The Truth Behind New Year’s Resolutions

Okay Becky we get it, this year you’re finally going to commit to that gym membership you keep talking about. As soon as January 1st rolls around, you will be a fitness freak. New year, new Becky right? Wrong.

Research has shown that about half of all adults make New Year’s resolutions. Unfortunately only 10% of them manage to keep them going for more than a couple months before falling back into their old habits. Many of these resolutions come in the form of lifestyle and behavioural changes. The goal is usually to replace old habits with new ones. Although the saying goes, “if you do something for 21 days it becomes a habit,” it’s much easier said than done, especially with all the relapses and “cheat days”. More often than not people set way too many goals and don’t know which to dedicate their time and energy to.

But the real question is, why do we as a species wait for one day of the year to decide to turn our lives around?

The idea of New Year’s resolutions dates back to 153 B.C with Janus, a god from the Roman religion and mythology. Janus is the god of beginnings. Does Janus sound familiar? He should. The Romans named the month of January after him, and so his legacy lives on in modern culture.

Janus is a two-faced god, literally. He is often depicted with two faces looking in opposite directions, and very rarely he has been pictured with four faces. His faces symbolize change and transitions, such as the progression of past to future, births, growth to adulthood, marriage, and other beginnings. On December 31st the Romans imagined Janus looking back at the old year and forward into the new year.

The Romans believed that the beginning of anything was an omen for the whole. As January first is the first day of the first month of the new year, it made perfect sense for all their resolutions to be made on this day, so they can set the bar and expectations for the next 365 days. This became a symbolic time for Romans to make resolutions for the new year and forgive their enemies for troubles in the past. They also held the belief that Janus could forgive them for their wrongdoings in the previous year. To ensure Janus’ blessing and a fresh start, they would bring gifts and make promises to Janus.

Now that you know the history behind your resolutions, I would like to wish you the best of luck in following through on your New Year’s resolutions Eagles! You have Janus’ blessing as well as my own.

Eagles of the Month

You all deserved this title after last month’s exam season, Eagles. I hope you all performed at your top levels and enjoyed celebrating success right during the winter break. Nothing puts a bigger smile on my face like family time, a drink or five with friends, and an abundance of food. To all those that got to celebrate on a white sand beach and who got to start the winter semester sun kissed, I am ridiculously jealous of you.

That being said, welcome to the second semester of the year ladies and gentlemen! Let’s start 2018 on top of it! Let’s not falter to the bad habits that we left behind in 2017 and instead work on creating new and better habits. Let’s work on our hustle and remember to make time for self care. Let’s stick to our goals, and let’s not forget to treat ourselves. Let’s work to be the best version of ourselves.

I hope that you’re ready for a new semester. For some it may be their second, for others their last. Regardless, let’s make this year one for the books!
3 Things to Consider Before Moving to the Village

WRITER: SIERRA CARNEY (5TH YEAR, BCOM MANAGEMENT, VP FINANCE, NCC)

If you ever decide you want to move away from home, whether it be because you want to experience living on your own or your commute to and from school is causing you unnecessary stress; then the village may be the place you may want to consider! The village is located right next to York University, it provides more affordable student housing compared to places like York’s residences, York’s apartments and the QUAD. The primary downside with deciding to live somewhere in the village is that not all amenities are necessarily included, compared to York’s residence/apartment and the Quad where the necessities are generally come with the living space. Here are some tips of things to consider if you are looking to move to the village:

1. Where is the house located? You want to make sure the house you pick is in an area that you feel safe in. As well you want the house to be located within an acceptable walking distance from school, so you do not get discouraged from attending class because the walk is too long (especially in the winter).

2. Who will you be living with in the house? You need to take the time to figure out what type of people you will be living with. You also need to have to be honest with yourself and figure out what type of person you are. You need to decide how often you like to party, how clean you are and how much personal space you require. These factors are important in preventing future clashes and disagreements with your roommates.

3. What is included for the price of the house? Figure out what is included in your contract, because you may find an excellent house with a room that is dirt cheap, for example $400 per month, and sign the contract without thinking twice! Later, you may find out that the room is not furnished, you have coin laundry, and not all utilities are included which means that you may have to pay for an additional bill like hydro on top of that price.

To find out places that are available in the village check out “The Village at York University” on Facebook.

New Year
SAME OLD COLLEGE

WRITERS: DOMINIC ONG (5TH YEAR, BCOM ACCOUNTING, PRESIDENT, NCC)

Nope, no “orange you glad” pun here. Sorry to disappoint you.

Welcome back from the holidays Eagles and I hope you’re as excited as I am to take on the Winter 2018 term!

There’s so much to look forward to within the New College community this upcoming semester. We have a wide variety of activities you can enjoy from intramural sports to our annual Blue Mountain trip. We also offer various networking and career building opportunities and who could forget our year end formal event scheduled on March 2nd, 2018!

