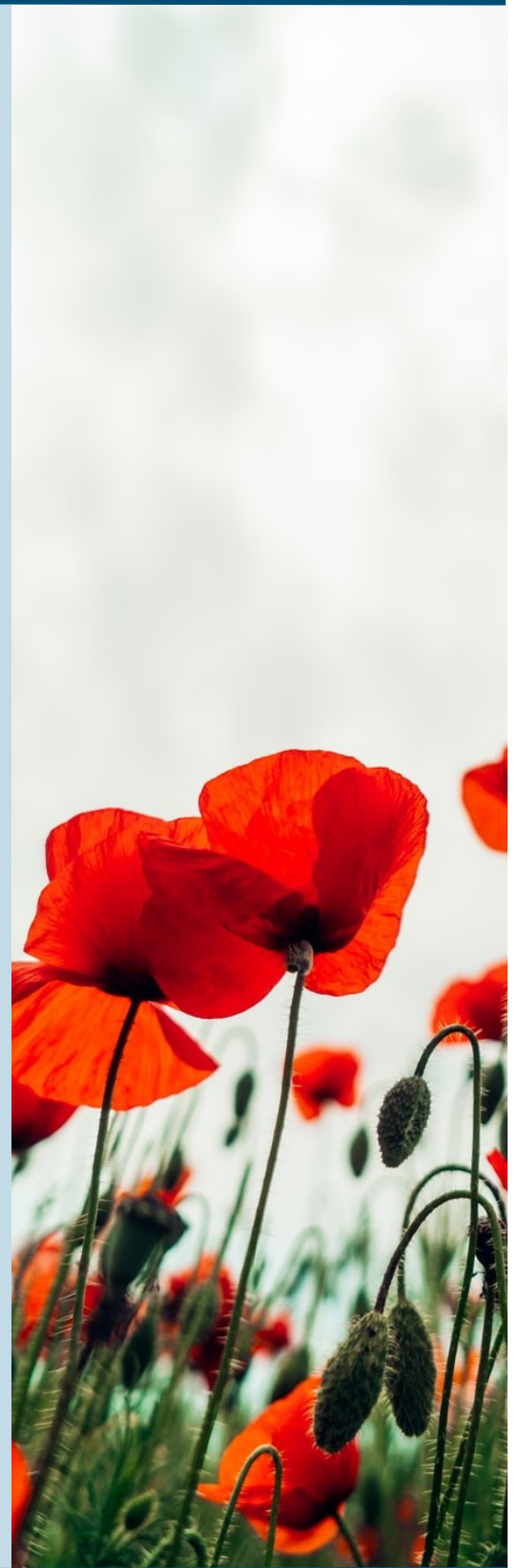


New Beat

In This Issue

Tasty Chocolate Chip Pan Brownies	1
When Self-Care Isn't Enough	2
Program Specific Lo-Fi Study Sessions	2
Fall PASS Schedules	3 - 4
Tips for Soaring Through the School Year	5
What I Learned Working on a Cyber Defense Project	6
November Events	7



New College Office
of the College Head



New College
Student Council



Nabiha Tariq

New College Council
VP Promotions

Human Resource
Management

Tasty Chocolate Chip Pan Brownies

Hey Eagles! The weather is beginning to get colder... What better way is there to enjoy it than some amazing home-baked treats? One of my favourite recipes to make for friends and family is my chocolate chip pan brownie. It has the perfect amount of sweetness and it's a great treat to have while working on your assignments!

Ingredients

Cookie Base

- 1/2 cup butter
- 1 cup sugar
- 1 1/2 cup flour
- 1 tsp cornstarch
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1 egg
- 1 tsp vanilla
- 1/2 cup chocolate chips

Brownie

- 3/4 cup butter
- 1 1/2 cup sugar
- 1 tsp vanilla
- 2 eggs
- 3/4 cups flour
- 1/2 cup cocoa
- 1/2 tsp baking powder
- 1/2 tsp salt

Hot Fudge (Optional Toppings)

