



access to college education

ACE NEWSLETTER | FEBRUARY 2020

Cornell University

Ithaca College

SUNY Cortland

Tompkins Cortland Community College



Happy 2020 ACE Community!

We are excited for another semester of ACE programming. In the next few weeks the schedule will be posted on the website, and you can start signing up for events.

With a new ACE staff and a comprehensive program review launch, this is a transitional year for the community. We acknowledge that there has been a disruption in the flow of communication and programs offered.

Ultimately, the core mission is to connect students and family members to resources and experiences that support their college transition. In order to meet this goal effectively, we are taking this year to critically look at these opportunities.

Continue to contact the office as you have questions, and we look forward to meeting you at an ACE event!

Erica L Shockley



ACE NEWS:

Updated ACE Office Hours:

Mon, Tue, Thu 12:00-4:30 p.m.
Wed 8:00-12:30 p.m.

Program Review Update:

As part of the two-year program review, you will have several opportunities to share your experiences and suggestions. In the next few weeks, you will receive information about an ACE Feedback Survey that will start the process.

ACE Event Confirmation Form:

Use the on-line Event Confirmation Form on the ACE website to confirm your participation at college events that are sponsored or endorsed by ACE. You do not need to fill out the form for Campus Visits (field trips) or Regional Institutes.

ACE Newsletters:

Our communication goal is to produce a monthly, electronic newsletter that will be shared from ACE and available through your high school counselor.

CONFIRMED PROGRAMS:

- *Cornell University vs. Rensselaer Polytechnic Institute College (2/21)
- 11th Grade Campus Visit at Ithaca College (2/26)
- *Orchestra Concert at Ithaca College (2/28)
- 10th Grade Campus Visit (3/11)

PENDING CONFIRMATION PROGRAMS:

- Regional Institute and New Member Welcome (March)
- *The King's Singers at Ithaca College (March)
- *Fingerlakes Film Festival at Ithaca College (March)
- *Holiday Inn at SUNY Cortland (April)
- Regional Institute (May)

Sign Up for ACE Events:

- Event Form on the ACE Website (preferred)
- Email at ace@cortland.edu
- Call at 607-753-5662

(*) Events

After attending events sponsored or endorsed by ACE, students should fill out the Event Confirmation Form on the website.

Winter Blues

by Laura May, ACE Counselor

Feeling fatigued, a lack of interest, and a strong desire to sleep, A LOT? Grey, cold days can affect us all. Here are a few tips to managing these seasonal symptoms.

- 1) Lighten up your day by walking outside, even when it's gray the sun is still there.
- 2) Elevate your mood with chocolate, a cup of tea, or better yet - water!
- 3) Balance your mellow mood music with an upbeat playlist for a boost!
- 4) Maintain social interactions that bring joy and comfort, keeping your batteries charged.
- 5) Give yourself a break - you deserve the same kindness you would give a friend.

WHY? Strategies that combat winter blues can increase feelings of positivity and motivation, key factors in student success in high school and college.

Research Topic: Financing College

- scholarshipamerica.org
- collegescholarships.org
- studentaid.gov
- [FAFSA.gov](http://fafsa.gov)
- benefits.va.gov/gibill/
- raise.me
- scholarshipinformer.com
- scholarships.com
- collegeboard.org
- cappex.com



Class of 2020 and 2021

We are seeking junior and senior ACE students to help in recruiting new ACE members and assist with spring programming.

Your assistance will support the ACE community, and it will count toward the Outstanding Senior Award process.

More information will be shared with you via email shortly.

Meet Your New ACE Team!



Laura May, ACE Counselor

I have thoroughly enjoyed getting to know many of the ACE families during my first year with the program. I am very honored to be part of your child's exciting journey of college exploration and transition, along with career readiness. In my free time I enjoy swimming on a Masters Swim Team.

Tiffany Hammond, ACE Program Administrator

Hello ACE families! My name is Tiffany, and I am a new member of the ACE office. I was recently hired as ACE's Program Administrator and look forward to supporting ACE students and their families in the beginning stages of their college and career readiness programming. I am an alumna of SUNY Cortland and enjoy reading, hiking with my family, and painting.



Erica L Shockley, ACE Coordinator

As a first-generation college student, I know the importance of having a support system when exploring and making decisions about your college pathway. After 15 years of working with new students and family members in their first year transition, I am excited to be part of your unique experience. In addition to reading and experimenting with vegan baking, I enjoy teaching yoga and playing outside.

WHY ACE?

Whether you are just entering high school or preparing for your final year, ACE facilitates experiences that support students and family members as they:

EXPLORE passion areas that lead to academic exploration and career goals

LEARN academic and personal development skills you can apply now

MAKE informed decisions about your goals and pathway into college

CONNECT with financial and other college-prep resources

PREPARE for your college transition