If doesn’t matter if you’re in your second semester or sixth year, New College can be a home for you! We also offer many casual opportunities to mix and mingle with fellow students, York admin, and professors – the most common being the weekly Hump Day Cafe hosted by our Master’s Office in Room 140.

All in all, I want to wish you all a very fruitful Winter term on behalf of the New College Council. Your ‘university experience’ starts with “U” and I encourage you to maximize on all the opportunities provided by your community.

January EVENTS

JANUARY 3rd: Winter Orientation
JANUARY 4th: Winter Classes Begin
JANUARY 8th: M&W Basketball Begins
JANUARY 10th: Ice Hockey Begins
JANUARY 15th: Coed Futsal Begins
Jan 16th: Swim Meet
JANUARY 16th: Toastmasters
Broomball League Begins
JANUARY 17th: M&W Volleyball Begins
JANUARY 18th: Jorky Ball Begins
JANUARY 21st: Cricket League Begins
JANUARY 26th: Excel Workshop (Beginner & Intermediate Part 1)
JANUARY 26th-28th: NCC Blue Mountain
JANUARY 27th: Curling Tournament
JANUARY 29th: ITSA Curriculum Committee Meeting with ITEC Faculty
JANUARY 30th: ITSA Meet the ITEC Faculty Event
JANUARY 31st: Peer Mentor/Mentee Meet & Greet
TBA: APAA Business Cards Workshop
TBA: MCA Case Competition

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Hi, I’m Socero
YOUR PERSONAL OPPORTUNITY MANAGER

WRITERS: SARA YASSAWI (5TH YEAR, BCOM MANAGEMENT, EDITOR, NCC) & DAVID KIM (ALUMNI, BSc BIOLOGY, CO-FOUNDER SOCERO)

You’re probably wondering what in the world Socero could be. For starters, the app is a York start-up co-founded by David Kim, Jimmy Tang, and Jonathan Lam. Socero in itself is a combination of the words “social” and “hero”.

David Kim, former member of Agents of Change, initially wanted an application that included sharing ideas, voting on the best one, and then executing it within a month. He then attended a hack-a-thon where he met Jimmy Tang and Jonathan Lam. Together the three of them co-founded Socero and developed it into what it is today.

The app’s goal is to improve student engagement on campus, aiming to implement development space and conferences. It’s available both on Android and iOS.

Socero is a personal opportunity manager that utilizes machine-learning algorithms to understand what events you are interested in and recommends personalized events to its users daily. The app suggests events to the users based on their individual personality profile. The more you use the app, the smarter it gets. They are planning on getting our users exclusive tickets and discounts from their partners - concerts, conferences, special interest meetups, and weekly promotional events at local bars and pubs. The format of the app may be familiar to users as they “swipe right” for events they are interested in and “swipe left” for events that are not of interest to them. It’s available both on Android and iOS!

A sporting event of interest to you, and if you’re feeling romantic Socero knows just the spot!

Socero is widely diverse, currently the application has over 30 categories of events - from the latest concerts, interesting holiday festivals, networking events in every area of industry, all sorts of workshops, and even very specific meet-ups such as local soccer matches. The algorithms match your specific interests and become specifically tailored to your likings overtime. The application collects over 5000 events in Toronto from all over the internet so you don’t have to check multiple websites to find out what’s happening.

The idea first came from the realization that there are far too many events and invitations. The team wanted to make events much more personal, declutter the realm of events to find the hidden gems that you’ve been searching for. The app’s reception was lukewarm. They’ve gone through several iterations and received feedback from users who liked the idea. They have remarkable back-and-forth conversation with their user base.

As of now, the Socero team consists of 10 members based out of Scott Library, where they have a development space and confer with students, aiming to implement their feedback. Kim hopes, that as technology gets recycled and Wi-Fi becomes more inexpensive, apps like this will one day expand beyond local events and communities to include ideas by innovative people around the world.

When asked what it’s like to be an entrepreneur and have his own start up, David admits that he honestly doesn’t know what it means to be an entrepreneur. He just feels like that kid that’s super into a particular thing and gets in trouble with their mom the next day because they didn’t do their homework or clean their room. There are definitely many things that he’s learned in terms of how a business grows and how much work is truly involved. When it comes down to it he’s working on this application because it’s what he truly loves doing, not because he wants a title.

If you’re looking to start your own venture David advises to talk to people whom you trust on your idea before you even put any substantial time or money into it. Your best mentor is Google. Don’t rely on someone to teach you something that you can simply Google and learn in a reasonable amount of time. Don’t forget to execute it - the key is to have SMART goals and to follow through on them. You’ve heard about SMART goals in your classes more times than you can count because they work.

If you’re looking for further resources you can reach out to LaunchYU and New College’s very own Entrepreneurship Development Association (EDA) at York University to help you begin your journey. Please do not hesitate to email David if you want guidance, he’s more than happy to pay it forward. David@live.ca or to get your events on Socero please send an email to general@socero.com

My name is POM. Nice to meet you!