



SUNY Cortland Ithaca College Tompkins Cortland Community Cornell University

College Planning Checklist

Tasks to complete your Junior Year	Timeline	Done	Tasks to complete your Senior Year	Timeline	Done
Meet with Guidance Counselor to make sure your schedule is accurate for graduation	Early in year		Register for and take the SAT/ACT	Aug- Oct	
Meet with college reps in school	Throughout year		Meet with Guidance Counselor for Senior Audit/mtg	Sept-Oct	
Register for the SAT/ACT	Spring		Attend College Fairs	Oct	
Take ACT/SAT	May/June		Ask 3 teachers for letters of recommendation	Sept-Oct	
Set a place aside to organize all college info	Throughout year		Meet with College Reps in Guidance Office	Fall	
Make a list of your most important requirements for a college	Throughout year		Narrow top college list of colleges to top 5-8	Early Fall	
Research colleges- use websites, programs, etc	Throughout year		Complete/Update Activities/Experience Resume- you will need this information for your college and scholarship apps	Aug-Oct	
Meet with college reps as they visit the Guidance Office	Throughout year		See your Guidance Counselor with final list of 6-8 colleges	Fall	
Plan college visits-Utilize vacations and summer	Anytime		Follow up on recommendations	Oct - Nov	
Attend College Fairs	Throughout year		Complete college applications: include application, essay, recommendations, application fee	At least 1 by Nov. 1 st	
Make a list of your top 10 college choices	Spring		WATCH DEADLINES for all applications – college and scholarships	Throughout year	
Write practice admissions essays	Spring/ Summer		Research available scholarships – online and in the guidance office	December - April	
Develop an Activities/Experience Resume	Spring/ Summer		Complete FAFSA and CSS Profile Financial aid forms	Dec-Jan	
Attend as many ACE events as possible	Throughout year		Receive and review your SAR (student aid report). Make any necessary corrections	2-3 weeks after	
			Review Financial Aid packages as they come in the mail. Talk to your parents about them and make your college choice	Mid-Winter	
			Notify your 1 st choice and send in deposit	By May 1 st	
			Notify the schools you have decided not to attend in writing	Spring	
			Attend as many ACE events as possible	Throughout year	

Fall 2018 Events

Here is the Fall line up of events. There may be a few additions throughout the fall, so be sure to visit the ACE website for any additions to our schedule. The website also has details about each event as well as driving directions.

Date	Event	Location	Time
9/15	Migration Celebration	Cornell Ornithology Lab Sap Sucker Woods	10:00am-3:00pm
9/22	Men's soccer vs Oswego	SUNY Cortland	1:00pm
10/1	College Theater: Twelfth Night:	Ithaca College	7:00 pm
10/4	9th Grade Campus Visit- half day	SUNY Cortland	Field Trip
10/6	Women's Volleyball vs Brockport	SUNY Cortland	2:30pm
10/12	College Theater: Annie Get Your Gun	SUNY Cortland	7:30pm
10/16	Tompkins Cortland College Fair	Tompkins Cortland CC	6:00pm-8:00pm
10/18	Auburn College Fair	Auburn High School Gym	5:30pm (fin aid workshop) 6pm-7:30pm
10/20	Lansing Regional Institute	Lansing High School	9am-11:30am
10/24	12th Grade Campus Visit	Ithaca College	Field Trip
11/08	College theater: Awakening of Spring ACE Special Event: Meet the Director	Cornell University- Clark theater	7:00pm
11/1	10th Grade Campus Visit	Tompkins Cortland CC	Field Trip
11/12	School of Thought: Medical Field Options (with SUNY Upstate)	Cayuga Community College	9:00am-1:30pm
11/13	Regional Institute	Tompkins Cortland CC	6:30pm-8:15pm



Mark your calendars! Make room in your fall schedule to attend as many ACE events as you can this fall. It is a great line-up of events.

