New Beat

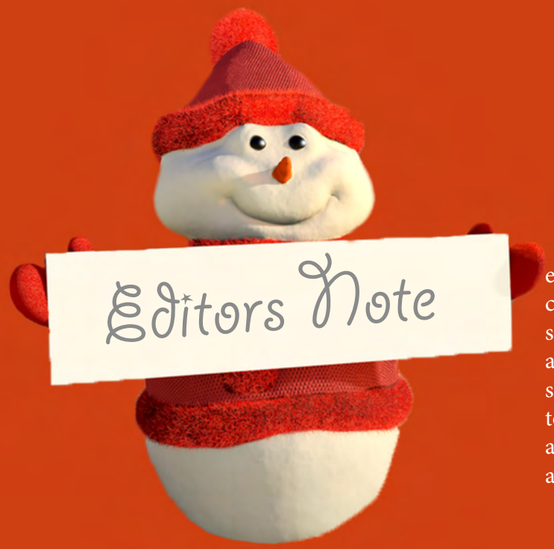
Winter 2013

HOW TO BE A SUPER STUDENT

Top 10 Tips to ACE your Interview

Do's and Don'ts of Social Networking





Editors Note

New Beat has been around since 2009. Our goal every semester has been to help educate our readers and connect them with New College. The magazine is run by students for students. We receive numerous well written articles, beautiful artistic work, and photography each semester, allowing New College students the opportunity to share their knowledge, insights and passion. Most of the articles within New Beat are based on helping students here at York excel both academically and individually.

New Beat is constantly trying to provide answers to frequently asked questions and acts as an aid to help students develop their understanding on the wide range of services, workshops, clubs and events offered throughout New College. If you have a question or would like to see a certain article topic please let us know. Furthermore, articles, photos and artistic work submissions are always welcomed and encouraged.

I would like to thank our contributing staff, Christian Marjollet, Filomena Pestana, Alicia Di Stefano and Michelle Fucchansky for their valuable contribution to this magazine. It would not have been possible without their support and constant feedback.

Finally, I would like to thank all our volunteers for their valuable contributions and service to this magazine. Our continued growth and strength comes from the students associated with New College. So, we hope everyone will consider joining our team in the next publication of New Beat, because after all, we are here for you! This is my last year at York and my last issue for New Beat, however, I will also support New Beat and look forward to future magazines. Please stay tuned, we will be seeking greater participation in the near future.

Feel free to contact us at: newcol@yorku.ca with any suggestions for improvements or any feedback. We welcome and enjoy reading genuine and constructive feedback provided to us by students.

Warmest wishes,

Nicoleta Micle

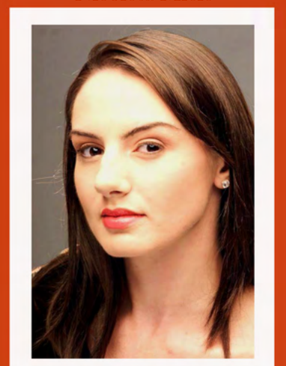


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Do's and Don'ts of Social Networking







By: Finza Ashraf



Nowadays, technology is as much a curse as it is a blessing. Of course, it connects us with our loved ones, no matter where we are and allows us to be productive wherever we may be. However, you must take the bad with the good, which in this case is a lack of privacy. Due to technology becoming such an ingrained part of our lives, it seems as though our personal lives and our professional lives have seeped into each other.

Therefore, controlling your online presence and ensuring that professional counterparts or potential employers are not seeing anything inappropriate or too personal, is paramount. So, in response to that, I have constructed a list of simple Do's and Don'ts that you should keep in mind while establishing your online presence.

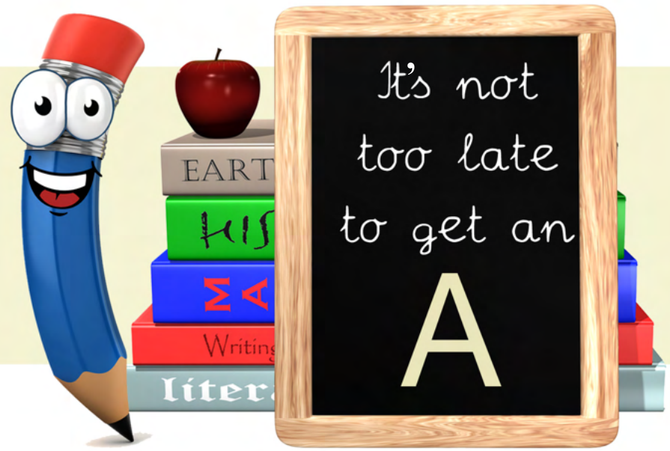
Do's

- **Google your name and check what is available for everyone to see.**
  - If you don't feel comfortable with what is accessible to everyone then modify your online presence until you are satisfied.
- **Be careful what you put out there for coworkers and potential employers to see.**
  - You don't want to be slanderous or particularly unkind, especially if your social media feeds are open to the public eye.
- **Be sure to network.**
  - Networking to build bridges not only helps you but builds your credibility with others, which may come in handy for personal referrals to your family and friends in similar or different fields. Networking can allow you to access doors that would be closed without building the proper bridges.

Don'ts

- **Do not allow your personal life and professional life to collide.**
  - Pictures of you partying may not be the most professional image to project to your employer and colleagues.
- **Do not post personal information for the public.**
  - It would be surprisingly easy to find instances where people who have released personal information on social feeds and have suffered minor irritations such as prank phone calls, harassment or worse.
- **Do not threaten violence or post emotionally.**
  - Things said in the heat of the moment are impossible to take back, and this is even more true in the technological age.

