

"If you are always trying to be normal, you will never know how amazing you can be."

Dr. Maya Angelou



Access to College Education

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ACE NEWS

Mindful Mondays

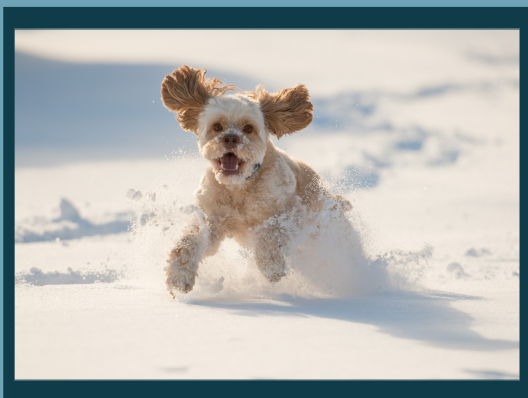
During these sessions we will practice tangible mindful strategies that you can implement in your daily routine. These strategies can help us build resiliency by reducing stress, increasing concentration, improving sleep, developing positive coping skills, and expanding our compassion and empathy.

Program Discussion Meetings

We are rolling out a new program model next year and are seeking your input through program feedback discussions this semester. Please register for one of the sessions through the [ACE website](#).

ACE Events

Continue to look at the ACE website for new programs that support your college readiness and career exploration journey this semester.



The Coldest Month

Even though it is frigid outside, we are moving forward with ACE offerings. Please make sure to check the ACE website for new programs listed as they are confirmed. We are also rolling out a new program model and invite you to participate in a feedback session this semester.

The world is still shifting and sometimes it is hard to vision what the future will be. No matter what your unique pathway forward looks like, please do not discount college in your future plans. Michelle Obama, outspoken about the importance of following your dreams as a first-generation college student says,

"Don't ever make decisions based on fear. Make decisions based on hope and possibility. Make decisions based on what should happen, not what shouldn't."

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

Self Talk: A Love Language

By Laura May, ACE Counselor



In recognition of Valentine's Day, we hope the information below is a friendly reminder of the importance of love and positivity for the most important person - YOU!

During this time of year as we are navigating days filled with less sunlight, and much colder temperatures, sometimes our motivation to get things done can be adversely impacted. We may feel extra stress, especially when we are not able to engage in some of our stress relieving activities (i.e., walking outside because it's too cold). As a result, we can get down on ourselves, and begin to think and feel melancholy.

POSITIVE SELF-TALK is one strategy to help reduce negative feelings and increase motivation and resiliency. Self-talk is the internal thoughts or conversation we have with ourselves. This narrative ranges between positive, neutral, and even negative. Positive self-talk can make us feel good about ourselves. It's like having an optimistic voice in our head that always looks on the bright side.

Everyone can benefit from improving their positive thinking skills. The idea is that by changing your thinking, you can control your emotions and your actions. Positive thinking skills often start with positive self-talk, this means using the voice in your head to say positive or neutral things about yourself or a situation.

An example of negative self-talk could sound like, "I will probably fail my math test, so there is no point in studying." Try reframing this into something more positive such as, "I am going to study the best that I can for this test, so I am prepared as I can be."

Changing just a few yet powerful words in your internal dialogue can leave you feeling much more positive and confident!

Other examples of positive self-talk statements include:

- I am capable of so much
- I believe in myself
- My mistakes help me learn and grow
- I can get through anything.



The next time you catch yourself thinking negatively, remember to be kind to yourself and try to turn your negative thoughts into more forgiving and positive ones. YOU are worth it!

Additional Information:

- www.clevelandmetroschools.org/cms/lib/OH01915844/Centricity/Domain/7278/101FreePositiveThinkingAffirmations.pdf
- <https://positivepsychology.com/positive-self-talk/>
- www.youtube.com/watch?v=71-NkXgAK1g
- www.youtube.com/watch?v=Wd4t2isoO_c

10th Grade College Checklist



- Get involved in extracurricular activities and community service projects that interest you.
- Develop time management and stress reduction skills.
- Explore careers, and make a list of potential majors.
- Consult your high school counselor about being on a college academic track.
- Create an electronic spreadsheet to organize career, major, and college logistics.
- Research the admissions process at a few colleges you are interested in learning about.
- Start attending college fairs and college prep workshops to expand your knowledge about the college experience.
- Develop your working résumé and update it at least once a year.

ACE Leadership Opportunity



We are excited to announce the launch of a new leadership opportunity for ACE students. After one year of involvement, students are able to apply for the ACE Student Advisory Board.

The goal of this group is to provide:

- an involvement opportunity modeled after the college co-curricular experience
- a leadership experience to develop communication and organization skills
- an opportunity for students to provide direction over their ACE experience
- a resume building opportunity that demonstrates college readiness

Students will be given an opportunity to apply for the Student Advisory Board this semester in coordination with the High School Counselors.

Once selected the group will:

- virtually meet once a month during a common time
- provide social media content
- assist with ACE recruitment efforts, including helping new students learn about the ACE program
- plan an ACE community service project
- elect leaders to provide general direction and project coordination



ACE Programs

Your ACE Experience is defined by the programs and resources you engage with every semester. Between each Newsletter, new programs are being added to the ACE Events Calendar.

CLICK HERE
EVENT
REGISTRATION

HELPFUL TIPS:

1. Consider our four sponsoring colleges as opportunities to learn about your own journey - even if you are not interested in attending these universities.
2. When registering, include a personal student email and at least one family email.
3. To have records of your ACE progression, we are tracking your attendance. Make sure you check in with the ACE representative or fill out the post event survey if required. (This will be indicated on your registration form.)