affiliation, you will need to complete the **College Affiliation Request** form, which can be found at:

http://www.registrar.yorku.ca/pdf/college_affiliation.pdf



College Affiliation Request

Please Print

Student Information	Please note
Student's Name	1. Students living in a college residence must retain their affiliation with that college.
Student Number	2. Completed forms should be brought to the drop box on the first floor in the Bennett Centre for Student Services.

Requesting Affiliation:

I am currently a member of _____ College **or** I currently have no college affiliation. ☐

I wish to change my affiliation to _____ College.

Cancelling Affiliation:

Note: This option is not available to students in Year 1 (i.e. less than 24 passed credits) or students living in a college residence.

I am currently a member of _____ College and wish to cancel this affiliation.

I understand that the non-refundable student government levy (attributable to the College government on my behalf) will be redirected to the general support of student activities.

I also understand that most college student government constitutions require their officers to be members of their college; therefore, cancelling my affiliation may also preclude my running for those offices.

Student's Signature

Date

Protection of Privacy: Personal information in connection with this form is collected under the authority of *Freedom of Information and Protection of Privacy Act* and *The York University Act, 1965* for educational, administrative and statistical purposes. The information will be used to process your enrolment and registration in academic programs; to record and track your academic progress; and for related record-keeping purposes. If you have any questions about the collection, use or disclosure of this information by York University, please contact the Manager, Student Client Services, W120 Bennett Centre for Student Services, York University, 4700 Keele Street, Toronto ON, M3J 1P3, 416-872-9675.

Registrar's Office Use Only

Date Received _____ Eligibility Verified _____ Input Date _____ Initial _____



Human Resources Student Association

The Human Resources Students Association (HRSA) is a student-run organization that is continually striving to promote personal and professional development among all Human Resources Management and business students of York University. Its strategy is to develop, promote and help students to excel in the professional realm.

Our aim is to initiate a strong academic & social network, which will result in an environment that is receptive to sharing ideas and providing support. HRSA facilitates close interaction among its members of students, industry professionals, faculty and alumni through a variety of career and social events.

Benefits to new members include:

- An organization that caters to HR majors or those who are interested in pursuing an HR related career
- Events with guest speakers who offer advice on a variety of subjects
- Gain information on how to best pursue CHRP certification



Information Technology Club

The ITEC Club is a body of students in the Information Technology program at York University. The ITEC Clubs main goal is to form a social network of students within the ITEC program, in order for them to help each other, make new friends, and in general make their university experience a better one. The ITEC Club also aims to act as a primary liaison between the faculty and students in the ITEC program, in order to identify and communicate issues relevant to improving the education and social environment of ITEC students.

Benefits to new members include:

- Tutorials with senior year ITEC students for: assignment help, exam prep, general Q&A about courses or programs, exchange and/or selling of textbooks
- Provide students with past assignments and tests
- Hosts events with professionals from top companies
- Provide classes that are potentially worth credits.
- Learn about internship opportunities with top companies such RIM and IBM



National Finance Students Association

The National Finance Students Association (NFSA) is a non-profit, student-run initiative, that is currently partnered with all GTA universities, with plans to expand nation-wide in the years to come. Our goal is to provide our membership with the seminars, workshops, competitions and networking sessions they can use to develop their skills and character, two things that will provide our members with a distinct competitive advantage in the marketplace.

Benefits to new members include:

- Free online subscription to the NFSA Arbitrage Magazine
- Invitations to finance related seminars, workshops, competitions, networking events and more!
- Notices of employment and internship possibilities through our sponsors and affiliates.
- Be part of a national association and thus expand your contact list
- Gold members receive personalized NFSA Business Cards



American Marketing Association York University Collegiate Chapter

The American Marketing Association (AMA) is the world's largest and most comprehensive professional society of marketers. It's the only organization that provides direct benefits to marketing professionals in both business and education and services all levels of marketing practitioners, educators and students.

Benefits to new members include:

- Information sessions with speakers who provide expert insight into the field
- Access to exclusive events held by the AMA Toronto chapter
- Networking opportunities with executives from large companies
- Access to AMA's bi weekly magazine with the latest information from the marketing world
- Volunteering opportunities that look great on a resume!



Atkinson Professional Accounting Association

The Atkinson Professional Accounting Association (APAA) is a student-run organization that serves to encourage leadership, excellence, and professionalism in New College Accounting students of York University. The association was founded in May 1998 by a group of graduating students for the purposes of promoting New College's Bachelor of Administrative Studies in Accounting (BAS) program, aiding students and soliciting support from University faculty and potential employers.

Benefits to new members include:

- Access to networking events with recruiters from the Big 4 accounting firms and representatives from CGA and CMA Ontario
- Access to our website, which has useful information such as how to improve your resume and how to prepare for recruiting season
- Email notifications of upcoming events
- Possibly compete in external accounting competitions

Directory

Club
Contact
Information

New College
Contact
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You
@
York

You
@
LA&PS

Pass

Other
Departments

Club Contact Information

American Marketing
Association
Email: ama@yorku.ca
Website:
<http://www.yorku.ca/ama/>
Facebook: <http://yorku.facebook.com/group.php?gid=2207785685>
Office:
258D Atkinson Building
York University
4700 Keele Street
Toronto, Ontario
M3J 1P3

Atkinson Professional
Accounting Association
E-Mail: info@yuapaa.com
Website :
<http://www.yuapaa.com>
Facebook: <http://www.facebook.com/home.php#/group.php?gid=2728790275&ref=ts>
Office:
253 Atkinson Building
York University
4700 Keele Street
Toronto, Ontario
M3J 1P3