Our calendar often has updates, additions or changes. Please check our website for more opportunities to participate in an ACE event and to stay current on our programs. All of our programs depend on your registrations. Please make every effort to register on-line as soon as you can. Programs and events may be canceled if registration is not high enough.

www.cortland.edu/ace

College Theater

Annie Get Your Gun

Based on the original book by Herbert & Dorothy Fields (revised by Peter Stone)

Rough-and-tumble Annie Oakley is the best shot around. A backwoods gal, Annie uses her skill to support her family by selling the game she hunts. When she's discovered by Buffalo Bill and persuaded to join his Wild West Show, Annie is plucked from obscurity and becomes the toast of Europe. Annie meets her match in Frank Butler, Buffalo Bill's leading man and star marksman. She falls head over heels for Frank, but soon eclipses him as the main attraction in the show. Her success with a gun makes trouble for Annie's chance at romance. *Annie Get Your Gun* follows the journey of Annie and Frank, revealing their competitive natures as they vie for best shot - and each other's hearts. This fictionalized version of the life of real-life sharpshooter Annie Oakley and her romance with Frank Butler boasts a score of Irving Berlin gems including, "There's No Business Like Show Business", "I Got Lost in His Arms", "I Got the Sun in the Mornin'", "Anything You Can Do," and "They Say It's Wonderful."



Show Date: Oct 12, 2018

Dowd Theater

Awakening of Spring

By Frank Wedekind



Awakening of Spring is a drama much ahead of its time. Completed in 1891 and first performed in 1906, this play addresses many of the same questions and issues of our current teenagers. This coming of age play is a journey of teenage self-discovery as well as a celebration of youth and rebellion. Taking place in the late 19th Century, it follows a group of German teens and lingers on those passages in youth when discovery and awareness of the opposite sex temporarily disorders everything and the world seems alive with both danger and promise. This is not the musical version and is appropriate for high school aged students

This event will include a fantastic opportunity for our ACE students and families to meet the director to talk about the show.

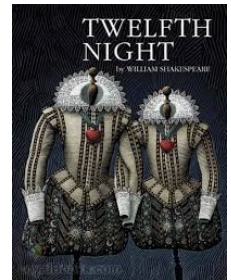
Show Date: Nov 8: (Dress Rehearsal)

Flex Theater, Schwartz Center

Twelfth Night

By William Shakespeare

In Shakespeare's timeless comedy, a shipwreck separates Viola and her brother Sebastian, both believing the other to be dead. Viola's only option is to present as a man in the employ of Duke Orsino, who promptly sends them to woo his unrequited love, Countess Olivia. Both households have to redefine the rules of gender, identity and love amidst a chaotic series of mishaps, pranks and mistaken identities.



Show Date: Oct 1, 2018

All College Theater events are free to ACE families and students, however you **MUST** pre-register! There are three ways to pre-register: Call the ACE office @ 607.753.5662 or email: ace@cutland.edu or use the online registration page on our

website: www.cutland.edu/ace

Parking information and campus maps will be provided after registration. Students must check in with staff for their tickets and to receive ACE credit.

ACE is now on Facebook

Go to Facebook @[ace.cortland.edu](https://www.facebook.com/ace.cortland.edu)

It will be a good way to find information about our events as well.

ACE Scholar

Becoming an ACE Scholar documents and rewards student participation throughout his/her years in the ACE program. The recommendation letter is given to the student's counselor and mailed home. It is suggested that each student send it with your college application.

To be an ACE Scholar, students must:

- Attend at least **TWELVE** qualifying ACE events during their time in the program. There are two groups of ACE events: Required and Additional activities. Students must attend **EIGHT** from the required group and **FOUR** from the additional group. See the chart for examples of each type of event.
- Maintain at least a B GPA throughout high school.

In order for students to reach this goal by the fall of their senior year (for college applications), it is suggested they attend at least four programs each year before the start of their senior year. **Students are welcome and encouraged to do many more than 12 ACE events.** They may attend as many programs as they like and can fit into their schedules. The more events students attend, the more they benefit from being a member of ACE. Most students receiving the ACE Recommendation have done 15-20 events before their senior year. Earning the ACE letter of recommendation is also one criteria for applying for the ACE Outstanding Senior Scholarship.

Required Group (8)	Additional Events (4)
Summer Programs	College Theater
ACE Grade Level Campus Visit	Gallery Talk and Tour
Regional Institutes	Individual Campus Visits
Welcome Orientation	Campus Events
Schools of Thought	TC3 and Auburn College Fairs

Registration Form

ACE 2018 Fall Regional Institutes



Please Fill out the following Registration Form Completely

Registration must be done the week before the event to ensure availability—If registering after that, please call the office.