- 2/3 whipping cream
- 1/2 cup honey
- 1/3 cup brown sugar
- 1/4 cup cocoa
- (3oz) 1/3 cup chocolate
- 2 tbs butter
- 1 tsp vanilla
- (3oz) 1/3 cup chocolate chips

Instructions

1. Preheat oven to 325°
2. Melt butter in an 8" pan over low heat, stirring in sugar with a wooden spoon. Cool for 10 minutes
3. In a separate bowl, mix together flour, cornstarch, baking soda and salt. Add in egg and vanilla and stir to combine
4. Add the mixture into a bowl and chocolate chips to pan and mix together
5. Bake for 10 minutes in the oven
6. Combine butter, sugar, vanilla and mix then add the eggs and mix well
7. In a separate pan, mix dry ingredients, flour, cocoa, baking powder, and salt
8. Combine dry ingredients with wet ingredients
9. Pour batter over pan cookie and bake for 25-35 minutes or until toothpick comes out clean

For Hot Fudge:

10. In heavy saucepan over medium heat, combine whipping cream, honey, brown sugar, cocoa, chocolate and bring to a boil
11. Reduce heat and cook for 5 minutes
12. Remove from heat and add butter, 1 tsp vanilla and chocolate
13. Serve while hot with a scoop of ice cream

Peer Leader Tip of the Month

"Talk to your professors! They have a lot of industry work experience in their respective areas and want to share their knowledge with you."

- Andrew Schumacher

New College Peer Leader



When Self-Care Isn't Enough

When someone mentions self-care, what images come to mind? Maybe you think of physical activity, a bubble bath, or meditation. This ever-evolving concept has edged its way to the forefront of public discourse in the last few years, scoring articles in major newspapers and magazines, not to mention becoming a popular hashtag across various social media platforms.

Not only has self care become a cultural phenomena, but a prominent advertising feature in the \$1.5 trillion wellness industry. We are often presented with the idea that protecting one's mental health is inextricably tied to bath salts, athleisure wear, and rose-quartz facial rollers. But not all of life's worries can be solved with a copy of *Eat Pray Love*.

India Madsen

New Beat Editor

Professional Writing

While caring for one's self is, undeniably, an essential aspect of maintaining mental health, there is an equally significant concept that is often neglected in our conversations about mental health: *community care*. Even with the ideal morning routine, healthiest diet, and perfectly curated reading list of self-help books, no man is an island. While taking care of ourselves is important, we must also practice becoming comfortable with reaching out to our friends, family, and community for support.

Young people, many of whom are moving away from home for the first time, especially value independence. However, asking for help when you need it is just as important to maintaining your mental health as self care is. In a world dominated by individualism, relying on others may not be our first instinct when faced with a challenge. However, picking up the phone and calling a friend or family member is often an effective first step towards overcoming personal struggles. The York community offers a wide variety of mental health services. Don't be afraid to reach out to York's center for Student Counselling, Health & Well-being (SCHW) or speak to a New College peer mentor if you are in need of support.

Program Specific Lo-Fi Study Sessions

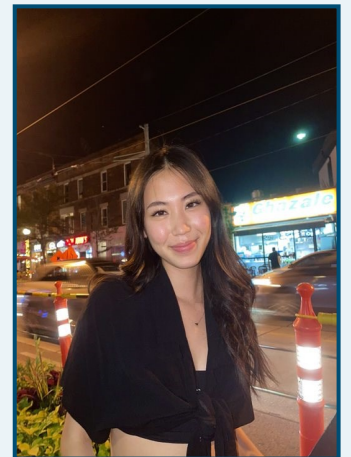
What's up, New College Eagles?!

I hope that you are all settled in with your studies and enjoying the Fall semester! New College is home to plenty of programs and clubs for you to explore. In this article, I want to highlight a fantastic event that will bring program-specific clubs and students together.

Remember the all-in-one Lo-fi Study Sessions that I introduced in the August issue of New Beat? We are now revamping these sessions to focus on bringing students together. Each month, special Lo-fi Study Sessions will feature program-specific club members and students who can chat with you about your program. Want to discuss that challenging accounting course you have? Or talk about your favourite human resources professor? Need advice from an upper-year student who has completed their internship? Don't miss out on this opportunity to bond with the peers in your program, and who knows? One day, they might become your colleagues! The first half of these special events will be dedicated to a program-specific guided discussion. The second half will be dedicated to studying time with lo-fi music. We hope to see you all there, Eagles!