ITEC Student Association
E-mail: itecyork@gmail.com
Website:
<http://www.sit.yorku.ca/itec-club>
Facebook: <http://www.facebook.com/home.php#/group.php?gid=7685409573&ref=ts>
Office:
TEL 3058
York University
4700 Keele Street
Toronto, Ontario
M3J 1P3

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Association
E-Mail: info@nfsa.ca
Website: <http://www.nfsa.ca>
Facebook: <http://www.facebook.com/home.php#/group.php?gid=38798185613&ref=ts>
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140 Atkinson Building
York University
4700 Keele Street
Toronto, Ontario
M3J 1P3

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Professionals
E-mail: shrp.yorku@gmail.com

Website: <http://shrp.ca/>
Facebook: <http://www.facebook.com/home.php#/group.php?gid=12515551071&ref=ts>
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253 Atkinson Building
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Toronto, Ontario
M3J 1P3

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416.736.2100 xt.33572

**New College
Contact
Information**

**You
@
York**

ncc@yorku.ca
www.yorku.ca/ncc

You @York

RO
Registrar's Office
All information about procedures, online student records, access to course enrolment and other services and information, such as petition forms, are available at:
www.registrar.yorku.ca
Bennett Centre

YI
York International
Programs & services for International Students & information about International Internships and Study Abroad Options
international.yorku.ca
108 Vanier College

The Career Centre
Free Career Support Services including individual advising, skills workshops.
www.yorku.ca/careers
202 McLaughlin College

Security & goSAFE
Security is important; be safe and aware - utilize free security & transport services to ensure your safety on campus.
www.yorku.ca/goSAFE
228 William Small Centre

eSO eServices
LA&PS Computing services and support, labs, distance Ed and course web sites.

**You
@
LA&PS**

Pass

www.yorku.ca/laps/eso/students
Email: esohelp@yorku.ca
2120 TEL Building

SC&LD
Student Community & Leadership Development
Listing of Student Clubs & Organizations & host of community development projects like the Student Leadership Development Program
www.yorku.ca/sclld
South 172 Ross Building

CDC
Counselling & Development Centre
Workshops for academic learning skills, confidential counselling & other services
www.yorku.ca/cdc
N110 Bennett Centre

ACMAPS
Atkinson Centre for Mature & Part-Time Students
Support and resources to meet the needs of all mature and part-time students
www.yorku.ca/acmaps
111 Central Square

SFS
Student Financial Services
For all information about your Student Account, financial matters, OSAP and available Scholarships & Bursaries
www.yorku.ca/osfs
Located in Bennett Centre for Student Services

**Other
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Your College Master's Office
Colleges have resources for
getting involved, general
enquiries, student life and clubs
Find your college at:
[www.yorku.ca/laps/students/
colleges](http://www.yorku.ca/laps/students/colleges)

LA&PS Current Students
Liberal Arts & Professional
Studies
Stay updated about recent
developments and access links
& info for new services:
www.yorku.ca/laps/students

EE
Experiential Education
Practical Experience directly
related to your coursework!
www.yorku.ca/laps/ee
S949 Ross

Faculty Council Office
Petitions and grade reappraisal
information and forms
[www.yorku.ca/laps/council/
students/petitions](http://www.yorku.ca/laps/council/students/petitions)
N926 Ross

Writing Dept
Free essay tutoring services,
including ESL services.
www.yorku.ca/laps/writ
Phone: 416-736-5289
Room 118 Atkinson

Dept & Program Offices
Have additional academic
questions? Visit your
Program Adviser.
www.yorku.ca/laps/schools

newstudents
Book appointments online
Room 103 Central Square

Office for Continuing Students
Year Round Academic Advising.
E-mail: laps@yorku.ca
[www.yorku.ca/laps/students/
continuing_students](http://www.yorku.ca/laps/students/continuing_students)
Book appointments online
Room 150 Atkinson

Centre for Student Success
Great resource for information
and involvement opportunities:
Volunteer, attend workshops,
events and more.
Room 150 Atkinson
416-736-5222

PASS

Peers Assisting Student Success
www.atkinson.yorku.ca/pass
Atkinson Student & Alumni Rela-
tions(Stars) Unit
416 736 2100 ext. 33572
passprogram@atkinson.yorku.ca
www.atkinson.yorku.ca/stars/

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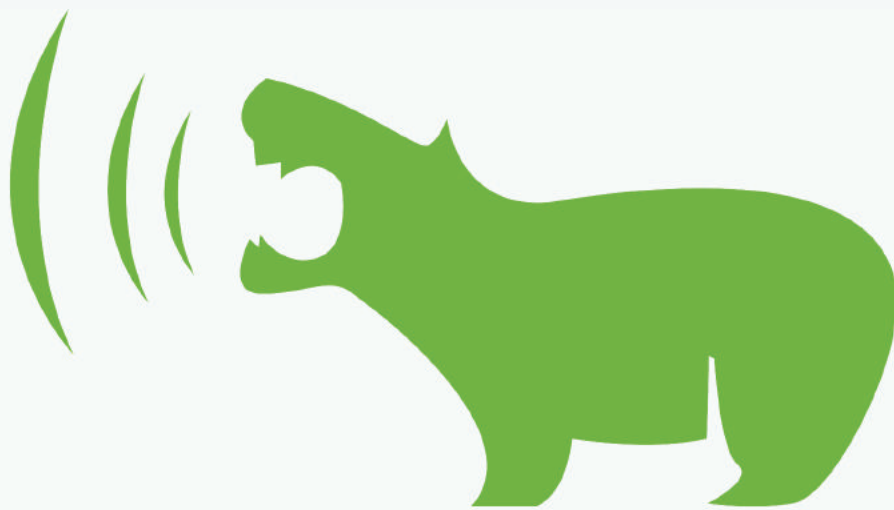
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Other Departments

More to come ...





New Beat