



Humbrites, Humbertons, and Humbergos!

FYE NEWSFLASH

3rd Edition
January, 2015



Dr. Vasu Gautam

Resident journalist, Dr. Vasu Gautam discusses the recent tragedy in Paris

Driving While Intoxicated Campaign

Resident journalist, Laura Mulrine and Social Outreach Chair Ariel Brown-Berkeley share the facts on Humber's latest campaign.

Texting has become as natural a part of our every day communication as speaking. It seems we take our smartphones everywhere, and this includes our cars. While many believe a quick text while driving doesn't harm anyone, accidents are becoming more frequent and so the Social Outreach Committee of FYE decided to tackle this challenge on the Humber Campus.

Members of the Social Outreach Committee wanted to raise awareness for this increasingly common problem. When researching this issue, the committee discovered that drivers who use cell phones are four times more likely to be in a collision than a driver who is focused on the road. Another incredible statistic is that at highway speed, a driver sending a simple text message travels the length of a football field without ever looking at the road.

The slogan "Driving While Intoxicated" was adopted and used in various ways around the Humber campus. A dedicated group of volunteers braved the cold to start a windshield campaign. Creative t-shirts were designed using the slogan with speech bubbles on the back highlighting facts about driving while texting. Finally, a table was set up in the concourse with a petition, encouraging students to take a pledge that they would make their cars a no texting zone.

When asked about the success of the campaign, Ariel Brown-Berkeley, a Senior Peer Mentor, said, "Initially the response from some students was lackluster, they wanted to win the T-shirts we were giving out instead of understanding the consequences. I think the turn around was when we mentioned the new fines and demerit points set in place if you are caught, as well as the video montage we had of those who lost loved ones. We were able to hit the student population in two places: their wallets and their hearts, it really got them thinking."

And it wasn't just students who began to pay attention to the campaign, faculty were also interested. They liked how informative and interactive the campaign was and took extra pamphlets to show their kids at home. Brown-Berkeley said that one of the most memorable moments from the entire week was when a member of faculty left the table saying that the campaign allowed for an easier, open discussion with her daughters about the dangers of texting and driving. She was trying to find an exciting, yet informative, approach to teach them and the campaign achieved just that!

Special thanks to everyone who volunteered their time, efforts and ideas to this great campaign!

As I am penning this article, the entire world is mourning a gruesome attack on "Freedom of Speech" that took place on Paris' Charlie Hebdo magazine and its staff.

This attack leaves us with two major questions, (a) Are we really free to speak, to express our own thoughts? (b) Secondly, has the gun become mightier than the pen?

The first question directly challenges us and asks to what degree we can express our thoughts, our reasons? This question examines a serious threat that is now knocking on the doors of western world, while the developing world has been struggling to control this menace for many years. With the help of this article, I want to bring a buried question to the forefront: When will this come to an end? We are living in the 21st century, we are reaching out to Moon, to Mars, yet people on earth are not able to enjoy free speech. This basic right of free speech is of utmost importance because it is the only thing that makes us (human beings) different from all others on this planet.

Now, the answer to second question is NO! And together we will have to prove this as a firm NO. No gun or no bullet can be mightier than the pen. The solidarity in which the whole world has shown after this tragic event is proof. In the aftermath of the tragedy in Paris, many sections of media, whether electronic media or written articles, have proven this act as shameful and despicable. Moreover, recent articles published all over the world have shown that each word that oozes out from the pen is mightier than each bullet of the gun.

In the end, I express my utmost grief to the slain victims. While their voices may be silenced, their messages, and those of pens around the world, will continue on.

Here at FYE we like to make sure you have the best year possible, and sometimes, this involves prizes! Check out some photos from some of our lucky winners who were all entered into various draws for participating in FYE events last semester.



Winner, Winner, Chicken Dinner!

Get Involved!

Senior Peer Mentor Mobeen Sheikh on why you should become part of FYE!

Wow! You've got a lot of potential! Yes, you! Now that I've got your attention, how hard will it be for you to stop reading this article? Maybe you're still reading to get that satisfaction of how you may or may not have potential. You might want to stop reading, to rebel, but here you are finishing this sentence. There's something driving you to know how this blurb will end. That "thing" is hope.

