Stephanie Brum, FYE’s superstar

Journalist Laura Mulrine sat down with FYE’s superstar Stephanie Brum to talk about her role as Peer Programs Assistant and Senior Peer Mentor to tell us how she shines so brightly.

Stephanie Brum has worn many hats since she became part of FYE. She believes her own personal anthem should be Drake’s “Started from the Bottom”, beginning as a mentee in her first semester at Humber. By second semester, she had moved on up the FYE ladder to Peer Mentor before transitioning to Senior Peer Mentor in her third semester. Are you still with me? Good, because there’s more: she was a Learning Community Leader last semester and also works as the Peer Programs Assistant, which is more of a behind-the-scenes role.

So how did someone who’s so involved become involved in the first place? Stephanie says that as both a First Generation student and as someone who was homeschooled during high school, she was terrified about starting college. In order to combat her anxieties, she did some research about what was available to her at Humber. She signed up for FYE and TAP and the rest, as they say, is history.

When asked about what advice she would give to first year students at Humber, Stephanie is adamant about getting involved. She says, “Join a club, start a club, join a varsity team, become a mentor, participate in Orientation—do something. Make the most of this time because it will fly by.”

Despite being constantly busy, Stephanie is often the glue that holds FYE together. Her dedication and passion is unmatched and she has been an integral part of the growth of FYE over the past two years. FYE thanks Stephanie for her continued hard work and we wish her the best of luck after graduation this year!
Fibre: The F-Word We Should All Be Using!

Resident Nutrionist and Senior Peer Mentor Nadia Sadeghi filled FYE in on the scoop on including fibre in your diet.

Fibre. I realised the importance of fibre through my Techniques of Healthy Cooking class with Chef Loizou. Fibre is the part of plants that the human body cannot digest. This does not sound very pleasing or appetising, however, many people do not know the benefits of fibre. Firstly, there are two kinds of fibre: insoluble and soluble, with many foods containing a mixture of both. Soluble fibre helps our stools stay healthy! It also has the power of lowering cholesterol and maintaining blood glucose levels [1]. Everybody wants to lower their cholesterol and make sure their blood glucose is in control so that they are not at risk for diabetes. Furthermore, soluble fibre keeps you full for a longer period of time, which helps in weight control as well [2]. So... eat your soluble fibre! Where do you find soluble fibre? Our brain, oatmeal, beans, lentils and fruits [3].

Insoluble fibre is a little bit different. It still helps keep your stool healthy but it also prevents the development or risk of some cancers [5]. Where do you find insoluble fibre? In the skin of vegetables and fruit, and in the bran of whole grains [6].

The amount of fibre you should be having is 21-38 grams if you are above the age of 18[7]. Currently, not many people are hitting that amount of fibre. It is very important to add fruits and vegetables to your diet, not only to increase your fibre, but also to have the appropriate number of servings in regards to Canada’s Food Guide.

I started to add fibre-containing foods to my regular meals and I have seen the benefits. Some quick tips can be:

- Having fruits and vegetables with peanut butter or Nutella
- Using whole wheat/grain starch for sandwiches and pasta
- Adding fruits to cereals (hot or cold)
- Adding beans to chicken or beef salads
- Reading the nutrient label to see which brand of the same food offers more fibre

I hope that you will be using this new “F” word in your conversations daily and educating people on how important it is to consume fibre.

References:

The Power of MJ

Columnist Valerie Valchuk writes about how important failure is to success. By embracing and learning from our failures we can learn the true meaning of success.

Did you know that after being cut from his high school basketball team, Michael Jordan went home, locked himself in his room and cried? This story is great because many of the other stories about great people do not mention the part where they were weak and were on the edge of giving up. Yet we are all prone to weaknesses and that is okay. It is okay to be disappointed, to be mad, and to cry. We cannot carry all of the bad feelings or emotions because eventually they will burst out.

We need a taste of failure to understand how victory tastes like. There is no experience without attempts both successful and unsuccessful. The more difficulties you face and fight, the stronger you become. No one is born strong; we acquire it due to our actions and decisions.

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.” - Michael Jordan

But what should we do when we keep experiencing failures?

There is a big difference between giving up and letting go. The former means forgetting about a dream and thinking that you are a loser. On the contrary, the latter means that you have tried your best to achieve something, but circumstances are just not right, and it is better to concentrate on something else. However, you can keep this thought on the back of your mind and come back to your dream whenever you feel it is right.