In conclusion, how you present yourself through social networking may impact your personal and professional life, and precede you wherever you may go. Sometimes, being proactive is the best way to be prepared.



By: Anisha Mistry

It's that time of year again which students dread; exam time. This is without a doubt one of the most stressful times for students; with all the cramming, late nights, and coffee runs, it's amazing how students can survive it all!

Listed here is a guideline of some of the "Do's" and "Don'ts" that will help students do better overall and get the grade they desire.

Do's:

1. **Get organized:** Make a plan of what your goals are and what you want to accomplish, usually for a couple of weeks. It is important to note here that your goals should be reasonable, do not plan too much or too little to get done, otherwise you will just get lost. Also, it is a good idea to figure out where you are grade wise already so you know what you need to do in order to achieve the grade you want.
2. **Get to know your professors:** It helps to get to know your professors and the teaching style they use, because it will make you understand the material better. You can talk to them during their office hours about the class or just make an effort to get to know them better.
3. **Start studying early:** Start studying as soon as possible because once you fall behind it is really difficult to catch up. It is a good idea to look at old study notes, and start making new ones. Also it really helps to read the chapter before class and make a note of any questions you have so you can ask them during class.
4. **Participate:** It is a good idea to ask any questions you had from the assigned readings, or from the exercises. If you are shy, you can talk in small groups with the people around you, or just go talk to the professor one-on-one during break, or before or after class.
5. **Get to know your TAs:** Your TAs are there to help you. It helps if you go to see them early in the semester, because closer to exams they are really busy helping other students. Also, it is better to get your questions out of the way as soon as you can, otherwise you might forget them, or you will not understand the material later on.

Don'ts:

1. **Plea for extra credit:** Avoid doing this on the last day of classes. Professors will not have much sympathy for you. If you think it will help you, start talking to your professor early on to find out what your options may be.
2. **Skip class:** Professors do give hints on what may be a focus on the exam, so it is important to be in class to get this information. Also, attending class does not mean coming to class and then just falling asleep, you will not retain any information and professors do not take kindly to this.

In sum, get organized, talk to your professors, start studying early, participate in class, meet with your TAs, don't plea for extra credit at the last minute, and most importantly DO NOT SKIP CLASS! The hardest part is starting; once you do you will just get into the rhythm of it, and remember it's not too late to get an A!









Be the Difference-
The University Experience Program

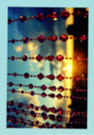
By: Hekmat Kaadan



I'm sure you had your fears and misconceptions about university prior to attending York. The seed of that could be the horror stories that your friends told you or the stories told to you by your high school teachers. However, once school began, you started realizing that a lot of these stories are not true, and you said to yourself "I WISH SOMEONE HAD TOLD ME THIS BEFORE." Well, here is your chance to make that difference. The University Experience Program is a meaningful volunteer experience that allows you to visit a local high school and talk about your own experience adapting from high school to university study. You can tell students the things that you wished someone had told you.

The program will give you a platform to dispel common myths about university, and shed some light for high school students to understand what to expect when they begin their post-secondary studies and why they should seriously consider university as an option. You have been through the same journey they are about to take; you considered university as an option, followed that path, and it lead you to York University. Now it is your chance to give back to the community and provide insight for high school students about the path they are about to take. University is not a walk in the park, it takes a lot of hard work and dedication, but through this program you can inspire someone and make their transition into undergraduate studies a little easier.






As a presenter, you will be addressing a group of students that can range from 20 to 80 students. Some of you might panic in front of a crowd, and some might not even participate in this program due to that aspect. However, be sure that you will be provided with all the material and training needed for your presentation. Additionally, you will be presenting alongside one or two other York students. Therefore, you are not alone, and there is support for you prior to and during your presentation. I can tell you from my own experience that the best way to overcome stage fright is to face it head-on. By participating in this program you will improve your communication and presentation skills, which will only help you for the future. There is no better person to tell high school students about university than you, someone who is attending university and can share their experience first hand. The students will relate to you, and by the end of the presentation you will see the difference you made through the smiles on their faces. I was often surprised by how little some high school students knew, but I was happy that I was there to answer their questions and improve their knowledge so they can make better and wiser choices for themselves.

All in all, from my own experience, I would recommend this program to you all. You will gain self-confidence, public speaking skills, and most importantly the satisfaction that you made a difference in someone's life.

New College Council-
2012-2013 Year in Review

Frosh Week 2012 started off with a bang for all our new comers in the Fall term.

The Stong Pit Party has always been one of the biggest parties of Frosh week and last year was no exception. Froshies really enjoyed the wide-open space and the awesome DJ that rocked their first university party.



A few days later, the fun wasn't done yet. With a couple of days till the end of the iconic week, it was time for some sun, tanning, relaxing and of course some Beach-Volleyball---Wasaga



Taking our Froshies on an adventure and making them sweat a little is always an enjoyable thing to do (more for the council members of course :D). The scavenger hunt Downtown made them go crazy racing all over the place to get the long awaited prize at the end of Frosh Week.



New College's fourth annual formal, "Spring Fling" took place on March 15th, 2013. New College Council decided on a theme reflective of the traditional gift for a fourth anniversary, which is flowers and fruit. The night celebrated the arrival of Spring and was a great success full of food, music and dancing.