You hope it'll be something that'll make you smile or something you can take and apply to your life. Maybe it'll be the inspiration you need transitioning into college life. Well here you are, engaged in a conversation, breaking the fourth wall and entering a new paradigm. That's college!

You break through the stigma, the fear, the bad habits and embrace this new life! Before you flip

the table thinking this is some cheap inspirational cliché support column that's meant to facilitate your transition into college...oh wait, it kind of is. Sorry to disappoint. But you've read this far and you can see lines are running short faster and faster. That will be your life at college, over before you know it. That can be good, but it means you didn't take time to connect, network and befriend people in the college network.

Join FYE (First Year Experience) to ensure disparity is saved, and regrets are not invoked. Drop by H217 to learn more or add FYE Humber North on Facebook or shoot me a message on Facebook: Mobeen Sheikh, FYE Senior Peer Mentor



UPCOMING EVENTS

Learning Skills Workshops

Beginning January 19
Varying Times and Topics
Visit: www.humber.ca/learning-resources for more information and for the schedule

Winter Services Fair

January 22 from 11-2
Concourse

Diversity and Inclusion Dialogue - Preventing Bullying in the Workplace

January 26 from 1-3
Room B101

Robbie Burns Ceilidh

January 19 at 5:00pm
Room D131
(check out the Humber website for prices and info)

Volunteer Fair

February 5 from 11:30-2:30
Student Centre (Upper Level)

Lunch and Learn: Magnet Networking Portal Presented by the Career Centre

February 6 from 12-1
Room B106

Alternative Spring Break

February 17, 18 and 19
Sign up to volunteer at:
volunteer@humber.ca



Resident journalist Caroline Misek discusses how a passion project can help keep you motivated

“Passion is energy. Feel the power that comes from focusing on what excites you.”

- Oprah Winfrey

Finding it difficult to get back into the swing of things after a long winter break? This year Humber students received an extra week of winter holidays. That gave many of us a three to four week break from school. While having a long break from school can be a relief, it also makes it challenging to come back to school with the same dedication and motivation that we had when we left.

One way to reignite that motivation is to dedicate our time and effort to a personal passion project. This is a personal goal that we can focus on to accomplish something that we are interested in. It can be something short and finite like hand making a friend's birthday gift or it can be lengthier and more abstract like getting an A in a specific class. Is there a social or environmental issue that you are passionate about, to which you would like to make a

contribution? It does not need to be directly related to school. However, the excitement that this project gives you will probably make the school year more enjoyable. And who doesn't want that?

Once you have established what you would like to accomplish, you will need to identify what information, resources, and skills you will need to accomplish your goal. Find out if someone

Passion Project: a personal goal that we can focus on to accomplish something that we are interested in

has accomplished the same goal or something similar before. As a reminder, you may want to place it in a spot that is visible to you everyday. You can also write down your goal in a journal.

When do you want to accomplish this goal? It may sound counterintuitive but the less time you give yourself to complete a goal, the more likely you will complete it. Giving yourself a challenging timeline will allow

you to approach it with a sense of urgency and build momentum. Ideally it should be accomplished within a year or a significant portion of it should be complete by the end of the year. I advise that you break down your goal into monthly milestones and then each of these can be divided into shorter weekly tasks. You can also dedicate one day a week to your pursuit.

Good luck in achieving your personal passion project! Remember that no goal is too big once you break it down into scheduled tasks and stay committed to the process.

In New Year's Resolutions We Trust

Valeriia Valchuk

New Year is over, and you have already decided on your list of New Year's resolutions. However, let's be real: when winter strikes with its cold and darkness, you won't be doing anything on your list. You will probably postpone everything until ... the next New Year. Do you want to finally break this vicious cycle? Here are some tips how to stay motivated:

1. Keep your goals clear and have a legible purpose behind each goal. Have a clear idea why you want that particular resolution to become real because that purpose will keep you going regardless of anything. Instead of

saying just "I want to learn Italian", say "I want to learn Italian, so I can go to Italy in the summer and hit on Italian guys/girls".

2. Don't go to crazy with your list. Try to have up to Three Big, up to Five Medium, and up to Nine Small NY's resolutions. Thus, you will not feel stressed and will have time to complete everything.