Try to remove yourself from unsuccessful activities. Have problems in your love life? Concentrate on your studies. Cannot find a job? Do some voluntary work. Good things will come up naturally when you are able to not fixate on one thing. Be honest with yourself. Try to really understand what is the source of all your problems. However, don’t blame yourself and try to forgive yourself as fast as you can.

Be grateful for everything that you have in life. Try this fun little exercise: before going to bed, remember at least three good things that happened to you throughout the day. Sometimes it will be easy, sometimes it will be extremely hard, but once you start practicing, it will become a habit to see only the good among the bad.

We all experience failure. Michael Jordan said: “I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

Good luck with all your beginnings and aspirations, FYE!

Too Cool for School:

Humber College’s Computer Engineering Program

Simranjit Singh Khangura

Look around you, what do you see? An iPhone, Laptop, Tablet, or a Computer? Have you ever tried to know how these gadgets work? Well, Humber has a good program for computer lovers. In Computer Engineering Technology, you will learn different programming languages, plenty of web based stuff, something good about microcontrollers and a lot about computer internals.

Computer Engineers not only have a wide programming skills set, they also have a good understanding of hardware, software and all respective systems that make a computer work. In the first year of the program, you will learn basic hardware and software components, and basic programming language, like C. One of the cool things that you will learn is to trouble shoot your computer problems, which is a delightful feeling. In the second year of the course you will learn most of the technical stuff that will broaden your knowledge about computers. To give you that experience, you will learn a lot of things that are running behind the scenes. You will learn about networking, electronic stuff like sensors and amplifiers. In terms of programming you will learn different languages like JAVA, PHP, JavaScript, HTML, CSS, and Bash. You will be able to make your own website. You will also learn about embedded systems and how to write a program in assembly language and how to control hardware and much more.

In the last year of the program, you apply all of the knowledge that we learned in previous years by making an electrical mouse with lot more. In the last semester, you will be creating your own website. You will also learn about embedded systems and how to write a program in assembly language and how to control hardware and much more.

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April is a great month to get ready for that beach body! If you’ve already been sticking to your health related New Year’s resolution now is the time to kick it up a notch! Below is a full body routine combining resistance training with cardio.

Our resident expert on fitness and health, Mandy Kooner gives us some hot fitness tips to get your heart racing for bikini season.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Instructions</th>
<th>Tempo</th>
<th>Reps</th>
<th>Rest (sec)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Squats</td>
<td>30 seconds of jumping jacks</td>
<td>2:2</td>
<td>12</td>
<td>10-40</td>
</tr>
<tr>
<td>Lunge w/ Dumbell</td>
<td>30 seconds of high knees</td>
<td>2:2</td>
<td>12</td>
<td>10-40</td>
</tr>
<tr>
<td>Seated Row</td>
<td>30 seconds of jumping squats</td>
<td>2:2</td>
<td>12</td>
<td>10-40</td>
</tr>
<tr>
<td>Push Ups</td>
<td>30 seconds of burpees</td>
<td>2:2</td>
<td>30 sec</td>
<td>10-40</td>
</tr>
<tr>
<td>Side Plank</td>
<td>---</td>
<td>--</td>
<td>30 sec</td>
<td>10-40</td>
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<tr>
<td>V Tucks</td>
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<td>--</td>
<td>12-15</td>
<td>10-40</td>
</tr>
</tbody>
</table>

Variety Options:
1. Non circuit: Perform each exercise 3x with the appropriate reps before moving onto the next one.
2. Decrease your rest time between exercises.

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**Spring Word Thing**

Across
2. Flying mammal
4. Likes to chase mice
5. eyebrows on ____
6. biggest erupter
8. scour
10. Has a trunk
13. spring time student stressor
15. nearest neighbour
18. 2015, year of the...
20. local oasis
21. bacon preference
24. Large marsupial

Down
1. west African tree or place to buy patties
2. acrobatic maneuver
3. brain lovers
6. hobbies
7. tries to lose
9. run ____; chase
11. whole
12. use an axe
14. observes
16. the coat of a slice at this local is too damn high!
17. nickle mammal
18. MRI, for one
19. planet, no more
22. varsity flyer
23. Man’s best friend