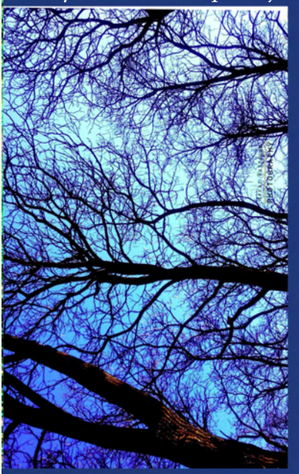


Frost Week was definitely chillier than last year, but that didn't stop our devoted New College peeps to break through the ice and come out to the events and warm things up. The Charity Ball was one of Frost Week's most successful events.

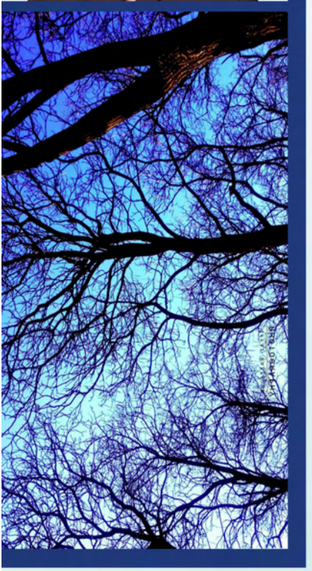


Interview with Professor Budworth Ph.D
-Associate Professor of Human Resources

By: Fatima Siddiqa Panju







Professor Budworth, for me, has been the most interesting and compelling professor at York University from the time I was in her Human Resources class. She has a vast area of knowledge in various areas of Human Resources as well as a wealth of knowledge in related areas to guide students to be successful in the future. Below is an interview where Professor Budworth shared her knowledge and expertise with me:

1) What is one piece of advice you would give to students, for after they graduate from university?

The year after graduation is a difficult one. Often, students are still figuring out what they want to do and how their degree fits in with their personal goals. There is a great deal of uncertainty and discomfort around the unknown future. I think the most critical thing for new graduates to do is work hard and be patient. For a lucky few, they will figure things out quickly, but for most, the first few years out of school are still a period of 'learning.' Finding the first job is a significant challenge. Making sure that you are in the right job is a challenge. Transitioning from school to work is a challenge. It is tough. Put your head down, put in some effort, and take a few risks.

2) For students wishing to be professors in the future, what are some factors that a student would need to consider before choosing this pathway?

Before a student gets serious about the academy as a career path, students should be sure that they know about all aspects of the job. Students are familiar with the fact that we spend time in classrooms, but that is only a third of our work. We spend a great deal of time independently managing our research programs and then another portion of our time serving the university in leadership roles, on committees, or in special projects. In order to get a better sense of the work, students should try to gain some research experience. Research itself is a bit of an abstract idea until you have had a chance to sit down and work through a project with someone. It can be lonely, tedious, as well as exciting and invigorating. In order to become a professor, a student would need to complete a PhD. As with any career, it is not for everyone. You want to find out early on if this is for you.

3) What is the content of the current research that you are compiling?

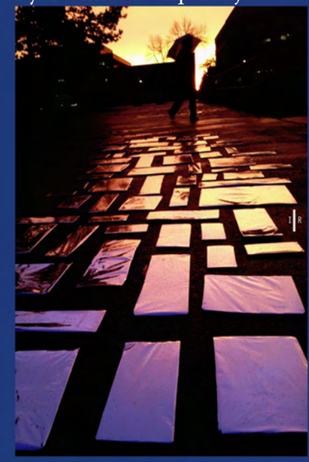
Recently, I have been really interested in motivation. In particular, I am interested in a type of motivation called Prosocial Motivation or the desire to do something because it is a good thing to do. There are many work contexts where knowing the outcome of your work (i.e., how it affects others) can be motivating. I have a few projects on the go that look at Prosocial Motivation within the context of learning on the job. I have not analyzed the data on these projects yet, but the early results look like there is an interesting relationship here.

4) Based on the Negotiation workshop that you hosted at York University in 2011, what are some practical tips you would recommend to students to become effective negotiators in their future work context?

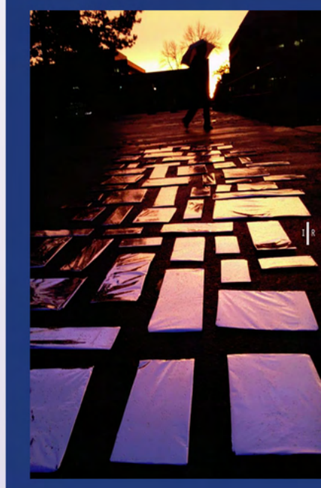
In a nutshell, I think young people need to practice their negotiations skills as frequently as possible. And by negotiation skills I don't necessarily mean 'getting what they want.' Students need to work on building relationships, trying to see problems or situations from many perspectives, and solving complex problems. Negotiations are not always about getting the best deal for yourself. A skilled negotiator facilitates a process where everyone at the table walks away feeling good about the experience.

Interview with Professor Carbonell Ph.D
-Associate Professor of Marketing

By: Fatima Siddiqa Panju







Professor Carbonell has been one of my favorite professors at York University from the time I was in her Applied Marketing Management class. She has a vast area of knowledge in the field of Marketing, as well as other practical knowledge that assist and guide students to be successful in their future careers. Below is an interview that I was given the privilege of having with her:

1) How much research in your field of specialization are you responsible for conducting?

We professors allocate our time to research, teaching and service in the following proportion 40%, 40% and 20%, meaning that I spend a significant part of my time doing (or at least trying to do) research. Because of my specific teaching schedule, I devote more time to research during the summer months than during the rest of the year (i.e., Fall and Winter terms) when I do my teaching. As a business professor, for my research, I focus on topics of interest to both academia and industry. After I choose a topic for my research, I normally undertake a literature review to determine the research gaps, research questions and potential contributions of the study. A further literature review is often required to formulate the hypotheses that would be the basis of the study. Subsequently, I design the methodology for the data collection. To date, data for my research has been collected from companies involved in the development of new products and services. I normally collect this data by mail, web-based, email surveys and personal interviews.