Need a greater incentive to come? New College's loyalty program makes it even more beneficial. Sign up [here](#).

Peer Leaders will be taking attendance at every event, and for each event you attend, you will earn a virtual stamp. Once you collect 10 virtual stamps, you can exchange them for a gift card! I can't wait to see how many virtual stamps you all collect! Eager to attend the Lo-Fi Study Sessions and other exciting events? Check out New College's NEW Instagram page [@ncpeermentors](#) for more updates. If you have any questions, or if you represent a club that would like to host a Lo-fi Study Session, please email ncmentor@yorku.ca or send us a direct message on Instagram. We are looking forward to seeing you at the next session!



Rachel Trinh

New College Council
VP Operations & Peer
Mentor Coordinator

Human Resources
Management

ADMS + ITEC PASS Sessions

Fall 2021 Schedule

Class	Mon	Tue	Wed	Thu	Fri
ADMS 1500	2:00-4:00pm Section A (Prof. Nasreen) With Myroslava & Yusra ID: 912 2572 2218 Passcode: 47395				
ADMS 2500	9:00-11:00am Section D (Prof. Sevel) With David ID: 984 5375 9381 Passcode: 796469 4:00-6:00pm Section M (Prof. Ng) With Fernanda ID: 958 3987 8340 Passcode: 438387	9:00am-11:00am Section L (Prof. Nasreen) With Yuwei ID: 990 7991 8329 Passcode: 129353 11:00am-1:00pm Sections E, F, G (Prof. Wang, Prof. Ng) With Gurleen ID: 973 1766 8875 Passcode: 852301 3:00-5:00pm Section N (Prof. Kim) With Fernanda ID: 958 1243 8307 Passcode: 407655		1:00-3:00pm Section B (Prof. Ng) With Cadisha ID: 993 0705 2013 Passcode: 151550	
ADMS 2510	2:00pm-4:00pm Section C (Prof. Diab) With Vanshika ID: 982 8550 8017 792174	3:00-5:00pm Sections F, G, H (Prof. Kwan, Prof. Yousefian, Prof. Brahme) With Yewen ID: 917 4814 0848 Passcode: 564707	10:30am-12:30pm Section E (Prof. Sheikhman) With Aaron ID: 928 5018 1715 Passcode: 280226 12:00-2:00pm Section D (Prof. Heath) With Roan ID: 975 7095 8980 Passcode: 578519		
ADMS 3530	12:30-2:30pm Section D (Prof. Nguyen) With Priya ID: 918 5786 8094 Passcode: 897288 2:00-4:00pm Sections E, G (Prof. King) With Haseeb ID: 925 6429 4640 Passcode: 939191	11:00am-1:00pm Section C (Prof. Ho) With Dhruv ID: 947 2406 5093 Passcode: 804645	9:00-11:00am Section F (Prof. Nguyen) With Andrea ID: 941 7406 3893 Passcode: 946691 12:30-2:30pm Section I (Prof. Kowalski) With Langsheng ID: 961 7509 7989 Passcode: 516477	12:30-2:30pm Section H (Prof. Ho) With Langsheng ID: 918 6507 3398 Passcode: 192719 2:00pm-4:00pm Sections A, B (Prof. Li, Prof. Alagurajah With Alina ID: 941 6229 7879 Passcode: 777493	

