



access to college education

ACE NEWSLETTER | MAY 2021

Cornell University

Ithaca College

SUNY Cortland

Tompkins Cortland Community College



Finish Line is so Close!

We wish you all success as you wrap up another academic year. Remember that "pushing through" without rest, time to disconnect, or space to play is no longer the ideal work strategy. Consider doing something fun or restful for 10 minutes for every 50 minutes of work.

In recognition of May being Mental Health Awareness Month we invite you to visit the [NYS Project Hope Website](#) for a wide array of resources for the entire family.

Emotional Support Helpline CALL: 1-844-863-9314
7 days | 8am-10pm

Warm Regards,
Erica L Shockley
(She/Her)



ACE NEWS:

Summer Program Interest

[CLICK HERE](#) for a 30 second survey that will let us know what days, times, and topics you are interested in experiencing this summer.

Mental Health Awareness Month

We all need support at times. Your feelings are normal; the situation is not. Visit this [Virtual Calming Room](#) for interactive stress management strategies.

Summer Program

In the June newsletter, we will share what we know about summer programming options based on virtual or in-person options.

Facebook

ACE-Access to College Education

Instagram

@accesstocollegeeducation
#acecurious



Share Your Story!

SENIORS

Register on the ACE website for one of the virtual Senior Focus Groups.

May 20 @ 7:00pm

May 24 @ 8:45pm

Complete the Senior Survey.

We are looking for folks to share either a video or written quote about their experience. Email us at ace@cortland.edu and we will send you the instructions.

FAMILY MEMBERS

Family members are invited to fill out the family survey. We will announce family focus group dates in June.

Mental Health Awareness Month

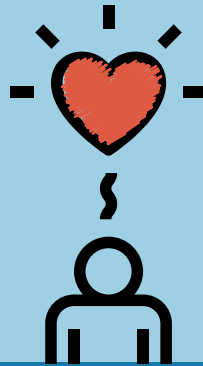
Living through a global pandemic requires us to recognize that it is ok to not always feel ok, and that is where NY Project Hope can help.

Connect: Know there is help; there is a person or organization that can help you or help you support your family and friends.

Talk: Project Hope Counselors are free, confidential, and anonymous. Talk to someone who is trained, knowledgeable, and never judges.

Cope: There is simply a lot going on right now and feeling overwhelmed or anxious is to be expected. Learn what to do with the stress and ways to take care of yourself.

Relax: Sometimes slowing down enough to relax when you are stressed is difficult. Learn simple strategies you can incorporate into your day because self-care isn't selfish, it's smart.



Website Resources
nyprojecthope.org

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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 you:

EXPLORE passion areas that lead to academic exploration and career goals

MAKE informed decisions about your goals for and pathway into college

LEARN academic and personal development skills you can apply now

CONNECT with financial and other college preparation resources

PREPARE for your college transition and life after high school

607-753-5662

ace@cortland.edu

cortland.edu/ace