

"Each decision we make, each action we take, is born out of an intention."

Sharon Salzberg



Access to College Education

ACE NEWSLETTER | DECEMBER 2021

ACE NEWS

Virtual and In Person Program Status

The plan is to continue offering virtual events next semester and incorporate some in-person experiences. (Including, fingers crossed, a few Campus Visits). We are closely watching Covid numbers and will be in communication as options unfold.

Our current ACE Facebook page is closing and we are moving to @accesstocollegeeducation (same handle as our Instagram). Come find us!

(New) Program Expectations

We will be hosting program discussions next semester; however, we want to prepare you for one shift that you can consider immediately. ACE is now offering a variety of passive, virtual, and in-person (eventually) experiences monthly. Students wanting to stay involved with ACE are minimally expected to participate in one program every year. The full program expectation will be implemented at the start of next year (22-23).



With Appreciation...

Thank you for another eventful fall semester! We want to express our gratitude for everyone who makes this community so special.

❄️ Deep appreciation for all of the presenters who shared (volunteered) their time and expertise with us this year.

❄️ To our sponsoring college staff and faculty representatives, your dedication to this program is unparalleled and the creative energy you bring makes this experience special.

❄️ High School Counselors and Teachers, you show up every day to support, advocate for, and educate. Thank you for your presence and encouragement.

❄️ The behind the scenes magic makers, Laura and Colleen, thank you for asking questions, doing research, and organizing spreadsheets. You deserve a standing ovation!

❄️ And finally, to all ACE students and family members, we are devoted to your experience. Thank you for showing up for yourself by attending ACE events!

May you find moments to rest during winter break, and we look forward to our journey together next year.

Warmest Regards,
Erica L Shockley (she/her)
ACE Coordinator

Since 1989, ACE has been a sponsored collaboration between Cornell University, Ithaca College, SUNY Cortland, and Tompkins Cortland Community College supporting upstate NY local school districts

2022 ACE Senior Scholars

The following seniors have demonstrated above and beyond involvement in their ACE experience and are recognized as ACE Senior Scholars.

Katherine Anderson, Marathon	Robyn Morgan, Southern Cayuga
Taylor Barkee, South Seneca	Norah Ober, Newfield
Cascade Benenati, Lansing	Madelyn Pforter, DeRuyter
Alejandra Benson, Lansing	Sebastian Rainbow, Newfield
Amber Brink, Auburn	Madalaina Raymond, Moravia
Lucia Caravella, Homer	Ashley Rooker, Port Byron
Alexia Chan, Lansing	Henry Scholl, Moravia
Caleb Clary, Lansing	Garrett Sickmon, Homer
Trevor Coates, Lansing	Alexis Small, Homer
Madelyn Cotterill, Homer	Olivia Small, Homer
Makayla Crawford, Newfield	Jack Smith, Homer
Michael Doner, Newfield	Alexandra Stafford, Port Byron
Justin Foster, DeRuyter	Ryan Stechuchak, Auburn
Lyla Freund, Newfield	Isaac Svitavsky, Port Byron
Helena Griffin, Newfield	Colin Tardif, Auburn
Julia Hathaway, DeRuyter	Ashley Toolan, Homer
Xavier Heath, Port Byron	Tomas Vence, Lansing
Ethan Huber, Southern Cayuga	Charlie Watts, Lansing
Zachary Hwang, Lansing	Bailey Webster, Homer
Tehya Long, McGraw	Abrianna Whitt, DeRuyter
Alyssa Macera, Lansing	Zoe Wierson, Lansing
Thomas Mahunik, Homer	Keely Worlock, DeRuyter
Liam Mcnamara, Moravia	
Addison Moore, Moravia	



Managing Winter Blues

It is not uncommon to be overwhelmed and feel a little down during winter holiday festivities. Consider these tips for managing emotional stress during this time of the year.

1. Reduce energy from external sources. Take a break from the news and social media.
2. With the lack of sunshine, increase vitamin D food sources: leafy greens, white beans, salmon, and calcium-fortified juice, cereal, milks, tofu, and yogurt.
3. Maintain your sleep routine, including the time you go to bed and wake up.
4. Minimize sugar and stay hydrated.
5. Nurture your spirit by journaling, picking up that book, reconnecting with a friend, and slowing down.
6. Stay active and consider including calming practices like meditation and breathing.

