

"If you don't see a clear path for what you want, sometimes you have to make it yourself."
Mindy Kaling



Access to College Education

ACE NEWSLETTER | MARCH 2022

ACE NEWS

Ongoing Programs

We have a few programs offered throughout the semester for your convenience. Specifically, students you should consider participating in a Mindful Monday Program (learn strategies to help you destress) and Program Discussion Meetings (learn about our new program model and expectations).

Living Series

We are expanding our Living Series offerings to include Living On Time this semester. These workshops are designed to give you stress management tools to find balance and control in your days.

Student Advisory Board (SAB)

In the [LAST NEWSLETTER](#) we announced the new SAB leadership opportunity for ACE students. The application is now open for next year's board.

[APPLY HERE](#)



Looking Forward

We have a few new things on the horizon as the warmer weather shifts into play. You will find information on how to apply for next year's Student Advisory Board in this (and last month's) newsletter. We are working with our sponsoring colleges to hopefully host at least two campus visits this semester. And we are including new programs on the [ACE EVENT CALENDAR](#) each month.

ACE is expanding its program offerings and requirements next year, and this includes expecting participants to attend at least two events a year. We just emailed 10th and 11th graders your attendance status; don't hesitate to contact us with any questions.

And finally, it's Women's History Month. We celebrate all of the women who have been strong influences, teachers, supporters, collaborators, leaders, and friends in our life! Don't forget to thank the strong women in your life today!

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

Highlighted Spring '22 Programs

Mindful Monday 3/21/22 @ 8:00pm

Mindful strategies can build resiliency by reducing stress and developing positive coping skills. Practice tangible strategies you can implement in your routine.

[CLICK HERE
EVENT
REGISTRATION](#)

Day In The Life of A College Student 3/28/22 @ 5:00pm

Join Cornell's Students onto Scholars as they share how they balance their class schedule, jobs, various involvements, incorporate social and personal time, and plan for their future using school resources.

Are You A First-Generation College Student? 3/30/22 @ 8:00pm

Learn why the first-generation college experience is unique, what it means to be considered first-gen, and how to start preparing for this important journey now.

Living Rested 3/31/22 @ 6:00pm

Reframe the concept of being rested by identifying ways you might feel energy deficits and practicing various resting strategies.

Getting Involved in College 4/19/22 @ 8:00pm

College is much more than just selecting a major that complements your career goals. Join IC's Student Leadership Consultants (SLCs) as they discuss what they have learned from their co-curricular experience and how you can get involved in your own experience.

Living On Time 4/21/22 @ 6:00pm

Time management is just like any skill, there are strategies you can implement to help you plan and control the time allocated in any given day, including the time you need to work, rest, play, and connect with friends and family.

Happy International Day of Happiness

By Laura May, ACE Counselor

In recognition of The International Day of Happiness (3/20/22), we wanted to share tips on incorporating happiness into your daily life.

Although we have many things to be thankful for, including making significant progress with Covid-19, there are still challenging events happening all around the world. For example, the recent invasion of Ukraine may make feeling happy quite difficult.

Appreciating what brings you joy as well as recognizing what is difficult, is part of cultivating a balanced life.

- Seek out positive people
- Spend time in nature
- Focus on gratitude
- Do something kind for yourself
- Create a happy playlist (and dance)
- Compliment the people in your life
- Train your brain - notice your happy as easily as what's wrong
- Try to stay present, live in the moment



Speaking of uplifting music, we welcome you to enjoy Pharrell's music video of the song "Happy." Feel free to dance along! Hope this adds a bit of happiness and sunshine to your day!!

Apply for the ACE Student Advisory Board

This is a unique involvement opportunity for ACE students, providing leadership skill development, collaboration with peers at other high schools, and networking with current college students. Members will also share their experience with the ACE program in an advisory capacity. Previous leadership experience is not required.

- Develop leadership skills and meet other high school students
- Leadership involvement for resume and/or college application
- Impact the ACE experience by providing insight and direction
- Experience what being part of a college organization might be like

[CLICK HERE
TO APPLY](#)