



*A single act of kindness throws out roots in all directions,  
and the roots spring up and make new trees.*

*Amelia Earhart*

## ACE NEWSLETTER | NOVEMBER 2022

Cornell University

Ithaca College

SUNY Cortland

Tompkins Cortland Community College



### Happy November

Let's start this month with a little gratitude!

First, let me thank our amazing group of high school counselors and teachers who are supporting you every day and also making sure you have access to opportunities like ACE.

Next I want to give a large standing ovation for our college representatives. Thank you for your collaboration and connecting us to events at your respective institutions. I also want to give a special shout out to Cornell and TC3 for hosting our Campus Visits this semester!

And finally, a heartfelt thank you to the students and family members who have been attending events this year. You are the reason we are here, and being in community with you is why what we do matters. You are valued and appreciated!

There are still a lot of opportunities to participate in programs focused on career and major exploration, application support, and how to finance college! And if that is not inspiring enough, check out this special guest (picture below) from our 10th Grade Campus visit. Awe....

Warm Regards,  
Erica

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Erica Shockley (she/her)  
ACE Coordinator



### ACE NEWS:

#### New ACE Expectations:

- Attend a virtual orientation session in your first semester (minimally within your first year).
- Participate in 2 ACE programs a year.  
*\*To be eligible for the personalized ACE recommendation letter and leadership opportunities, minimally attend four 4 programs a year.*
- Complete ACE assessment and surveys when offered.
- Register for as many experiences that prepare you to make decisions about your college experience!

Did you know that there are fees associated with college applications?

**Get five free SUNY applications from 10/24/22 through 11/6/22.**

Click [HERE](#) for more details.

# November 2022 Programs

## School of Music Information Session with Ithaca College 11/9/22 @ 4:00pm (V)

*Learn about being part of a community of musicians, degree programs, and special application and audition processes related to pursuing a Music degree.*

## Financing College 11/14/22 @ 5:30pm (V)

Financial aid professionals at SUNY Cortland will explore the different types of financial aid, application forms, FAFSA, the Excelsior Scholarship, and how to determine all of the costs associated with college.

## ACE Orientation 11/15/22 @ 8:00pm (V)

Discover how ACE can support your college readiness and career exploration journey. Learn about registering for programs and how to stay connected.

## Which SUNY Are You? 11/16/21 @ 3:00pm (V)

*Explore The State University of New York (SUNY) - the campuses, academic programs, application and admissions process, financial assistance, the Excelsior Scholarship and more!*

## SUNY Cortland Webinar 11/17/21 @ 3:00pm (V)

*Learn more about SUNY Cortland in our Admissions Q & A webinar. Whether or not you are considering SUNY Cortland as a possible college home, this session will ease you into the college admissions and tour experience at any institution.*

## Center for Theater and Dance with Ithaca College 11/23/22 @ 4:00pm (V)

*Seeking a pathway into the theater and dance community? Learn about degree programs and experiences, as well as the application, interview and audition process*

## Mindful Monday 11/28/22 @ 8:00pm (V)

*Practice tangible mindful strategies that you can implement in your daily routine, support academic success, and manage stress triggers.*

## 10th Grade Campus Visit Field Trip to TC3 11/30/22 (IP)

*Join us as we will take a campus tour, hear stories from current students, consider making a budget for your future life, and eat lunch in the dining hall. Your High School Counselor and/or ACE teacher will coordinate this experience.*

### What is a campus visit field trip?

Every academic year, students from each grade level are invited to one of our four sponsoring colleges for a day-long field trip. Arriving by bus in the morning, we meet with college students, faculty, staff and learn about campus life and resources. We also tour the campus, view residence hall rooms, and eat lunch in the dining hall. Being on a college campus is one of the most important factors in increasing your capacity for success in your own college experience.

Some events **REQUIRE** two registrations, one with us and one with the event host. Read the ACE registration carefully for these instructions.

[CLICK HERE](#)  
EVENT  
REGISTRATION

### 12th Grade Cornell Campus Visit



V = Virtual  
IP = In Person



# Healthy Habits

by Laura May, ACE Counselor

Greetings ACE Families,

As the colder months draw closer, and our motivation to exercise can wane, we welcome you to check out some healthy tips from the National Institute of Health on the importance of staying active.

Did you know how well your body functions, affects your ability to accomplish your daily activities? Sedentary behavior which usually means sitting or lying down while awake has been linked to a variety of medical issues and a shorter lifespan. It's time to get up and move, doing so can improve your chances of good health.

Some ways to do this include:

- Take the stairs
- Have "walking meetings"
- Set an alarm on your computer/phone and move around for a couple of minutes every hour
- Try walking as if you are already late



Creating new habits isn't easy, but we know that making healthy choices can help us feel better and live longer. Whether it's to eat better or get more exercise, you can boost your ability to create a healthy lifestyle.

Ways to build healthy habits include:

- Plan and set realistic goals
- Change surroundings and remove temptations
- Ask for support
- Track your progress
- Imagine your future
- Reward yourself
- And most importantly be patient.



Improvement takes time and setbacks happen. Focus on progress not perfection.

[www.nih.gov/wellnesstoolkits](http://www.nih.gov/wellnesstoolkits)

## Junior College Ready Check List



- Set aside 1 hour each week to research colleges and scholarships. Click [HERE](#) for a scholarship and grant resource.
- Talk with your high school counselor about your college hopes and interests. They are an excellent resource on your pathway forward.
- Create an [ORGANIZATIONAL SYSTEM](#) for your college search process.
- Take a [CAREER INTEREST INVENTORY](#) to narrow down potential majors and minors.
- Refine your college list; organize schools by location, sizes, and academic specialties.
- It is not too early to start visiting campuses for a tour or just informally on your own.
- Begin developing your college [APPLICATION](#) and essay.
- If you plan on taking the SAT/ACT, determine when and create a study plan.
- Get involved in extracurricular activities that match your interests and provide leadership development opportunities.
- Use [VOLUNTEER MATCH](#) to discover an organization in which you would enjoy volunteering your time, energy, and skills.
- Set up monthly check-in meetings with family members or a mentor to hold yourself accountable to the process (and not procrastinate)!