2) Based on the current research that you have done, what have been some of the interesting findings that you have discovered?

My research on the topic of customer involvement underlines the importance of involving customers in the development of new products and services from beginning to end. In particular, our findings suggest that interacting with customers during the development of new product and services leads to higher performance in terms of product advantage, speed to market, and commercial success. Relatedly, we found that new product managers need to make conscious choices about the types of customers to involve in product/service innovation as different types of customers affect new product performance differently. Specifically, our results show that the involvement of customers with whom the company has a close relationship can lead to higher service advantage and faster speed to market, while involving customers that exhibit lead-user characteristics help firms identify novel service ideas.

3) What influenced your decision to become a professor?

As an undergraduate student, I had a chance to experience what the life of a university professor was like by working as a research assistant for a few of my professors during the last two years of my degree. I started working for an O.B. (organization behavior) professor but later worked for several marketing professors. It was one of them who suggested the possibility that I would initiate a career in the University. Interestingly, this same individual would later become my thesis supervisor.

4) What advice would you give to graduating students?

Seek out organizations that offer work opportunities that you are passionate about. Research the company and the person that will interview you to avoid asking questions that are readily available on the Internet, and to demonstrate interest and initiative. Many students have more professional skills than they give themselves credit for. Ask the interviewer about their priorities and challenges. Think about how you can apply your knowledge and critical/analytical problem-solving skills to solve the prospective employer's problems. If you are interested in the job then say so. And don't forget, practicing good work ethics will enhance your brand and help to propel you through your career.



Demystifying the Process of Graduation

By: Natasha Sidi

So you're in your last term of your undergrad degree, and you know you will be graduating soon! You are confused as to what to do first – RSVP for convocation, apply to graduate, or book an appointment for your portrait sitting? In the hopes of demystifying this process, we at New College have created the following list. This information has been attained from the York Convocation website, and we have provided specific information for New College students. The website is the following: http://www.yorku.ca/mygrad/preparing/. Should you have any questions regarding graduation and your convocation ceremony, please refer to the link above. The Office of the Master at New College is always there to help as well!

Here are the steps you should take prior to graduating:

1. Book an appointment with an advisor– In your last term of your program, you must apply to graduate. However, before you apply to graduate, you must ensure that you have met your degree requirements by booking an appointment with your faculty or program advising office. This is to ensure your graduation status.

2. Apply to graduate– After you have met your advisor and ensured that your degree requirements have been met, you MUST apply to graduate. After you have done so, the Degree Audit Office will then evaluate your eligibility to graduate.

**Graduating with a certificate* – If you are expecting to graduate with a certificate in addition to receiving a degree, you must complete and submit an additional form. This form has to be submitted to the academic unit that is offering the certificate. Some certificate programs are stand-alone and other certificate programs are offered concurrently. Please visit the following link for the form: http://www.yorku.ca/mygrad/preparing/apply/

3. What happens after I apply to graduate?– Once your final grades are submitted, a second audit of your degree will take place. Please note, receiving an invitation does not guarantee that you are graduating. When your final grade reports are released, your academic decision will indicate your eligibility to graduate. You can verify your graduation status online. The system will show the following: if your application to graduate has been received, if your file has been audited, and if you are eligible to graduate. To verify your graduation status, please visit the following link: http://www.yorku.ca/mygrad/preparing/eligibility/

Now that you have ensured and verified your graduate status and eligibility, here are some things that you need to look after for your convocation ceremony. It is crucial that you ensure these steps are taken well in advance of your convocation, since it may result in a delay in receiving your diploma.

4. Update personal information–

Verify your official name: Your full legal name is what is used on the official University documents, so the name that is shown on the Student Information System will be used on documents such as transcripts and diplomas. A *Name Change Form* must be submitted to the Registrar's Office in order to make changes to your official name. Any supporting documentation outlined on the form will also be required. Please remember that in order for your correct name to appear on your diploma and in the convocation program, you must submit the **Name Change Form** to the Registrar's Office by **May 1st** for the June convocation and **September 15th** for the October convocation. *Any forms submitted after the deadline date will result in re-ordering and paying for a replacement diploma.*

Verify your contact information: In addition to verifying your name, you must also *check your current address and email.* Since you may be contacted by the Registrar's Office or the Events Ceremonials team, regarding your graduation status and/or convocation, please ensure your current information, including email address, is up-to-date.

To verify and update your personal information, please visit the following link: http://www.yorku.ca/mygrad/preparing/update/

5. Pay any outstanding fees– In order to receive your diploma, your York account must be in good standing. Y**our diploma will be held until your debts are paid.** Please do the following to ensure you do not owe the University any money:

- Check your Student Account Online Statement to make any outstanding payments
- Check your Library Account for any fines
- Contact Parking Services for any outstanding parking violations

Please note: Proof of payment will be required when you pick up your diploma on convocation day if payment of your debt occurs two weeks or less prior to the convocation date.









6. Ceremony Information- In order to attend your convocation ceremony, remember to RSVP! Here is the link to RSVP: http://www.yorku.ca/mygrad/ceremonies/rsvp/index.htm

For tickets, the number of guest tickets prearranged for each graduate depends on the convocation ceremony. The graduate does not require a guest ticket to attend their graduation because the robe rental confirmation page acts as a ticket. Robes, hoods and graduation caps are ordered for you when you RSVP.