PLEASE print

Student Name _____ Parent /Guardian Name _____

District: _____ Grade _____ Number of Parents/Guardians attending _____

Mailing Address _____ Phone # _____

Email _____

Carpooling Information: Can you provide a ride? _____ Do you need a ride? _____

Lansing Regional Institute: Saturday, October 20, 2018, 9:00-11:30 am

8:45-9:00 Sign in
 9:00-9:10 Welcome
 9:10-10:00 Admissions Panel: The admissions view of the application. What are they focused on? What do they see once you hit submit?

Student Selection:

Workshop 1

_____ Digital dirt
 _____ Help! I have a bad teacher
 _____ College Athletics

Workshop 2

_____ Digital dirt
 _____ Help! I have a bad teacher
 _____ College Athletics

Parent Selection:

Workshop 1

_____ Digital dirt
 _____ Help! I have a bad teacher
 _____ College Athletics

Workshop 2

_____ Digital dirt
 _____ Help! I have a bad teacher
 _____ College Athletics

Tompkins Cortland College Regional Institute: Tuesday, November 13, 2018 from 6:30-8:15

Workshops—Please select 1 topic for workshop 1 and workshop 2

Student Selection:

Workshop 1

_____ College Now Panel
 Career Choices: Graphic Design _____ or Wine Industry _____

Workshop 2

_____ College Now Panel
 Career Choices: Graphic Design _____ or Wine Industry _____

Parent Selection:

Workshop 1

_____ College Now Panel
 Career Choices: Graphic Design _____ or Wine Industry _____

Workshop 2

_____ College Now Panel
 Career Choices: Graphic Design _____ or Wine Industry _____

**Return
Form to:**

ACE Office
 1312 Cornish Hall
 SUNY Cortland
 Cortland, NY 13045

OR

Call: 607-753-5662
 Email: ace@cortland.edu

OR

Register on line at:
www.cortland.edu/ace

Lansing Regional Institute: Saturday, October 20, 2018 9:00-11:30am

8:45-9:00 Sign In

9:00-9:10 Welcome: A quick welcome back to the school year and an update on the ACE Program.

9:10-10:00 Admissions Panel: This workshop will consist of admissions representatives from several colleges. The time will be spent discussing what they require in an application as well as what they are looking for in an applicant. How colleges view the various parts of the college application will also be addressed. The session will end with time for questions and answers.

10:10-11:30 Workshops:

1. Help I Have a Bad Teacher! Have you ever felt like you have the worst teacher in the world? Well maybe you do, maybe you don't but nonetheless, you have to learn. In college and in high school you will come across situations that do not meet your ideal learning needs. So how do you move forward? Don't let this type of situation lead to failure or a grade that is less than satisfactory. Tips, strategies and resources will be shared.
2. Digital Dirt: This presentation will focus on the importance of social media in our lives but also how to be safe and SMART while using it. Believe it or not, many colleges will use social media in the acceptance and scholarship process. It will help you understand why it is time to clean up your online presence to avoid the possibility of losing opportunities in college, scholarships and even jobs.
3. College Athletics: This workshop will help you understand what it takes to become a college athlete, the different levels of playing a sport at college and the NCAA rules you will need to follow to be involved with a team while at college. An excellent workshop for students of all grades if you believe college sports are in your future. The planning starts earlier than you think.

This program is always a packed house. Make sure to register early!

Tompkins Cortland CC Regional Institute: Tuesday, November 13, 2018 from 6:30-8:15

This Regional Institute will be a workshop format evening with each workshop lasting approximately 40 minutes.

6:30-6:40 Welcome

6:40-7:20 Workshop 1

7:25-8:05 Workshop 2

8:05-8:15 Evaluation and Door Prize

Workshop choices:

CollegeNow Panel: Learn about the CollegeNow program at Tompkins Cortland Community College and how this program can assist in earning college credits while in high school. Hear about the benefits of earning college credits while in high school, how to transfer them and from students who have chosen to include this option during their high school years.

