



The Lounge

I would like to think of myself as an advanced level student who runs as far away from campus as possible as soon as class is let out, who dines in the central square cafeteria with no acquaintances but a 500 page textbook, and when asked which friends they have made in University, no name immediately comes to mind.

I thought I had it all figured out: I am in my fourth year. I go to class, I have minimal interaction with my peers beyond lecture material, and I go home. I constantly occupy my line of sight with a phone or a book. I learned the quickest routes to get me away from campus, the least crowded hallways to get to my next class, and the most secluded areas of the library. I was convinced I was not missing anything crucial in my University experience. I had built a comfortable wall around myself, and I was content with it. I only now realize, in the last year of my undergraduate experience, surviving undergrad is one thing. Being happy while getting through it? That is something else entirely.

I have walked the halls of the Atkinson building for years and have never once felt like it was “home” in any sense. However, on one specific day, my view shifted.

When I entered the lounge that Friday afternoon, I had no intention of staying for longer than a minute. The ratty, mismatched furniture was not so inviting, and I was in no hurry to sit next to the flattened takeout box. There were already about 8 students in the room – chatting, laughing, and living. No one stopped to acknowledge me or make my presence known – I simply blended in, and I liked it.

I have not spent nearly enough time in the lounge to understand the complete dynamic of the students that hang out there. However, it doesn't take much to see the lounge is where strangers become friends and friends become family. Each person who enters the lounge adds a layer to the foundation of that welcoming environment. Within the first few minutes, I was being pulled into their circle of conversation, joking around with people I would not have spoken to in the halls, and by my departure I felt as if I had known them for longer than just one afternoon. Chatting with strangers has never been an interest of mine, but I felt something open up. It is a peculiar feeling to feel like you belong somewhere after feeling displaced for so many years.

Now, I can't help but imagine how my undergraduate experience could have been different had I put myself out there more. I could have spent more time meeting the friendly, interesting people that I am constantly surrounded by when on campus.

The lounge happens to be the most ordinary looking room that I have thought nothing of for years. It is funny, though, how people tend to be oblivious to the beauty that can be found in the most ordinary of things.

Lori Khaouli (4th year, BHRM)

Women's Self Defence: Wen Do and Outburst

Have you heard of Wen Do? Well, if not, it is a charitable organization and one of the first self-defence organizations for women across Canada! They offer a variety of basic and intermediate Wen-Do courses and workshops on their website.

The courses are centered around these takeaways:

- * *Learn simple, effective, physical self-defence techniques*
- * *Explore verbal self-defence- reasoning confronting using surprise and more...*
- * *Discuss issues of violence against women and girls in a supportive setting*
- * *And share inspiring real-life stories of resistance!*

These courses can help women feel confident, strong, secure and safe. Women don't realize the physical strength they have and by taking these courses, it can potentially help against sexual aggressors.

In addition to sexual assaults, there is stigma against Muslim women. Organizations such as Outburst help teach Muslim women self-defence techniques. Kahn, one of the instructors of Wen Do states that “There's such construct of Muslim women being weak...Let's show a different Toronto” (DaSilva, 2015). The instructors at Outburst are trying to show that as a collective, this is intolerable behaviour and that it should not be endured.

If you are interested, it is recommended that you visit the following links:

<https://m.facebook.com/outburstmovement/?fref=ts>
<http://www.wendo.ca/home.php>

Alexa Lopreiato, (4th Year, BHRM)



Stay Positive

Do you ever find yourself stuck in a series of unfortunate events? Can't shake the bad luck curse? Does everything that can go wrong... goes wrong? You're not alone! Really, you're not. Life is hard for everyone at least at some point. No one has an 'easy life' so turn that frown, upside down! And follow these tips on how to stay positive (even in the worst situations).

1. Surround yourself with people who will fill your bucket up, a positive support group who will listen as well as provide loving criticism.
2. Practice positive thinking, you must retrain your mind to replace negativity with optimism.
3. Don't lose perspective, when you're stressed it is very easy to see molehills as mountains so stop, breath and refocus to get back on track.
4. Remember what you are grateful for, make a list to remind yourself of what you already have.
5. Smile! Studies have shown that even forcing a smile can make you happier.
6. Exercise regularly and eat healthy, you will feel better about yourself, sleep better and improve your mood.

"See the positive side, the potential, and make an effort." - Dalai Lama

Veronica Rondinone (Editor, New Beat)

The Art of Entrepreneurship

9 to 5, 5 days a week, for at least 40 years, with a month's vacation, and I thought slavery was abolished years ago! The thought of working like this for my entire career is gut wrenching. How can I work on someone else's dreams whilst ignoring mine? I can't, therefore my solution is entrepreneurship. This allows me to work towards my own fortune. Not only do I have control over my schedule but I have the control to make my own decisions.

When you have a passion for something you should pursue it no matter the consequences because when you do what you like it's said you don't work a day in your life. Entrepreneurship provides the flexibility to work on achieving your dreams and to take a mid-day League or FIFA break if you feel like it. It can be the first step on your success ladder. This path is tougher with more challenges, it is a 24/7 job always demanding your attention, however, it is worth it.

I attended an entrepreneur conference with a panel of guest speakers right here in Atkinson's Harry Crowe Room a few weeks ago. Each presenter insisted on starting a business **as quickly as possible** no matter how bad the idea, as it will develop over time. Upon talking with one of the speakers personally, I was advised on building a community and team with strong culture and values.

Nazvir Jhand (1st Year, BAS IT)

Enchanted Forest

Join New College for our biggest event of the year, Formal 2016: Enchanted Forest! Formal will be taking place at Paramount Event Space in Vaughan on Saturday, March 12th 2016. Doors open at 5:30 pm, and transportation will be provided to/from York. Every attendee of legal age will receive 5 free drink tickets upon entry and additional tickets will be only \$2. Hors d'oeuvres, a 3-course meal, and a late-night pizza station are included as well. Tickets are \$60 for New College and Pond students. \$65 for non-New College students and \$70 for non-York students.

However, if 5 NC students purchase their tickets together it is \$50 each. To get this offer email president@newcollegecouncil.com.

Veronica Rondinone (Director Social, NCC)