7. Memorabilia- Students often get confused as to when they should have their graduation portrait taken. Graduate photography takes place during your last term of study. Faculties and colleges have different suppliers for portrait sittings. So which portrait sitting should you attend? This has to do with your college and faculty affiliation. If you are not sure which college you are affiliated with, please visit the following link: https://passportyork.yorku.ca/ppylogin/ppylogin

Visit the following link to view the Faculty/College information on their sitting information: http://www.yorku.ca/mygrad/memorabilia/

For New College students, graduate photography is provided by Luxarte Studios. For more information on dates and locations of portrait sittings, please visit the following link: http://www.luxarte.ca/schedule.aspx?sc=ne10

If you would like to contact the studio, please visit: http://www.luxarte.ca/customerservice.aspx

Luxarte Studios highly recommends students to schedule their appointments as soon as possible to avoid delay. They also recommend students avoid waiting until March to book an appointment as they are less available by that time.

Ceremonial Photography- This is different than from graduate portrait. A professional photographer, at each ceremony, will capture a photo of each graduate as they greet the Chancellor. As each graduate exits the stage, they will also have a portrait style photo taken. Following the convocation ceremony, complimentary proofs of these photographs will be emailed to each graduate. Should you have any questions regarding ceremonial photographs, you may contact the photographer by email: sales@convocationphotos.ca or by phone: 1-888-724-1833. Visit the following link for more information: http://www.convocationphotos.ca/

Flowers- During the convocation ceremonies, Toronto-area florist, Convocation Flowers, will be selling graduation bouquets. Please note, graduates cannot wear nor carry flowers until after the ceremony has concluded.

Gifts and Diploma Framing- Graduation gifts such as diploma frames, rings, watches, and other such items, will be available for sale at the reception by the Alumni Office and the York Bookstore.

York Alumni provides framing services. For more information on prices and order form, please visit the following link: https://eapps.uit.yorku.ca/framestore/

8. Location and parking- Details are available on the following link: http://www.yorku.ca/mygrad/ceremonies/location/

9. On the day of the ceremony-Here is a list of things to remember on the day of the ceremony:

- York University suggests that you arrive two hours prior to the stated time to get your guests front row seating and additional tickets if required.
- In order to pick up your diploma, return your gown to where you picked it up.
- If you attended your sitting with the photographer, you can pick up your graduating class composite photo at your college table in the reception tent.
- Most importantly, don't forget to enjoy the experience! You deserve it!

We hope this article helped. Congratulations and good luck from New College, Office of The Master!







Group Work:

How to make it work for you

By: Qun Wang







Let's face it; group work is part of your academic life for many courses. Some groups have only 2 or 3 members, but I've seen larger groups with as many as 7 or more people. Group work assignments can account for just a few percent to as high as around 50% of your final mark. So the quality of your group's work can make or break your grade in a course, especially when its grade percentage is high. Other than enhancing your learning, group work experience can contribute to your future professional success. The following areas are particularly important to consider:

Leader and Leadership :

Every group assignment starts with the first meeting where everyone has a chance to show who they are and what they are capable of. The discussion during this meeting is important as this is your chance to find out who your next leader might be. A good leader may have some of the following characteristics:

- Experience as a team lead
- Expertise that is related to the study topic
- Social skills and friendliness
- Proactive and initiative: willingness to take on the hard work and even multi-tasking
- Focused and persistent in dealing with challenges
- A facilitator as well as participant
- Great computer skills
- Willingness to take on the responsibility of supervising and making sure the group meets regularly

Dealing with challenges

Depending on the course or the phase of the group work, the challenges may include:

- Time, scheduling and work load conflicts
- Negativity or a lack of participation among members
- Lack of motivation or leadership
- Anxiety, stress and uncertainty.

Unfortunately there is no silver bullet to tackle all of the challenges. In many ways it requires the leader and even the rest of the group to show flexibility, compromise, and accommodation. Studies also indicate that a dynamic, energetic and engaging leader under some scenarios can help. Discussions and meetings, either separate or as a group, help to deal with most of the challenges. It's vital to have open lines of communication among members all the time. Don't forget that your professor and teaching assistants are always there to help out if certain problems still can't be resolved.

The Importance of Networking



If you have yet to get to know the person sitting next to you in class, you may want to introduce yourself.

By: Brian Riquelme









Networking may be the single most important extra-curricular activity that you can perform while pursuing your studies. Simply getting to know your classmates and exchanging contact information can go a long way. Establishing connections as students can benefit you down the road when you and the rest of the class has long graduated and joined the workforce. You would be surprised at how quickly old classmates can become your future clients or co-workers. If your group members noticed your strong work ethic on a project last semester, they will most certainly remember you when a position opens up at their office. Keeping in touch with classmates is the most invaluable and effortless networking tool you can perform on campus.

Expand your professional profile on social networks. Some students find it difficult to establish themselves as active members in their field. No matter what program you may be in, there are several associations and publications that cater to professionals like you. These groups are constantly releasing industry specific news. Follow them and you will quickly notice that they`ll follow back, too. Keeping yourself in the loop gives you an advantage of staying ahead of the curb on what`s current.

Many students forget about the invisible job market, where positions are filled through referrals and social media posts. These positions are almost never posted by traditional means and are filled relatively fast. Proactively meet and greet with employers. Don't be afraid of exchanging cards with individuals you interact with. If you are still a full-time student with no job position, make business cards accenting your studies. A business card with the position ``4th Year Accounting Student`` may just be held on by an employer for future recruiting purposes. It may also distinguish you easier than just submitting a resume to be put in a drawer filled with other resumes.