3. Have a well-defined plan of action. Having too much on your plate can be overwhelming, that's why having a structured and organized plan of actions will help you to always be aware of your next step.

4. Use negative emotions to move forward. There are always times when we feel angry, jealousy, sad, frustrated, or hateful. Good. Instead of sitting around and doing nothing, use all this energy to fight for your dream.

Pretty good distraction from your everyday negativity.

5. Take care of your health. If you feel good, you have energy and motivation to pursue your goals. Sports, 8 hour sleep, naps, healthy diets with fruits and veggies, baths, laughs ... whatever makes you to feel energized.

6. Work harder. Don't give up. Complain less. Remember that you are the source of all your failures and victories, and you lose only when you stop trying.

Stay motivated, FYE!

New Year Means a New You!

Goodbye Flab & Hello Fab!

Mandy Kooner is our resident expert on health and fitness. Here she provides you with a workout you can do at home when the cold weather makes it impossible to go out!

The New Year is a great time to make a resolution towards your health. Whether it is to walk more, eat healthier, cut out coffee, drink more water or get a 6 pack – it is all in a step in the right direction. Below is a routine that can be done at home with no equipment or if you're up for the challenge, use a stability ball. Stability balls have been around for decades and have been used in rehab settings quite often. As a result, stability balls are considered part of functional training to improve core strength, balance and posture. Stability balls allow for a dynamic workout routine while adding a fun core challenge for any age. Below is a full body workout that can be performed at the gym or at home with a stability ball.

Tips for selecting a stability ball: Sit on the ball and ensure a 90 degree angle at your hips and knees.

Stability Ball Safety Tips: Avoid all "bouncy" motion and ensure to control each and every movement performed from start to end.

Equipment: Running shoes, yoga mat, stability ball, timer, water and a smile!

Exercise	Advance Exercise	Tempo	Reps	Rest (sec)
Wall Ball Squats (Ball behind back)	Wall Ball Squat Hold (90 degrees at knees/hip)	2:2	10-15	20-60
Wall Ball Lunges (Ball against wall and rear foot on ball)	Lunge with Ball Roll (Rear foot rolls ball back as you lunge down)	2:2	10-15	20-60
Push ups (thighs on ball)	Push ups (With toes on ball)	2:2	10-15	20-60
Plank	Moving Plank (Roll ball slightly back & forth)	2:2	10-30 sec	20-60
Hamstring Curls (Both feet on ball & hips off ground – roll the ball in and out)	One Leg Hamstring Curls	2:2	10-15	20-60
Bridge	Bridge Hold	2:2	10-15	

Challenges:

1. Perform a timed circuit: Perform each exercise for 30 – 45 seconds instead of performing reps.
2. Decrease your rest time between exercises
3. Replace plank with pikes



FYE Spotlight Million Tesfamariam

By: Laura Mulrine



Million helping out at our December stress buster event.

During the final Senior Peer Mentor staff meeting of last semester, the Newsletter Committee asked who should be featured in the FYE Spotlight. It is not an exaggeration to say that the decision was unanimous: Million Tesfamariam. Million's dedication to the FYE team this year has been outstanding and we're very happy to feature him this month!

Million is in his final semester of a two-year Practical Nursing Program. He volunteers his time as a Peer Mentor within FYE and is an active member of the Community Service and Outreach Committee.

When asked why he wanted to join FYE, Million said, "My passion to help another human being in any way I can was the major driving force that has provoked me to take part in FYE. Besides, 'whatever you would have people do for you, do the same for them' is the motto that I follow in life that has motivated me to give back for the valuable support and service that has been bestowed to me by the TAP program when I attended their weekly workshops, as a student, during my first semester at Humber."

As part of FYE, Million cherishes the feeling of excitement he gets as he watches the unfolding of the evolution of a mentee to a mentor. He believes his time in the program wouldn't have been possible without the support of Rebeca, Ariel and Stephanie.

Outside of school and FYE, Million has enjoyed playing soccer for many years and enjoys riding his bike throughout Toronto (weather permitting!) He likes to complete Sudoku puzzles, particularly while on the train or bus, and says that worshipping God wherever he is, it the core of his life.