



SUNY Cortland Ithaca College Tompkins Cortland Community Cornell University

The College Application Below are some guidelines to help seniors complete the college admission process (and for other students to start to gain an understanding of the senior timeline).

Meet with Guidance Counselor: All seniors need to meet with his/her guidance counselor for several reasons. They include, checking their schedule, making sure graduation requirements will be met, to share career and college interests, as well as obtaining information about college applications and scholarships. Try to complete this by early October. It is important that everyone is on the same page especially when it comes to completing college applications in a timely manner.

Identify colleges that meet the students' needs: Fine tune the college list to include target, reach and safety schools. Most students have about 6-10 colleges on this list and apply to 3-8 colleges.

Visit the schools of the student's interest: Often the best way to know whether a school meets the student's needs is to visit the campus. Interviews with the admissions staff and/or admission info sessions are highly recommended. Some colleges will waive the application fee if the interview has been completed.

Request that a minimum of two teachers write recommendations: Students should ask their chosen teachers **early**. Give teachers at least two weeks to write the letter of recommendation. Often teachers like to have information on what colleges the student will be applying to as well as a brief line up of activities/accomplishments, or a resume to help them write quality letters. If using the common app, students need to complete the email request after speaking to the teachers in person.

Take the entrance exams: Be sure that the student has taken the appropriate college entrance exams (SAT or ACT). Spring of junior year and if needed fall of senior year. Fall tests are usually given in October, November and December. It is best to try to get them in as early in the fall as possible so the results are available for the application.

Complete college applications: Most students will need to complete the Common Application or the SUNY application. These applications are all on line. Both of these applications require students to set up an account. Both the Common App and SUNY App will have a general section with basic demographic and personal information as well as college specific sections with additional questions and possibly essays. It takes most students a about two or three hours to complete the general section of the application with additional time needed for the essay and college specific questions/essay (also known as the supplemental application). Watch deadlines.

Be sure to complete all optional parts on college applications. This information is used to help admissions staff gain a better understanding of students. The essay, additional information and letters of recommendation will often be listed as optional - these are NEVER optional. Students should spend quality time on these pieces to help set them apart from other candidates. The additional information section is an excellent place to share that the student has been in ACE in high school, what ACE is and how it has helped the student prepare for college.

Submit applications online and let the guidance office know: Remember, it is absolutely necessary to inform your guidance counselor that the application has been submitted. Counselors do not get any notification from the Common App or SUNY App that a student has submitted an application. They rely on student communication to submit the other application pieces. These include a transcript, the letters of recommendations, school profile and school report form, typically sent electronically. Give your guidance counselor at least a week to submit these items. Often there are 50-100 other students with the same request and each one can take 30-60 to upload depending on the program.

Follow up with each college: Make contact with each college to make sure they have received all application materials. Even though most items are sent electronically, they can still get "lost" in cyberspace. Not all colleges will contact the applicant if pieces are missing. It is the responsibility of the student to make sure the application is complete.

For more information contact:

Jane Manning
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607-753-5661

jane.manning@cortland.edu

Lisa Petracca
ACE Clerk
607-753-5662

ACE@cortland.edu

Fall 2017 Events

Here is the Fall line up of events. There may be a few additions throughout the fall, so be sure to visit the ACE website for any additions to our schedule. The website also has details about each event as well as driving directions.

Date	Event	Location	Time
9/16	Women's (3PM) & Men's (7pm) Soccer	SUNY Cortland	3pm & 7pm
10/13	12th Grade Campus Visit	Cornell University	Field Trip
10/17	Tompkins Cortland College Fair	Tompkins Cortland	6pm-8pm
10/19	Auburn College Fair	Auburn High School Gym	5:30pm (fin aid workshop) 6pm-7:30pm
10/21	Lansing Regional Institute	Lansing High School	9am-11:15am
11/3	Campus Visit –9th & 10th graders	1/2 day at SUNY Cortland	Field Trip
11/09	College theater: Hamlet Wakes Up Late	Cornell University	7:00pm
11/30	Homer Regional Institute	Homer High School	6:30pm-8:15pm
11/18	School of Thought	TBA	1:00pm-3:00pm
TBA	Ithaca College Theater	Wonderful Town	TBA
12/01	9th Grade Campus Visit	Ithaca College	Field Trip
12/01	College Theater: Little Women	SUNY Cortland	8:00pm

Mark your calendars! Make an effort to attend as many ACE events as you can this fall. It is a great line up of events.



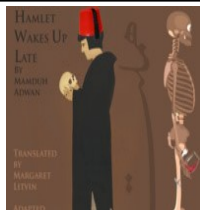
Would you or someone you know like to get involved with ACE? We are always looking for people who have interesting careers, would like to be on parent panels, or have a unique connection to a local business to help with a school of thought. In the past parents have helped at event such as:

Regional Institutes
Schools of Thought
The ACE Welcome

Feel free to let us know you would be interested in helping us this way.