Being a marketing student, networking is considered pivotal to continuing success in the professional world. Much of the same practices can be adopted for business success in other professions. Whether you are looking for a job or simply trying to make a splash in your field, don't forget to pack your business cards and shake some hands.

Let the party begin!!



By: Nida Sehar

Truth be told, at one point or another you will likely have to plan some kind of event! Here are some key questions you need to ask yourself to plan an event effectively…



The holidays just left us not that long ago and the summer is around the corner, well minus the snowstorms that keep hitting us here and there. Let's come back to dreaming about summer… Oh yes! So the sun is out which could mean only one thing PARTY!!!! What better way to kick off the summer than host an event to get everyone together and have some fun in the sun! Whether it is a pool party, potluck, birthday party or just some graduates getting together to celebrate their freedom, all events and parties require effective planning to be successful. What if you are planning a professional event for the company you work for and need to impress some clients? What steps do you need to take to make sure your event goes off with a bang?

During the holidays I had a chance to organize an event to get everyone together. We have had other people doing potlucks before with the same old routine… everyone getting together, cooking the easiest dish they can think of, eating and lots of talking. Don't get me wrong, there is nothing wrong with that, but I wanted to do something different to make a potluck that will be remembered. Even though the event was to take place during the holiday season, I started planning in October. This is something you need to keep in mind while planning, especially when it's a big event. You need to make sure everyone is available for the day that you pick and you need to let people know in advance to give them enough notice in case they need to book off work or before they end up making other commitments for the same day.

The second thing to consider is how to send the invitations? Nowadays, using Facebook makes this really easy. All you have to do is make an event page and select all of the people you want to invite. If you are inviting people who are not on Facebook, you can still invite them through Facebook. On the Guest List tab of the "Edit Event" page, you will see a box to "Invite people who are not on Facebook" via email. All you have to do is list the email addresses and it will send them an invitation. By receiving the invite to your event, they will have the access to view the event information and will be able to RSVP which will save you the time by not having to invite these guests separately.



The third question is how to make your event stand out from the rest? I decided to set a theme for my event which was a candlelight potluck, where everyone had to try a new recipe to bring. Over 20 people were invited, the food was great, the venue was suave and the event was very successful!

Whether it is a social or professional event with your friends and family or colleagues and clients, professional events require the same creativity and originality as social parties. In a professional setting you may be given the responsibility to organize company events for staff or clients. With so many areas of party organization to arrange, while still fulfilling your everyday duties, it would be wise to have a detailed plan. For planning a company event you need to use the following steps to ensure a stress-free experience for the company and the clients. Some key questions you need to ask yourself while planning any sort of event are:

- Who, What, Why, When, and Where?
- Who will be invited? What kind of event is it? Why this event? When will it be? And where will it be held?

Although these steps may seem easy, the real question is answering HOW? For this, you will need to create a budget. You need to know how much you are willing to spend and if other people are helping you organize the event, then how much are they willing to contribute? Once you know the money business the rest can come easy. Knowing the budget will help you in deciding which invitations, venue, equipment, food, music, decorations and photography would be most appropriate. Creating a timeline is very useful in knowing what should be done and by when just so you will not be one of those people running here and there last minute getting things organized instead of getting all dolled-up for your party. Now that you have all your questions answered and planned everything effectively you are ready to go. Let the party begin!!!

Have a successful event.







Top 10 Tips to ACE your Interview







By: Ruth Kanagasabey

1. Research! Research! Research! - Doing your research ahead of time will allow you to prepare concrete answers to interview questions, as well as to ask your own questions. You should know everything you can possibly find out about the position, the company and the industry.

2. Prepare! Prepare! Prepare! - Writing up answers to the most commonly asked interview questions will help you to be fully prepared when your interviewer asks them. The most commonly asked questions include:

- Tell me about yourself.
- Tell me about your experience at [past job].
- What are some of your strengths/weaknesses?
- Tell me about a time when you showed initiative/leadership.
- How do you keep yourself organized?
- What interested you in the [company/position]?

Make sure to practice answering these questions with a friend, family member or by registering for an Interview Practice Session at the Career Centre. Practicing the answers before hand, will enable your practice interviewers to point out any mannerisms you have that might be distracting (ex. Playing with your hair).

3. Dress to Impress - Interviews require business attire even if it's in a casual environment. A general rule of thumb is it's always better to be overdressed than underdressed. Make sure you are nicely polished from the top of your head to the shoes you're wearing.

4. Be Pre-Punctual - Arriving 10-15 minutes early will start to create a good impression from the moment you arrive. Show that you are reliable, punctual and take the job seriously. Being on time is late!

5. Don't give up the spotlight – Interviewers usually always ask if you have any questions. This is the time to impress them with all the knowledge of the company and/or position that you have researched before the interview. Prepare 2-3 questions and make sure at least one of them involves your knowledge of the company (which you developed during your research--see item 1). For example "How do you see this role contributing to the goals of your most recent white paper on xyz?"

6. Follow up immediately- As soon as you get home after the interview, write a thank you letter or email thanking the interviewer(s) for the opportunity, mentioning one or two things about the interview that struck you as particularly interesting, and reiterating your interest in the position (if you're still interested). Send it immediately, especially if it's a letter as it will take a couple of days to get there and that's the time the interviewer(s) will be making hiring decisions or decisions about who to invite back for a second interview. Send a thank you after every interview. This will leave good lasting impressions, and you never know, one day this might work in your favour!