Career Exploration Options:

Careers in Graphic Design: Are you interested in marketing, business, interior design, drama, art, or animation? All of these careers overlap with graphic design in one way or another. Learn about what a degree in graphic design is really about and how it can help you in multiple disciplines.

Careers in the Wine Industry: New York is the 3rd largest wine producing state in the US, with more than 250 wineries statewide. The industry employs 18,000 workers and annually generates \$3.4 billion for the state economy. You will be surprised about all that goes into making this industry thrive. It isn't just about growing and squishing the grapes!

When you register for ACE events, please make sure to include your **most up-to-date email and phone number** as we email reminders and program changes the week before each event. These emails will often include driving directions and/or parking passes. We will only use the given phone number in case of inclement weather or cancellations on the day of the event.

High School to College Transition: What is all the hype?

As you move through high school, adults love to share with students that “No one is going to do this for you when you are in college” and “Your college years will be the best years of your life”. Is it possible to make this transition smoothly? Is it possible to move from one phase of life to the other and minimize the upset? There are many ways to help prepare yourself for college and one of them is to have a good understanding of why the two are different. To be honest, the preparation for this transition begins in 9th grade as you build and fine tune study habits, explore different subjects and consider new opportunities. Below is a quick list of some of the differences between college and high school with a possible solution should one be harder for you than others:

High School	College	Possible Solution
7:30-3:00 is the daily schedule, homework in the evening, often with adult support/prompting	Total class time weekly = 15-17 hours, leaving the rest of the week seemingly full of “free time”	When crafting your schedule, build in some breaks between classes to encourage you to go to the library to do homework/read/study instead of going back to your room. This will help you manage your time well.
You will know your teacher and the class is about 20 students	The chances are good you will not know your teacher and your freshman year, you may have 30-200+ in your class	Make a point to introduce yourself to your professor. That will ease your uncertainty and help in the future should you need help. It gives the professor a good understanding of who you are as a student as well.
Attendance is mandatory and many schools will call your parent/guardian if you are absent	Although attendance is considered mandatory, no one will call an adult to say you are not present. Showing up is entirely your responsibility.	If you introduce yourself to your professor early in the semester, it makes it harder to skip class. Also know, there are many colleges that link attendance to grades. Some may even withdraw you from a class if you reach the number of missed classes (or never show). You will still have to pay for the class and a W or WF will go on your transcript.
To earn A's and B's in high school, most students study/do homework 1-4 hours each night.	To earn A's and B's in college you are expected to do 2-3 hours of work outside of class for every one hour you are in class. That means if you have 5 classes, all 3 credit hours, you will be in class for 15 hours per week. To earn A's & B's you will study 30-45 hours on your own.	This is one of the biggest adjustments. It is a complete flip of how your time is scheduled. Starting the first week of classes, build a study schedule. Carve out time for each subject and all of the responsibilities you will have as a student in each class - reading, assignments, group work, papers, projects, online discussions - whatever it may be. Block out the time just like you would if it were a job or the actual in class time.
When you owe the high school money, they will call a parent or guardian to request payment of a library book or cafeteria charge.	When you owe the college money, you will receive an email or letter. You are now the responsible party for the bill and late fees.	Take charge of this. Check your campus email, check your mail. Ignoring bills do not make them go away and saying that you did not know does not remove late charges. Most colleges have email alerts and the student can include the parent email in these - it is wise to do so.

SAT and ACT tests:

It is that time of year for students to register and take their college entrance exams. Students can take either or both exams but it is best to double check with the colleges on your list to make sure you are completing the right portions of the test (for example, do they want the writing portion? Does your college want the SAT Subject tests?) Below are dates for 2018-2019 school year:

Did you know you can find colleges that do not require either the SAT or ACT? Go to www.fairtest.org to learn more.

SAT Test Date	SAT Registration
10/06/18	09/07/18
11/03/18	10/05/18
12/01/18	11/02/18
03/09/19	02/08/19
05/04/19	04/05/19
06/01/19	05/03/19
www.collegeboard.org	

ACT Test Date	ACT Registration
09/08/18	08/10/18
10/27/18	09/28/18
12/08/18	11/02/18
04/13/19	03/08/19
06/08/19	05/03/19
www.act.org	

How to make the most of this year

Setting Goals: Why is it so important?