Call or email Jane Manning at:
607-753-5661 or jane.manning@cortland.edu

Hamlet Wakes Up Late
by Mamduh Adwan



In this biting political satire of Shakespeare's tragedy by renowned

Syrian poet and playwright Mamduh Adwan, Hamlet is a narcissistic prince, blissfully unaware of his people's bleak reality. Distracted by drink and theatre rehearsals, Hamlet fails to notice the rise of a brutal plutocratic dictatorship. The production, adapted and directed by [Cornell Dept. of Performing & Media Arts](#) assistant professor Rebekah Maggor, brings together text, original music and movement to explore past and present events in Syria, while at the same time pushing the boundaries of our contemporary political conversation in the U.S.

Show Date: November 9, 2017

Wonderful Town
By Leonard Bernstein



Wonderful Town is a family-friendly, golden-age musical featuring music by [Leonard Bernstein](#). Two sisters from Ohio move to New York City to pursue their artistic dreams. As they attempt to take their bite out of the Big Apple, they are both overwhelmed by, and enamored of, the zany characters they meet there.

Hoerner Theatre on Ithaca Campus

Show Date: TBA

Little Women



Book by Sean Hartley

A contemporary musical, based on the classic novel by Louisa May Alcott, *Little Women* is equal parts an account of romance and a quest for adventure. The March sisters: Meg, Jo, Beth, and Amy come of age amidst poverty and in a time of hardship, each pursuing a unique path to womanhood. The timeless tale, brought to life with an award-winning score, is the perfect complement to the holiday season.

Show Date: December 1, 2017

All College Theater events are free to ACE families and students, however you **MUST** pre-register! There are three ways to pre-register: Call the ACE office @ **607.753.5662** or email: ace@cortland.edu or use the online registration page on our website: www.cortland.edu/ace

Parking information and campus maps will be provided after registration. Students must check in with staff for their tickets and to receive ACE credit.

ACE is now on Facebook

Find articles about college and career readiness, learn about other programs similar to ACE and much more!

Go to Facebook @[ace.cortland.edu](https://www.facebook.com/ace.cortland.edu)

It will be a good way to find information about our events as well.

ACE Letter of Recommendation

The ACE Recommendation documents and rewards student participation throughout his/her years in the ACE program. The recommendation letter is given to the student's counselor and mailed home. It is suggested that it get sent with your college application.

To receive the ACE letter of Recommendation students must:

- Attend at least **TWELVE** qualifying ACE events during their time in the program. There are two groups of ACE events: Required and Additional activities. Students must attend **EIGHT** from the required group and **FOUR** from the additional group. See the chart for examples of each type of event.
- Maintain at least a B GPA throughout high school.

Required Group (8)	Additional Events (4)
Summer Programs	College Theater
ACE Grade Level Campus Visit	Gallery Talk and Tour
Regional Institutes	Individual Campus Visits
Welcome Orientation	Campus Events
Schools of Thought	TC3 and Auburn College Fairs

In order for students to reach this goal by the fall of their senior year (for college applications), it is suggested they attend at least four programs each year before the start of their senior year. **Students are welcome and encouraged to do many more than 12 ACE events.** They may attend as many programs as they like and can fit into their schedules. The more events students attend, the more they benefit from being a member of ACE. Most students receiving the ACE Recommendation have done 15-20 events before their senior year. Earning the ACE letter of recommendation is also one criteria for applying for the ACE Outstanding Senior Scholarship.

Registration Form ACE 2017 Fall Regional Institutes



Please Fill out the following Registration Form Completely

Registration must be done the week before the event to ensure availability—If registering after that, please call the office

PLEASE print

Student Name _____ Parent /Guardian Name _____

District: _____ Grade _____ Number of Parents/Guardians attending _____

Mailing Address _____ Phone # _____

Email _____

Carpooling Information: Can you provide a ride? _____ Do you need a ride? _____

Lansing Regional Institute: Saturday, October 21, 2017 9:00-11:15 am

8:45-9:00	Sign in	
9:00-9:10	Welcome	
9:10-10:00	Admissions Panel: The admissions view of the application. What are they focused on? What do they see once you hit submit?	
10:10-10:40	Workshop 1	_____ College Student Panel: Life on Campus OR _____ Student Activities: Why get involved?
10:45-11:15	Workshop 2	_____ College Student Panel: Life on Campus OR _____ Student Activities: Why get involved?