7. Use your resources – The Career Centre is an amazing place to go for all career related needs. They have a great Interview Skills workshop that can help you prepare for interviews and show you the best ways to answer interview questions. In addition they have, individual Interview Practice Sessions where you can meet 1:1 with a Job Search Advisor who will conduct and videotape a mock interview with you and review it with you afterwards. "Speed Interview Practice Rounds" allow you to practice being both the interviewer and interviewee with other students who are preparing for upcoming interviews.

8. Clean up your Social Media - Most hiring managers check social media sites, such as Facebook and Twitter when reviewing candidates. About 70% of hiring managers believe candidates make the mistake of posting potentially compromising content, including inappropriate photos, profanity and too-personal information. It's important to make sure any inappropriate content is deleted and privacy settings are secure. You don't want to lose a job because of the one summer night you don't remember.

9. Spread the Love – Hiring managers often ask receptionists and secretaries about the candidate. They're curious to know how nice you were, or how you responded to their requests. It's important to treat everyone with respect – you never know who will end up hiring you!

10. Strut your stuff – It's important to be confident. Remember that you look professional and great– it's time to believe in yourself. Hold your head high, give a firm handshake and look interviewers in the eye. You need to show the interviewer that you're the right person for the job – and who better to sell you, than yourself?







By: Manvir Dhanota

A super-student dominates the world around them. This domination isn't just in the school life, but in the after-school life also. A lot of times you see these students crushing the competition around them during hard times and they don't even seem to stress about it. Many of us look in awe, but can't figure out how to get to that level, not knowing where to start at all. Many others may have insisted to you about buying things or getting services that lead to the better you. These solutions are simply Band-Aid solutions and won't ever strategically solve anything. It is important to remember that you can't change a person by changing his/her actions, but can only change a person by changing their way of thinking or philosophies. One thing to always remember: greatness CAN'T be purchased. It must be developed internally.

In order to improve yourself, you must first look at your understanding of yourself and your philosophies. Here are 5 ways of thinking that will let you reach a level of greatness without spending a dollar:

5 - **Live by principles and not rules.**
A rule applies to a specific piece of action. While a principle is a broad value that will apply to many pieces of action that one can take in their daily life. When you lead a rule-based life, you have certain things you do and certain things you don't. A lot of the times you may be contradicting yourself. You may respect people, but you may not necessarily respect the natural environment around you. How could you call yourself a respectful person? When you live by your principles, respect would be your principle, and all your actions should embrace that principle. If you're a respectful person, you respect people and the natural environment around you. This way you are more of a stand-up person and live life with integrity – there are no holes that anyone can poke at.

4 **– Understand the significance of a Bird's Eye View, have it in mind at all times.**
An eagle and a lion are both predators who hunt their prey, but have you wondered why the Eagle is more successful in catching its prey on the first try? This is simply because the eagle can see the landscape of the playing fielding much better than the Lion. The Eagle is ten steps ahead of its opponent because it sees the bigger picture from above. It knows the next move or the potential moves its opponent will make. It then plans a strategy accordingly. In the game of life, it is important to always see the bigger picture, always think ten steps ahead like you would in a game of chess. Only once you have developed a bird's eye view understanding of your life and ambitions, only then can you make the best decisions which will lead to your overall greatness.

3 - **If you stand for nothing, you will fall for anything.**
It is very important that you engrain this philosophy in your head. There needs to be a guiding light in your life leading you towards the direction you wish to reach. This is best done by having a mission, goal or vision. Your mission should explain your existence or where you want to reach in your life. Once you have selected one, it gives you something you can strive towards. If you ever get lost, just remember your mission. Whenever you make a decision, remember your mission. Example: if your mission is to be an inspirational leader in this world, then every time you make a decision, ask yourself if your choice of actions is embracing that mission or not. That way you will find yourself doing things that an inspirational leader would do. This will always be the guiding light in your life. You will never fall for anything because you stand for something. With this, you will always stand tall and nothing may knock you over.

2 **– The Journey of Growth: Think of Yourself at the Bottom No Matter How Much at the Top You Are.**
It is vital to understand that, as a human you are always learning. At no point in time can you ever tell yourself that you know everything and no longer need to learn. It is impossible for anyone to obtain 100% of the knowledge this world holds. So you must always be finding things to learn until the day you die. The only way you can become great is with knowledge and continuous development. If you tell yourself you're at the top, you will successfully destroy your ability to continue learning and growing because you're at the top and don't need to improve. In order for you to maintain continual growth in greatness, you must think to yourself as if you are at the bottom. Chances are that in reality you are not at the bottom, but somewhere higher than the bottom. Regardless of that heightened position, you should consider yourself at the bottom trying to get higher. That will only push you to strive for the top, because you have nowhere to go, but the top. Example: a great King should never think of himself at the top (even though he is) because it will only lead him to stop improving on his greatness. He will later find that his enemies have surpassed his greatness because his greatness has stopped growing. Throughout history, great Kings who thought too highly of themselves often had a hard time maintaining their position. The Kings that were always learning and continually improving always held the golden throne for longer.

1 - **Your Mind is the Biggest Weapon, If You Control Your Mind You Can Control Your World.**
The US army and national defence isn't one of the greatest because of its physical strength, powerful guns and tanks. It is great because of its collective knowledge and intelligence that makes everything come into effect. The sophisticated war-time gadgets that they deploy don't come to existence on their own– it took great minds to make them a reality. The brains working for their defence team are the biggest weapons; their war equipment falls under it. It is a critical philosophy that a person must instill in their brain that – your mind is the biggest and strongest weapon.
There are two ways you can use your mind. Destructively and constructively. It's best to think of your mind as a tool; if it isn't used right, it will hurt you. Just like an electrical saw will hurt you if you don't use it correctly. But if you use that tool (the saw) properly, you won't hurt yourself, but in fact you will use it constructively to further elevate yourself. The brain is the same story, if you learn to use it correctly – you can successfully construct yourself into being that outstanding individual.



