

"The world as we have created it
is a process of our thinking.
It cannot be changed without
changing our thinking."
— Albert Einstein



Access to College Education

ACE NEWSLETTER | MAY 2022

ACE NEWS

Congratulations!

This year's Senior Scholars and students who have participated in at least 2 ACE events are being recognized at your school's end of year celebration. We appreciate you and look forward to another successful year!

Summer Programs

This summer we are hosting in person events, including at least one campus visit for students and family members and the launch of our new ACE Leadership Institute. Stay tuned for more details!

Student Advisory Board

We are excited to announce a new leadership opportunity for ACE students. After one year of involvement, students are able to apply for the ACE Student Advisory Board. Check out the [February Newsletter](#) for more details

CLICK HERE:
ACE Leadership
Opportunity.

Senior Feedback Opportunities

Seniors are invited to help us learn about your ACE experience - all feedback is welcomed. You can participate through focus group sessions ([LINK](#)) or fill out the online survey ([LINK](#)).



Change Keeps Coming

Freshly mowed grass is a memory scent for me - invoking a feeling of warmth and ease. It reminds me that life's seasons change and nothing is permanent. It also invites a pause to appreciate the present moment.

Fresh grass is also my puppy's favorite snack! Change is a constant truth, so when faced with transition, what keeps you grounded?

We are *still* working through a seismic shift in our collective communities. Many have expressed their desire to just "move on" or "return to normal," and I can sort of relate. However, I know that part of the change process includes reflection and rest. We need time to digest and process our experiences, space to embrace lessons learned, and energy to evolve our thoughts, feelings, and behaviors.

Nature doesn't go back to normal, it continues to grow and expand - to evolve. So again, when you are faced with change, what keeps you grounded? Pay attention to what makes you feel good (in your bones good) and rested. These are tethers that will keep you grounded during all the transitions in your life.

While this might not have a direct connection with your college application, a reminder to pause is always a health, mindful practice. Also, you should know that you are doing amazing; keep moving forward - even if it is one slow, grounded step at a time.

With Respect,

Erica L Shockley (she/her)
ACE Coordinator

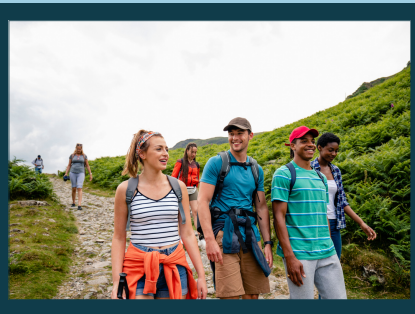
Since 1989, ACE has been a sponsored collaboration between Cornell University, Ithaca College, SUNY Cortland, and Tompkins Cortland Community College supporting upstate NY local school districts.

Mental Health Awareness Month by Laura May

In recognition of Mental Health Awareness Month, I want to remind you how important it is to take care of your mental health. During the last two years of the pandemic, our global community has experienced a great deal of stress and trauma. This time period proved especially challenging for students. However, one positive take away was the de-stigmatization of the importance of mental health and well being.

Did you know that doctors are actually writing prescriptions for their patients to spend more time in nature? According to research, spending time outdoors can help decrease feelings of stress, anxiety and depression. In fact, being outside in nature lowers the level of the stress chemical cortisol.

I encourage you to enjoy some healthy outdoor activities such as taking a walk, run, or hike, spending time at a park, sitting by a stream or any natural area, the possibilities are endless!



Final Spring Programs

➔ Mindful Monday 6/6/22 @ 8:00pm

During these sessions we will practice tangible mindful strategies that you can implement in your daily routine - reduce stress, increasing concentration, improving sleep, developing positive coping skills, etc...

➔ Senior Feedback Group 6/8/22 @ 6:30pm and 6/9/22 @ 6:00pm

Share your ACE experience in an open space and creatively problem solve how the program might more effectively serve students in the future.

➔ ACE Orientation 6/9/22 @ 7:00pm and 6/13/22 @ 5:30pm

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



ACE Recruitment Virtual Events

Know anyone at your school who might benefit from ACE? We are hosting virtual events for interested students and family members to learn about the experience which is open to all 9-12th grade students. Register for one of the following event dates on the ACE Website.

Tuesday, May 31 @ 8:00pm

Monday, June 6 @ 7:00pm

Wednesday, June 8 @ 5:30pm



Want to play college sports?

- Clarify your academic goals. Would you attend this college if you were not on the team? Do they have majors you are interested in pursuing?
- What level of competition best serves your academic goals? Division I, II, III, intramural, club, etc...
- Be aware of different student athlete application deadlines and requirements. For example, Division I and II coaches have rules on when they can contact potential athletes.
- Meeting the academic eligibility requirements to play a sport is not the same as meeting the academic standards for admission.
- Know what you need from a coach and team; college athletics comprise a large portion of your college experience.

Helpful Resources: [NCAA Want To Play College Sports \(LINK\)](#),
[Title XI and Women's Sports \(LINK\)](#).