Class	Mon	Tue	Wed	Thu	Fri
ADMS 3585 <i>*Note: Online students in Section C (Prof. Lai) can attend any ADMS 3585 PASS</i>	2:30-4:30pm Section K (Prof. Amerski) <i>With Jaikun (Kyle)</i> ID: 915 9746 8050 Passcode: 360196	10:30am-12:30pm Section D (Prof. Kim) <i>With Jaikun (Kyle)</i> ID: 960 0695 8089 Passcode: 107781	9:30-11:30am Sections A, B (Prof. Volodina) <i>With Ricky Loi</i> ID: 921 5074 2273 Passcode: 480782		
ADMS 3595				9:30-11:30am Sections B, C (Prof. Ma) <i>With XiaoXiao</i> ID: 958 9343 4953 Passcode: 193714 9:30-11:30am Section D (Prof. Stanco) <i>With XiaoXiao</i> ID: 958 9343 4953 Passcode: 193714	
ITEC 1620	2:00-4:00pm Section D (Prof. Pateau) <i>With Telmuun</i> ID: 950 3374 3499 Passcode: 432089			10:30am-12:30pm Section A (Prof. Jammal) <i>With Christopher</i> ID: 959 8805 9362 Passcode: 014665	10:30am-12:30pm Section B (Prof. Pateau) <i>With Peipei</i> ID: 968 8402 2313 Passcode: 433366 12:30-2:30pm Section C (Prof. Pateau) <i>With Rachad and Davood</i> ID: 960 7461 0376 Passcode: 656715
ITEC 3210	12:00-2:00pm Section B (Prof. Pavlovych) <i>With Kabir</i> ID: 969 1354 6188 Passcode: 863447	12:00-2:00pm Sections C, D (Prof. Benslimane) <i>With Kabir</i> ID: 996 0407 7163 Passcode: 892121 2:00-4:00pm Sections E, F (Prof. Hao) <i>With Rojean</i> ID: 932 2623 9085 Passcode: 004880			

Tips for Soaring Through the School Year



Ankita Singh

New College Peer Mentor

BCOM Finance

Another school year has begun, and it is a unique year unlike any other. You might be feeling stressed or overwhelmed and might be looking for answers on how to get through your coursework and exams. Whether you're learning from home or coming to campus, a returning student or a new student, these useful tips will help you to excel throughout this school year.

Tip #1: Time Management

Everyone always tells you to manage your time and improve your time management skills, but they never tell you how to do this. I recommend using a weekly calendar that lets you fill out all of your obligations as well as school work and other activities you plan to do in the week. This way, you're less likely to fall behind in your school work and you have a calendar to keep you on track. The calendar offered by Learning Skills Services is my go to. Learning Skills Services also offers a Time Management workshop, among many other useful workshops. Find these Learning Skills Services (including the calendar) [here](#).

Tip #2: Use Your Resources

York offers a wide variety of resources, from academics to mental health. If you are facing an issue, chances are there is a resource at York that can address it. Some examples of resources at York include the library and the library website, student counselling, PASS sessions, financial resources,

accessibility services, a variety of educational workshops, and many more. One resource that I use often is academic advising, as they are the best point of contact for any questions that I have about my courses.

Tip #3: Ask Questions

You're sitting in class, wanting to ask a question but the pressure of speaking in front of your fellow peers feels daunting. We've all been there and we get it. I recommend asking questions not only because you will get your questions answered and feel less confused, but you may also be helping others who have the same question as you. There can be many benefits to asking questions, and it will be well worth it in the end.

Tip #4: Balance

My final tip for getting through this school year is to create a balance between your academics and other activities. It may feel like school is taking over your schedule and you might be spending all of your time on your courses, but it is important to take breaks and make time for activities outside of course work. This gives you a change of environment and allows you to recharge before tackling school work again.

Other activities can range from physical activity to social activities. I recommend spending time with friends, family, and loved ones, attending New College events, or taking a day for yourself to relax and practice self care.

I hope you found these tips helpful and are able to use them throughout the year. Good luck, Eagles!



What I Learned Working on a Cyber Defense Project



Ming Kan Leung

New College Peer
Mentor

Information Technology
(ITEC)

Referring to my previous article, *Laptop Equipment for ITEC Freshmen*, which was featured in the October 2021 edition of *New Beat*, I suggested that ITEC students should explore research on network security and risk management. As a matter of fact, I was actually working on some projects for cyber-defense to protect my own systems. In this article, I share what I have learned in one of these projects.

I was creating nested firewalls under the cloud environment. I had several goals for this project: 1) Low cost, 2) High performance, 3) High network protection, and 4) High configurability.

