In many ways, students are blessed to be part of York University and New College. The Kendo Club, Ukrainian Students' Club, Chinese Students' Association, Filipino student association, African Students Association, Malayalee Students Association, Assyrian Chaldean Syriac Student Union, Iranian Human Rights Society and many more, displays diversity and different traditions. I cherish these clubs and know that the variety of club traditions reflect the different ethnic, cultural & religious belief. This shows the Diversity within our Institution. I am proud of the diversity that exists and know that it makes us more inclusive and richer as a community.

When I wish you Merry Christmas, please know that I am also wishing you a Happy Hanukkah, Happy Kwanzaa, or joy in whatever holiday you may celebrate.

Merry Christmas,
Umashankar Ketheeswaran
New Beat Editor
So, who exactly are we? Now Leaders strives to promote leadership development among New College students at York University. We are, a dynamic team, driven to help New College students gain exposure to leadership experiences, make valuable connections, and make campus a lot more fun & enjoyable. As New College’s leadership development club, we are committed to helping students create a vision, build courage, and expand their horizon through hosting a series of networking sessions. Now Leaders’ networking sessions involve professional speakers and leaders. Our goal is to help students enhance their soft skills and leadership traits so that they can readily apply it in their professional careers.

Have A Great Holiday

By Jafer Dincer
Student Representative
NOW Leaders

WE ARE THE NOW!
As we head into the exam season, it can be difficult to manage all our different priorities. Sometimes it feels like we’re being pulled in so many different directions; it can be overwhelming to try to manage all the stress that comes with those competing priorities. Here are some ways to help you practice self-care and put you on the right track for success!

1) Study in a consistent environment

Practice maintaining consistency in your study environment. Doing this regularly will allow your brain to focus more easily.

Bonus: Aim to mimic your exam environment!

2) Be intentional about breaks

Try to avoid taking a break, even if it’s scrolling on your phone, in the same environment that you study in. Step away to do some form of self-care that brings you joy like chatting with a friend or grabbing a favorite snack.

3) Stay hydrated

It’s always vital to remain hydrated, but especially during the exam season. Caffeine or energy products can be tempting but many of them contain a high amount of sugar. If you do choose to consume these products, it is important to use them in moderation.

4) Sleep!

Sleep is important for your overall wellness and helps with information retention and recall. While the amount of sleep each individual needs can differ, having a routine and setting a regular bedtime will help you feel refreshed for that 9am exam!

5) Get active

Exercising while studying for exams can be challenging but physical activity can improve concentration and memory which can be helpful when studying for exams. So try to step away from your books to go on a walk, do an at-home workout, or get in a quick workout at Tait!

By Health Ed Peer Team
Do you want to write for NEWBEAT?

We are open to articles, events, or anything about the New College community. If you want to be published in the New-Beat January newsletter, email your submission to ncnews@yorku.ca by December 11th, 2019.

Everyone is Welcome!

Contact: Umashankar Ketheeswaran
New Beat Editor
ncnews@yorku.ca
New College Events
December 2019

York’s Community for BCOM, BHBM, ITEC and BDEM New College

Happy Holidays

The Office of the College Head, New College cordially invites you to a Holiday Luncheon/Study Break

Wednesday December 11, 2019
12pm – 2pm
HARRY CROWE ROOM, ATKINSON 109

Come out of the cold and into the warmth of New College. Mingle with friends and colleagues while you enjoy delicious holiday treats!

Register at: http://www.yorku.ca/newcol/forms/view.php?id=133

MERRY CHRISTMAS

York University CLOSED
December 23rd, 2019 – January 3rd, 2020

Reopens
January 6th, 2020