Setting goals can result in increased confidence, greater academic success, and in the end more educational options. Below are a few benefits of setting goals:

- Builds confidence
- Improves academic performance
- Establishes a long-term vision
- Helps students feel empowered
- Builds focus and helps gain life-long skills

Students who set short-term and long-term academic goals are more likely to be successful in high school as well as college. Encourage your student to set daily, weekly and/or long-term goals. These goals do not have to be lengthy or complicated. They can be as simple as the following examples:

Daily: Organize my homework materials before I go to bed

Weekly: Keep my agenda up to date and use my notes, homework and book to study for tests

Marking Period: I want to earn at least an 85 in each class

The goal is just one step on the road to academic success: Students also have to have an action plan for longer term goals. Under each goal, encourage them to write down how they will accomplish the goal:

Daily: Organize my homework materials before I go to bed

-I won't get up from the table until all my materials are in my backpack

Weekly: Keep my agenda up to date and use my notes, homework and book to study for tests

-I will write down assignments and test dates posted on the board at the beginning of class

-I will check my agenda at the end of the day to make sure I have all the materials I need to complete homework and study

Marking Period: I want to earn at least an 85 in each class

-I will complete my homework on a regular basis

-I will seek help from my teachers when I do not understand something

-I will use the websites teachers suggest as study tools

Clearly, this is an over-simplified version of the goal setting process. Entire books have been written about it, but start some place. When students write down their goals and return to them each day/week/month, they are more likely to reach them. If the steps are missed, just regroup and dig back in.

Write it down and keep it visible

Time Management: How to create a schedule

For many students, it seems silly to write down a budget for your time. It is something that is sort of a no-brainer when you go to school all day long. However, there are many hours outside of your school day that can be used to increase your efficiency (or find more time for you to relax).

1. It is important to understand how much time you have for evening activities, such as homework, sports, clubs and free time. Make a list of all the things you do outside the school day (if practice is right after school, just adjust your to do list if you include this in your time at school). Write down what time you get home and what time you will go to bed to determine the number of hours you have to get everything done. Most students have roughly 5 hours at night for a variety of tasks.
2. Next, write a list of all the activities and tasks you have to do. Make sure to include time for travel if you have to travel to and from an activity, time for eating, chores and homework. Don't overlook exercise, showering or other ways you take care of yourself.
3. Begin to map out when you will get things done in the time that you have: if your at home time starts at 5:00 and goes until 10:00 try scheduling in 30 minute blocks. Writing it down will help you see where your time goes.
4. Make sure to be realistic as you schedule your tasks. Overbooking will only create stress, not reduce your stress.
5. Try working through the schedule for a few days. Do not hesitate to revisit this process as your activities change or you find that you are not able to get everything done. A schedule will only help if you are going to use it.

Good luck with reaching your goals this school year. Don't forget to seek help from a teacher, counselor (or even a parent) if you find you are feeling overwhelmed or unsuccessful. Working through any obstacles early on will only be better than waiting until the end of a marking period.



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Website: www.cortland.edu/ace

Dear ACE Students and Families,

Welcome to the beginning of another new school year. I want to thank everyone who participated in our summer programs this year. We had a fantastic line-up of workshops for students to help them get prepared for the school year.

I hope this year will allow for all of you to set your sights on achieving to your highest ability and then taking the steps necessary to succeed and be the best version of yourself. At ACE we will continue to help you set your sights on academic success leading to a post-secondary goal of attending college. Events such as our Regional Institutes and Campus Visits will assist in expanding your bank of knowledge related to greater high school success and college; empowering you to make good choices throughout the year.

We hope to help you put the college search pieces together with programs focused on career exploration and college readiness experiences. There will also be plenty of opportunities for you to get on one of our four supporting colleges to enjoy the activities such as sporting events, plays, art exhibits and more. Please keep the calendar in this newsletter handy to plan on attending as many ACE events as possible.

I look forward to another exciting year of events and programs. Please make the most of our event offerings by attending and always filling out an evaluation. We want our programs to be your programs, targeting the topics important to you.

Please feel free to contact me with any questions. I look forward to working with all of you this fall.

Sincerely,

Jane Manning

ACE Coordinator

For more information contact:

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