It was difficult to satisfy all the goals. If the cost of equipment and maintenance were low, the other goals may not be met. If the performance of the system was brought up, it could be easily hacked. For these reasons, the project was very challenging. Fortunately, there was no time limit for this project because the servers that I used were self-hosted. I could block all open ports while I tried to configure all the settings. To lower the cost of the project, I did some research in selecting the best open-source software and pre-owned network devices. Because it was not yet in the production stage, I could control the cost and the amount of time that I devoted to working on this project.

Enterprise level firewall software is highly configurable. The software has plenty of tables and options to set any rule to the block or accept status on specific network traffic. These configuration options do not usually appear in home routers. In fact, the firewalls that I set out to make had even more customizable features than a Cisco router. The most challenging part of this project was that the deployment of the firewalls was not completely in my control. For example, after I had worked on the configuration of the network devices for a few days, I was able to connect to a Zoom meeting. Unfortunately, I discovered that peers could not see my face through the webcam... *Bump...* I needed to take double or triple the original setup time to fix this issue. In this situation, I was especially grateful for the backup and restore functions provided by the software. I could roll back to the previous software's properly functioning status. This was one of the reasons why I invested a significant amount of money in file storage media. Backup can save the utter loss of the project.

I have earned a few certifications from Microsoft and Cisco corporations. Although the project was time-consuming, I was able to implement my knowledge from both my certifications and my program at York to this project. I used a good deal of time to tune up performance and network protection. Under the same equipment, performance and security contradict each other. I sometimes need to sacrifice national levels of network security to increase the overall performance of the software. In addition, misconfiguration of firewalls and routers may lead to data bleaching. For this reason, network tools came in handy when testing performance and security. I used a speedometer to gauge the download and upload speed and I used an assortment of penetration test tools to look for security hazards. And finally, no computer system is perfect. I need to explore and learn new networking technology to build a less vulnerable environment. I am pleased that the existing system is under control and has never had any unforeseen termination.

Interested in writing for New Beat?

Submissions are always welcome! Submit your 250-500 word article [here](#). Photos of your New College experiences are also appreciated! Questions? Reach out to India Madsen at ncnews@yorku.ca.

Upcoming Events at New College

New Lo-Fi Study Sessions



Looking for a calm, productive study environment? Attend New College's Low-Fi Study Sessions, hosted every **Tuesday and Thursday, from 8:30am-9:30am and 2:30pm-3:30pm on Zoom!** Here, you can focus with light study music and have the opportunity to seek out academic help from Peer Mentors. For an in-depth look at the NEW format of Lo-Fi Study Sessions, turn to page 3!

Meeting ID: 984 5206 7297

Passcode: 681693

NC Peer Mentors Instagram Account

Get all the latest updates on the events and services offered by New College Peer Mentors by following the new NC Peer Mentors Instagram account: [@ncpeermentors!](https://www.instagram.com/ncpeermentors/)

New College Student Council is Hiring!



From Oct 27th to Nov 10th, New College will be hiring for the following positions:

- Pond Residence Representative
- Secretary
- 2 Social Representatives
- 2 Athletic Representatives

Please forward your resume and cover letter along with your availability to president@newcollegecouncil.com and operations@newcollegecouncil.com

For more information about each position, visit www.newcollegeeagles.com/constitution.

Experiential Education Symposium 2022: Applications due!

The Experiential Education (EE) Symposium showcases experiential education at York University. This annual event will be held on February 2, 2022 from 10:00 a.m. to 4:30 p.m. via Zoom.

Has your participation in an EE course at York resulted in a meaningful impact for you? If so, you are invited to apply to be one of the presenters at the 4th annual Experiential Education Symposium to share your EE story individually or as a group. Successful applicants will create either a poster, video, or podcast to showcase their experiential education experience. Workshops and training materials will be provided to successful applicants and a roadmap will be given for what to expect from the event. Students who apply and are successful will automatically enter a draw to win a \$100 YU-card.

To apply, Provide a short abstract of your chosen EE presentation guided by some question prompts. **Applications are due November 3rd, 2021 at 11:59pm.** For more information, visit: www.yorku.ca/eesymposium