



Five Pieces of Advice for First Year and Continuing Students



First year can be a daunting year for many students. But as a former student, I want to offer some advice for those who feel anxious or nervous about first year.

Get Involved: I think that the most important component for a first year student is to get involved with activities. You do not know how much you might learn from other students by joining clubs or leadership roles. Getting involved can ease your transition and will help you feel part of the campus community.

Go to Office Hours: It is important that you go to office hours - professors are always willing to help. It is essential that you understand your course material because catching up is hard to do. When going to office hours, make sure you prepare a set of questions for the professor to answer. Going there unprepared will not help your situation. The professor would not know the areas to focus on for improvement!

Volunteer: Giving back to the community is one of the things I stress. However, volunteering is vital to add to your resume because it shows a well-rounded individual who is caring and giving. Volunteer roles can often lead to building networks and potential job offers. Even though you are going to school for your degree, it is also vital that you have some experience under your belt before going out in the workforce. There are plenty of transferrable skills in volunteer opportunities (just as long as it is not bringing coffees for the boss). Find something that you are passionate about and that you find meaningful.

Eat well: This point is often overlooked which I find to be shameful. Eating well is an essential component of being a good student. For instance, having a well balanced diet is important for all types of cognitive functions. If you are low in iron levels, cognitive processing will successively decrease. One will feel lethargic in nature and would not be able to concentrate or pay attention to class material or stay motivated. I encourage you to read this short pdf with great facts and tips about eating healthy:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-evidence-brief-school-performance.pdf>

Practise, Practise, Practise! As I always say, perfect practice makes perfect. For instance,

courses that are heavily math based require a lot of preparation and practice to perform well. Even courses with essays; keep practising your essay writing! Writing is an art that needs practice. People who succeed do it because they practise and devote time to their studies or athletics. And remember, do not just go through the motions, make sure the practice is meaningful.

Alexa Lopreiato (BHRM, Alumni)

Peer Mentorship: Creating Paths to Success



As an international student, I know that getting started at university can be difficult and overwhelming, so my personal goal has always been to instill an optimistic attitude to endure the new obstacles associated with life as an undergraduate student. As a mentor, I get to encourage others to see it that way too.

In my first year, like any other student, I had to learn how to be successful in my courses at the university level. I also encountered many problems that seemed to have no straightforward solutions. When a friend of mine told me about New College's Peer Mentorship program, I decided to apply for a mentor position so that my future mentees would have an easier time starting off at university than I did. I'm proud to say I became a mentor with New College in Fall 2015 and have been helping students ever since. My duty is to help new students have a fresh start as undergrads by giving them advice as an upper-year student, by answering any questions they might have about university life, and by telling them about the various types of resources available for them at York. This experience has opened my eyes to the many different scenarios that students face as first-years. Additionally, by helping others, I myself have developed problem-solving and communication skills.

My experience as a mentor has been what I expected to be, but I never imagined I could get so much more from it. Not only have I had the chance to help my mentees, but I've also helped out at orientation days and other events, had the pleasure of meeting and working with many amazing new people, and feel like I have given back to the New College community. Overall, this has been one of the most valuable experiences to help me grow as an undergraduate.

Advising students has been a delight so far, so I will continue my role. Through this opportunity, I believe I have achieved my goal of encouraging new students and helping them see the opportunities and possibilities that await them.

Naveera Khan (Peer Mentor)



How New College Changed Me



I was probably the last person on the planet that would ever join New College Council.

Towards my last few years of high school, “getting involved” was never my thing. Yes, I did have a good amount of friends. Yes, I was a part of a senior soccer championship team. Yes, I did volunteer for those 40 community hours. But

when it came down to clubs, student programs, or other educational and social activities: I was never involved. Believe it or not, I thought they were a waste of time and it always seemed to me that no matter how much of an attempt I tried to make considering it, I would always use the excuse of school work or soccer to avoid them. And if you had the chance of meeting me before I entered York, it would have been safe to say that my university career was shaping up to be a similar tale.

Boy, was I wrong. After an amazing week of Frosh and stumbling upon a small poster that read “Join New College Intramurals!” everything changed. I went from having a small and close high school clique to a large amount of friends that were very outgoing and awesome to be around. Instead of only strictly focusing on footy, I was participating in several intramural sports that involved much more than just my feet. And rather than simply skipping social events, I started going to them; whether it was a quiet and free-food morning accounting session or a loud and wild night downtown in Montreal, I always sacrificed portions of time and energy to balance my life inside the classrooms with the life outside them. This was a wonderful university experience I never bared to imagine, and it only got better when Student Elections occurred, where I successfully ran for and became the new Director of Athletics. All in all, being a part of the New College family was definitely one of the best decisions I made in my entire life. As odd as it can be, there were chunks of memories I created with the community, and to this day, I’m still surprised that it all took place within a year.

Now that I’ve completed summer school, a big softball season, and preparations for the upcoming year, I don’t know what to expect next. I can’t predict as to what will happen in the next few days, weeks, or months. All I know is that I’m going to have fun giving back to the athletics program and continue to help it grow and excel for the future. Whether I succeed or fail in what I

do with this college, the amount of work and time I will be investing into all of this will be good enough to give myself a pat on the back.

Haile Wondwossen (2nd Year Accounting)

Hello, We Are UDEM – Get to Know Us!



New to Atkinson College this year is the Undergraduates of Disaster and Emergency Management Student Association, also known as UDEM. What is this group? Who are we?

What are our goals? We are the official undergraduate disaster emergency management (DEM) club at York University. We want to create a community of students, alumni, and faculty. We are a student-run organization that wants to promote personal and professional development among all DEM students at York University. Our mission is to help students excel in the professional realm by providing opportunities to build their professional networks, develop themselves professionally, and maintain that connection to the world of DEM. We aim to have a significant presence on campus and provide awareness of this program to all students at York University, currently and prospectively.

To help DEM students excel in professional fields, UDEM has created events for the upcoming year that focus on Incident Management and Emergency Management training, building professionalism (like personal branding on social media) and networking with emergency management professionals. During the fall semester, UDEM plans on having a Faculty and Student Meet and Greet, IMS 100 training and a Social Media workshop. Our first event in September is the Meet and Greet which is intended for students to meet fellow DEM students and faculty as well as learn more about the UDEM student association. We hope to see all DEM students there!

Our executive team is excited to provide encouragement and motivation to all the new and current DEM students at York University through the creation of professional events. We are a team of self-motivated, dependable and hard-working professionals that strive to bring the best experience to DEM students. To join UDEM, please follow us on Facebook or you can email us at udem.york@gmail.com to contact anyone of our excellent executives!

We hope everyone has had a lovely summer and is ready to hit the ground running this September!

Julianna Primiani (VP of Communications, UDEM)