



access to college education

ACE NEWSLETTER | MAY 2020

Cornell University

Ithaca College

SUNY Cortland

Tompkins Cortland Community College



Welcome Spring! Are you also appreciating the warmer weather and sunshine? I find that it is tempering the disappointment many are feeling about school cancellations and the uncertain future.

Living through these transitions, two change management strategies come to mind: recognize what has been lost and gained, and create strategies for tackling new problems.

Over the next several years, the entire education system will be defining our new educational community. That includes innovative ways of providing a comprehensive, learning experiences and connecting you with useful resources. What a time to experience all the gains that we can be a part of making. Your ACE team will be right here to help you through this process.

A third change management strategy is taking time to live in your experience, not just rushing through but allowing yourself to feel all the feels. Balancing the energy between self-care and action is a practice. So be kind to yourself!

Warm Regards,
Erica L Shockley

ACE NEWS:

Come Find Us!

We will now share program updates and resource through Facebook and Instagram accounts. Details are below.

Communication

We are available to answer questions via email Mon-Thu every week. All voicemails are filtered through the ACE email account and will be replied to.

ACE Event Confirmation Form:

We are changing our program model during this time; however, if you happen to attend any college related experiences. We invite you to fill out the event confirmation form on the ACE website.



Facebook

ACE-Access to College Education

Instagram

@accesstocollegeeducation
#acecurious

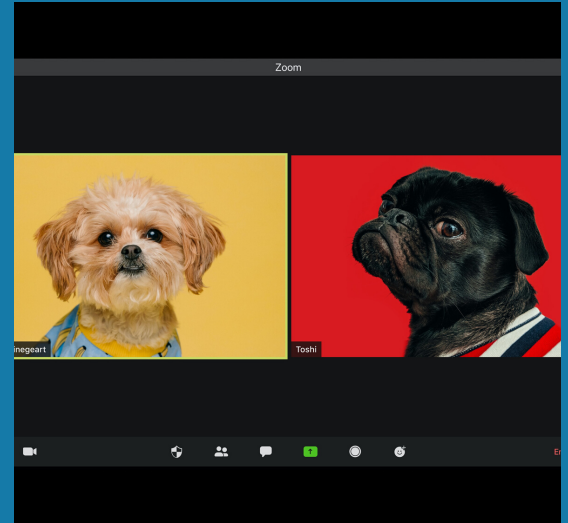
"Revised" Spring 2020 ACE Programs

We are in the process of developing three options for keeping you connected to resources and experiences that support your academic success and college exploration goals.

Coming soon, you will have access to several readable presentations that you can peruse on your own time.

Two live Zoom events are being planned for students and family members in May and June.

We are doing the research for you! We are currently compiling a list of resources that address college related frequently asked question.



Staying Hydrated

by Laura May, ACE Counselor

Our bodies are mostly water (60% of our weight), helping us maintain a normal temperature, flush out waste, bring nutrients to cells, and lubricate joints. Dehydration can cause headaches, fatigue, and even hunger.

1) Eat Your Water

Cucumber 96%	Spinach 93%
Oranges 86%	Tomatoes 95%
Mushrooms 92%	Broccoli 90%

2) Track Your Water

- Water bottle in every room
- Pre-fill bottles to drink each day
- A milk jug can measure progress
- Drink water after other beverages

3) Optimize When You Drink

- Immediately upon waking up
- 30-minutes before or after a meal
- Before showering or taking a bath

H2O Tip: Grate ginger or put a lemon into your water to nourish your body.

WHY? Research at the Annual British Psychological Society's Conference demonstrated that when college students drink water during exams, they receive higher grades than students who do not drink water.



Class of 2020

Seniors - we want to hear from you! Fill out the senior survey, which will also be sent via email and posted on social media.

<https://sunycortland.formstack.com/forms/acesupportrequest>

We are seeking senior ACE students to help in recruiting new ACE members and assist with spring programming.

Your assistance will support the ACE community and will count toward the Outstanding Senior Award process.

Choosing A College Major

by Tiffany Hammond, ACE Administrator

Step One: Reflect

1. What are your interests?
2. Identify your skills.
3. Take a career inventory quiz.

www.mynextmove.org/

Step Two: Research

- Career opportunities
- Future income potential
- Find majors within a college's on-line course catalog

www.onetonline.org/

Step Three: Connect

- Talk to faculty and students at colleges you are interested in
- Reach out to professionals in your field of interest





Meet the ACE College and University Partners



Courtney graduated with her Master's Degree in Leadership Studies from Western Kentucky University. She says that, "I believe in the ACE Program because it creates exposure and changes the narrative about how Higher Education can provide opportunities to broaden your horizons for your future."

Courtney Owens
Assistant Director of Leadership Programs, Ithaca College



A graduate of Cortland High School, former college faculty member, and now assisting students and families in their admissions experience, Beth believes that asking questions about personal needs and goals is crucial to finding an exceptional college fit. She makes sure ACE provides diverse student stories and experiences for participants to learn from.

Beth Gailor
Assistant Director of Admissions, Ithaca College

Next Up: Meet the TC3, SUNY Cortland, and Cornell partners!

WHY ACE?

Whether you are just entering high school or preparing for your final year, ACE facilitates experiences that support students and family members as they:

- EXPLORE passion areas that lead to academic exploration and career goals
- MAKE informed decisions about your goals for and pathway into college
- LEARN academic and personal development skills you can apply now
- CONNECT with financial and other college preparation resources
- PREPARE for your college transition and life after high school