



### Experiential Education At The MaRS Discovery District

MaRS Discovery District (MaRSDD) is located in the heart of downtown Toronto and it is one of the world's largest urban social innovation hubs. At MaRSDD, they rethink what business should mean in our society. MaRSDD invests in social businesses so they are able to combine business practices and social issues to bring a positive change in our society. For example, MaRSDD focuses on providing a service to people using green technologies and innovative methods. This organization strives to ensure that they are pushing the limits of what business can do to help people. In fact, their vision is "Our future matters."



My seminar SOSC 4040B Issues in Business & Society has been learning about social enterprises. Social enterprises are businesses that have a dual purpose or a double-bottom line composed of social and financial objectives. Where a conventional business focuses on profits social enterprises are thinking about how business can respond to social issues affecting people. On 23 March 2015, Professor Caroline Hossein took my 11 colleagues and I on a field trip to MaRSDD to deepen our understanding about social enterprises. At MaRSDD we spoke to innovation experts and toured the business incubators. By connecting with MaRSDD we were able to understand that there are caring entrepreneurs in our world who think about social problems and attempt to devise business ideas. The most inspiring element for me at the MaRSDD was that young entrepreneurs are concerned about inclusive businesses and making a living.

For more information on MaRS you can visit their website: <http://www.marsdd.com/>

By: Melisa Sadasook, (Fourth-year, Disaster and Emergency Management)

### Upcoming Events

- Summer SU & S1 classes begin May 19. So remember not to miss your first class!
- The New College Council for the year 2015-2016 has been decided! To know who they are visit the following link: <http://www.yorku.ca/newcollege/>

### 3 Reasons Why You Need to Take Advantage of York's Internship Program

Did you know that York boasts one of the most robust and well-connected undergraduate internship programs amongst business schools within Canada? Here are 3 reasons why you need to take advantage:

#### 1. "Try before you buy"

Internships are a unique form of employment as they are made available exclusively to post-secondary students. Only during these 4 (or more) years do you have the opportunity to obtain *real-world experience* in different fields, industries, and companies, without committing yourself long-term. An internship might re-affirm your choice in major, or point you in an entirely new direction. Don't wait until after you graduate to find out if you've made the right choice.

#### 2. The gateway to a career

What do Scotiabank, BlackBerry, and the Ontario Public Service have in common? They all hire York interns. Given the smaller pool of applicants you'll be competing against, never will you find it easier to get that all important 'foot in the door'. Once in, the connections you forge and the relationships you build could very well lead to future employment, provided you leave a strong impression.

#### 3. You get paid!

Interns earn anywhere from \$30,000 - \$40,000 per year on average. Rather than graduating sans internship and watching in vain as interest accumulates on your OSAP loan, why not work a year's worth of internships and earn enough to pay down most, if not all of your debt upon graduation?

Head on over to <http://www.yorku.ca/careers/internships/index.htm> to start your journey

By: Akbar Hashmi (Fourth year, BAS: Business Research - interning with the Ontario Public Service)

### My Experience with the APAA and the AIM Conference

My experience with the Atkinson Professional Accounting Association (APAA) at York has been enriching and a lot of fun. I decided to join the APAA at the beginning of the year and was both excited and nervous to begin attending events. I had recently decided that I wanted to pursue my Chartered Professional Account (CPA) designation and I knew that joining APAA would be a great step to start networking and learning more about the accounting profession. What I did not realize was how much fun and how many great people I would meet along the way.

One of the largest events that I attended this year was the AIM conference. I was really nervous to attend this event because it was so large and I did not know many people. Despite my fears, I applied and decided to go when I was accepted to attend. The event ended up teaching me a lot about the CPA designation, networking, and how to land a job in accounting. Looking back, the AIM conference is what inspired me get as involved at York as I am now. I am happy to say that my experience with the APAA and all of their events lead me to being one of two CPA Ontario Board of Ambassadors for the York campus. I am looking forward to meeting many new students through this role and inspiring them the way that the APAA inspired me.

By: Flora Giancola (Second Year, BAS: Accounting)

### What Employees Need To Know About Vacations

Humans were designed to handle stress but prolonged periods of stress can take a toll on the body's system; today's fast paced environment is leaving employees with dangerous amounts of stress. So what happens during times of stress? It can result in high blood pressure, high cholesterol levels, hinder our mental abilities and/or suppress our immune system. With that said, Canadians should be taking vacation time every year. Here are some rules to having a rejuvenating vacation:

- Take all of your vacation time- the amount that you are entitled to legally
- Vacation time should be spaced out throughout the year (i.e. take frequent yet small breaks)
- Arrive a couple days early before work resumes to get back in routine
- When you are at work allow yourself one day to catch up on work

In comparison to the past, an increased number of Canadians are under stress. As a result, it is vital that employees take frequent breaks to maintain their work-life balance.