Winter 2013

New College
Room 140 Atkinson
newcol@yorku.ca
416-736-5233

NEW COLLEGE STAFF

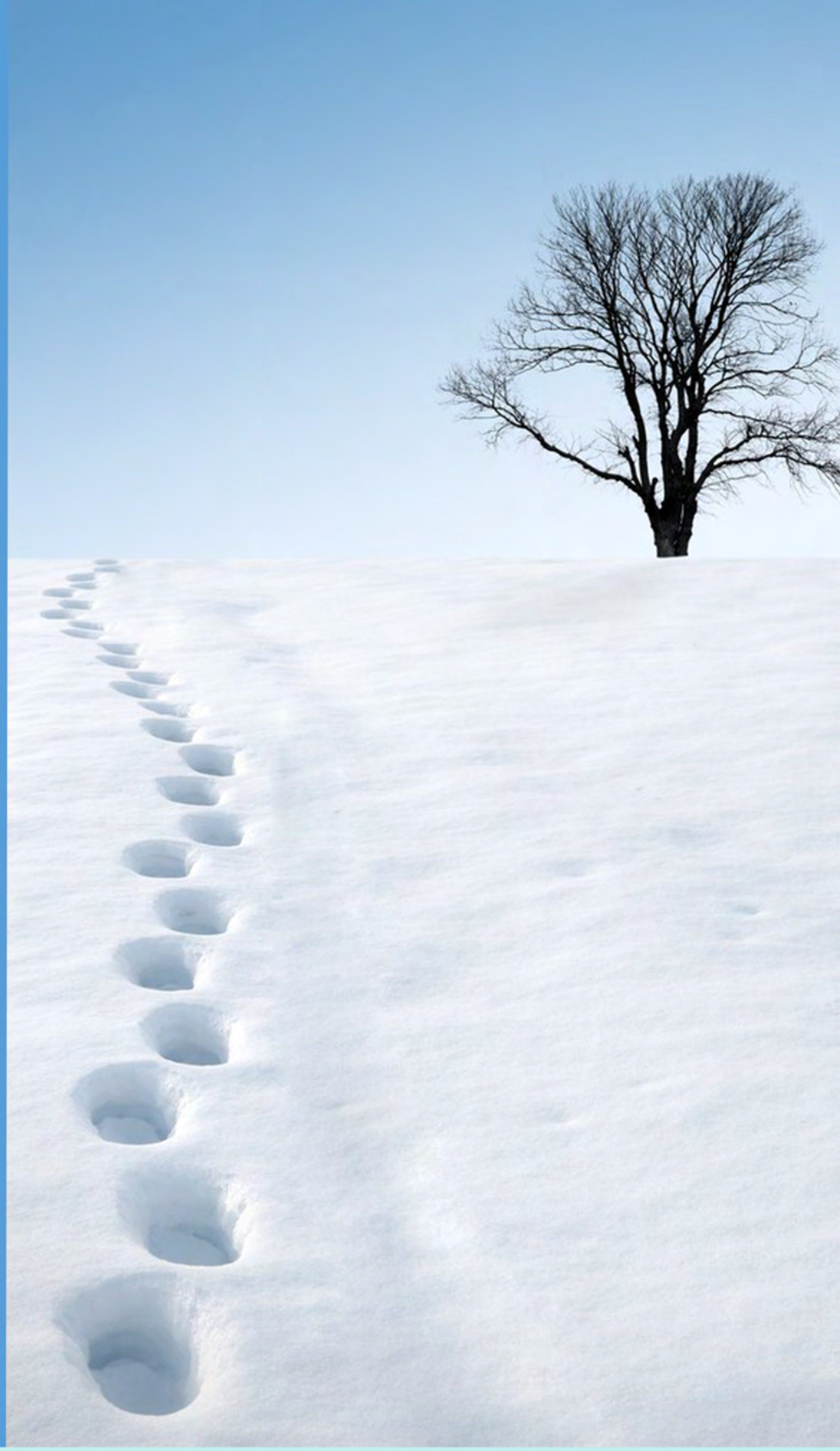
- *Christian Marjollet*
  Master
- *Filomena Pestana*
  Administrative Coordinator
- *Alicia DiStefano*
  Student Success Programs and Events Assistant
- *Michelle Fucchansky*
  Receptionist

NEW COLLEGE STUDENTS WORKING IN THE OFFICE OF THE MASTER:

- *Nicoleta Micle*
  Co-Editor for New Beat
- *Natasha Sidi*
  Communications Assistant
- *Hekmat Kaadan*
  University Experience Program Assistant
- *Alicia Richins*
  Global House Programming Assistant

Peer Assisting Student Success (PASS) Leaders:

- *Angela Witkowski*
- *Leo Wang*
- *Aishwarya Najbile*
- *Sim Singh*
- *Stephen Sheps*
- *Adam Pasquali*
- *Valeriya Saveleva*
- *Hekmat Kaadan*



ARTICLE CONTRIBUTORS

Finza Ashraf
Anisha Mistry
Hekmat Kaadan
Fatima Siddiqa Panju
Natasha Sidi
Qun Wang
Brian Riquelme
Nida Sehar
Ruth Kanagasabey
Manvir Dhanota

Special- thank you to Iffat Razzaque for contributing photos.

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