



*I am learning every day to allow the space between  
where I am and where I want to be  
to inspire me and not terrify me.  
Tracee Ellis Ross*

## ACE NEWSLETTER | FEBRUARY 2024

Cornell University

Ithaca College

SUNY Cortland

Tompkins Cortland Community College



### Spaciousness

Welcome to February, and we continue to roll forward. I don't know about you, but I am feeling the tension between winter's call to rest, to dream, and the world requiring us to be on and productive. I'm feeling the tension of caring for my people and showing up for my responsibilities, while witnessing multiple wars across our shared planet. I'm feeling the tension of just getting through the day and the uncertainty of what the future will bring. Resonate?

It can be tempting to dismiss or ignore this tension, and I believe we have the strength and resiliency to meet these challenges. June Jorday says, "we are the ones we have been waiting for." Calling in the reality that everyone is needed, everyone is valued, everyone has something to offer.

Does this relate to figuring out if college is your pathway? Absolutely! You need space to explore your gifts and discover where you can share those talents.

It is our pleasure to develop experiences that provide space for you to investigate your skills, learn stress response tools, explore career pathways, and figure out how to dream forward. One of the greatest benefits of ACE is not procrastinating on your dream. Take some time now, to pause and see the big picture.

Warm Regards,  
Erica

-----  
Erica Shockley (she/her)  
ACE Coordinator

### ACE NEWS:

#### ACE Participation Update

- Attend a virtual orientation session in 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.
- Register for as many experiences that prepare you to make decisions about your college experience!



*ACE students meeting with  
SUNY Cortland Athletes  
during the 2023 campus visit!*

# Access to College Education February 2024 Programs

## ➤ Mindful Monday 2/5/24 @ 8:00pm (Virtual)

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

## ➤ FASFA Completion Workshop 2/13/24 6:00pm (Virtual)

This hands-on workshop will help you complete your financial aid application. There are a few steps you need to take before attending, provided in the registration process.

## ➤ TC3 Info Session and Financial Aid Discussion 2/19/24 (In Person) Choice Between Two Sessions: 9:30am and 12:30pm

For anyone curious about attending (any) college and more specifically the opportunities at our local community college, join us for a financial aid presentation, class simulation, and a campus tour.

## ➤ 10th Grade Campus Visit 3/6/24 Field Trip (In Person)

Hosted at TC3, we will meet current students, tour campus, and eat lunch in the dining hall. Register with your High School Counselor/Teacher.

## ➤ Living Resilient 3/11/24 @ 7:30pm (Virtual)

Stress has an impact on our body, mind, and emotional health, and there are simple actions we can pull from our stress management toolbox as part of a mindful approach to life.

## ➤ Explore Engineering and Engineering Technology Programs 3/13/24 5:30pm (Virtual)

Explore the magnitude of SUNY's engineering programs, how to prepare for an engineering career, and discuss the employment outlook.



## SAVE THE DATE

Attend Sweet Charity with ACE  
4/7/24 @ 2pm

If you are interested in attending this Broadway adaptation please let us know through [THIS FORM](#).

**SWEET  
CHARITY**

Social Media:  
[@accessstocollegeeducation](#)



### Registration Details

Some events REQUIRE two registrations, one with ACE and one with the event host. Read the registration details carefully.

### Self-Exploration Opportunities

In addition to ACE experiences, you can submit a request for approval for college ready and career exploration events you attend on your own.

### Financial Aid Info Sessions

### EOP Info Session

### Ithaca College Major Exploration Info Sessions

\*To receive ACE credit, complete the Event Confirmation Form



## Financing College Resources

### FASFA Explained

Info Needed to Complete FASFA  
Six Things Before FASFA Completion  
Student Loan Forgiveness

### Websites

Scholarship List  
Scholarship Research  
Scholarship Resource Tool

### Articles

Evaluating Financial Aid Offers  
7 Resources to Help Pay for College  
Companies the Help Pay For College

[ace@cortland.edu](mailto:ace@cortland.edu)

607-753-5662

[cortland.edu/ace](http://cortland.edu/ace)