By: Alexa Lopreiato (Third Year, BHRM)



### My Journey Into The Academy: Advice To Students

My experience with the School of Human Resource Management (HRM) started about five years ago when I started the PhD program in HRM, and now I'm in the midst of working towards the completion of this degree. At this point, I'm also a sessional instructor who feels very fortunate to teach a Research Methods class, such that I get to combine two of my favourite parts of my work – teaching and research!

My interest in the academic career path started during my undergraduate degree where I gained valuable experiences as a teaching assistant and a research assistant. Based on my experiences, I encourage students to gain as many academic, employment, and volunteer experiences as possible to help them make the transition into their next endeavour. There are so many resources that the university offers its students, so I encourage all students to do their research to enable them to make complete use of these resources! I also encourage students to connect with their course instructors for guidance and support – they often have a great deal of advice and insights that can help students with their career-related challenges and questions.

By: Sessional Instructor Janet Boekhorst, HRM

### New College Excel Workshops

It's free, convenient, intuitive, and for students like you who want to polish their skills in Microsoft Excel. Let's face it, anywhere you apply the first question recruiters ask is "Are you proficient in excel?" Imagine answering that question with an astounding YES. Upon completing this 3-day seminar you go from knowing the basics of excel to having excellent technical knowledge of it. For example, you learn about: pivot tables, cell referencing, and trend/regression analysis. You can even experiment with data and what-if analysis while enabling data validations for cells. Now you can breeze through your statistics and data management courses without breaking a sweat. If you ever happen to lose your dice before playing a board game, look no further as your Excel workshop knowledge will allow you to make an electronic one using the random number generator function in Excel. Don't miss out on this great opportunity, and enroll in the coming term to broaden your EXCEL knowledge.



By: Faizan Khan (Third Year, BAS: Accounting)

### YU Trivia Answers

1. Approximately fourteen hundred buses move through the campus.
2. Over 3 million people!
3. Hump Day is a speciality to the New College community that takes place every Wednesday in the Master's Office (140 Atkinson) from 11:00 to 3:00 PM. Here, students can enjoy free treats, connect with other students, and as well as network.
4. \$71 million
5. York is home to 27 research centres and has a compelling history of collaborative, innovative, and interdisciplinary research.

By: Vikul Malhotra (First Year, BAS Accounting)

### Life After Graduation

'I can't WAIT to graduate...don't have to worry about exams or group assignments!' is what I thought nearing my 5<sup>th</sup> year. When that moment came...what do I do now? Graduation was one of the most stressful events because I didn't know what to do with myself. It took awhile, but there were some things that made the transition easier for me post-grad:

#### 1. Explore the world.

I was in school for 5 years and I didn't want to jump right into work.

#### 2. Further your education.

After graduation, students have a lot of options available to them. For example, I chose to enrol in a free course through Coursera- where I now dedicate 2-3 hours a week in learning about e-commerce and social media involvement to help me in my career via mobile phone.

#### 3. Find internship/co-op opportunities.

A degree is great but work experience goes a long way. I suggest taking up paid, unpaid and/or volunteer positions if possible, because they are a great way of building a strong work background.

#### 4. Attend alumni events.

I haven't had the chance to attend as much as I wanted to but it's an opportunity to meet up with similar individuals like myself- I share your experiences and gain additional insight from others. Plus, you get to keep in touch with great people who can help ease your transition into the workforce or simply out of school.



Of course, life takes each individual on different routes whether it be travelling, continuing school, or jumping straight into work. Whichever path you take will help you to figure out what works best for you in the future. It might take time but there is life after graduation.

By: Vyvy Truong (BHRM, 2014)

### Mental Health Awareness

Did you know that taking a full course load requires as much time as a full-time job? Time management is one of the most important elements an individual needs to focus on when taking 4-5 courses in one semester. If you don't then you will begin to feel stressed, frustrated and may even develop a sense of hopelessness. In fact, you may even have a mental health problem. Although this may not sound like a serious issue, realistically speaking it can negatively affect any student's life because if you are unable to maintain a certain GPA the school may kick you out. This is one reason why New College is trying to spread awareness on this issue.

Research has shown that 1 in 5 people experience varying levels of mental health problems throughout their lifespan. These results have taken into account both genetic and environmental factors to determine this ratio.

To improve your mental health, you may need to change your lifestyle slightly. For example, to avoid becoming stressed don't leave your assignments till the last minute or cram for a test/exam at the end. Furthermore, by engaging in some form of physical exercise and by managing your work schedule you will be able to reduce stress build up.

By: Ming Kan Leung (Second Year, B.A. Information Technology)