Homer Regional Institute: Thursday, November 30, 2017 from 6:30-8:15

Workshops—Please select 1 topic for workshop 1 and workshop 2

Student Selection:

Workshop 1

_____ Scholarship Essays/applications
 _____ Financial Aid Update
 _____ The Undecided Major
 _____ Outdoor Pursuits

Workshop 2

_____ Scholarship Essays/applications
 _____ Financial Aid Update
 _____ The Undecided Major
 _____ Outdoor Pursuits

Parent Selection:

Workshop 1

_____ Scholarship Essays/applications
 _____ Financial Aid Update
 _____ The Undecided Major
 _____ Outdoor Pursuits

Workshop 2

_____ Scholarship Essays/applications
 _____ Financial Aid Update
 _____ The Undecided Major
 _____ Outdoor Pursuits

**Return
Form to:**

ACE Office
1312 Cornish Hall
SUNY Cortland
Cortland, NY 13045

OR

FAX: 607-753-5561

Call: 607-753-5662

Email: ace@cortland.edu

OR

**Register on line at:
www.cortland.edu/ace**

Lansing Regional Institute: Saturday, October 21, 2017 9:00-11:15 am

8:45-9:00	Sign In
9:00-9:10	Welcome: A quick welcome back to the school year and an update on the ACE Program
9:10-10:00	Admissions Panel: This workshop will consist of admissions representatives from several colleges. The time will be spent discussing what they require in an application as well as what they are looking for in an applicant. How colleges view the various parts of the college application will also be addressed. The session will end with time for questions and answers.
10:10-11:15	<u>Workshops:</u> <u>College student panel:</u> Life on Campus: Hear first hand what it is like to be a college student. Learn about how the students on the panel adjusted to the change in social and educational environment. Come prepared with your questions as they will share a little about who they are, what their major is and what it was like for them to adjust to college, but they will be ready to answer any questions you have. <u>Student Activities: Why get involved?</u> This workshop will discuss the importance of life outside the classroom on a college campus. What types of activities are typically found at colleges, how to get involved, the importance of getting involved and how to balance work and play. A great introduction to the differences between high school activities and those available at the college level.

This program is always a packed house. Make sure to register early!

Homer Regional Institute: Thursday, November 30, 2017 from 6:30-8:15

The Homer Regional Institute will be a work shop format evening with each workshop lasting approximately 40 minutes.

6:30-6:40	Welcome
6:40-7:20	Workshop 1
7:25-8:05	Workshop 2
8:05-8:15	Evaluation and Door Prize

Workshop choices:

1. Scholarship Essays/applications: College application season is coming to an end and it is time to really set your sites on scholarships. For underclassmen—this will also be a great workshop to start thinking about scholarship essays and even applying to some. Learn how to pick apart the application and the essay question to hit a home run on the essay. The essay is often the most scrutinized part of the scholarship application so make sure your essay stands above the rest.
2. Financial Aid: Do's and Don'ts: This will be a workshop featuring how to complete the FAFSA (for all colleges) and the CSS Profile (required by some colleges). Learn about the Excelsior Scholarship program for SUNY colleges.
3. The Undecided Major: What if I do not know what I want to study? I heard you get the left-over advisors and you will not get any help. Come learn about how to approach a college search and success at college if you are undecided about your major.
4. Outdoor Pursuits: Outdoor Pursuits is a department on the SUNY Cortland campus that encourages outdoor exploration, adventure and play as a way to enhance your personal health or even make your living. Come learn about their trips, adventures and programs. What a way to get involved on a college campus.

When you register for ACE events, please make sure to include your most up-to-date email and phone number as we email reminders and program changes the week before each event. These emails will often include driving directions and/or parking passes. We will only use the given phone number in case of inclement weather or cancelations on the day of the event.

SAT vs ACT—The nitty-gritty details:

	SAT	ACT
Score	Out of 1600	Out of 36
Fees	\$46 without essay \$60 with essay	\$46 without writing \$62.50 with writing
Writing/essay	Yes	Yes
Fee Waiver (When financial guidelines are met)	Yes	Yes
Cost for official scores sent to colleges	\$12/report	\$13/report
Subject tests	Yes	No
Photo submission	Yes	Yes

The PSAT/NMSQT

(Preliminary SAT/National Merit Scholarship Qualifying Test :

The PSAT/NMSQT is a practice test for the SAT. It is a great way to get the feel for a full length SAT and to find out your testing strengths and weaknesses. After taking the test, you will get a full score report and access to free test prep specific to your testing patterns. The test is usually around \$15-\$20 and some schools will even cover the cost to take the test. The PSAT/NMSQT is only offered in the fall at your own high school. You will have to sign up at your school, typically with your guidance counselor. If your school does not offer it, call around to neighboring schools to arrange to take it there.

The PSAT/NMSQT also serves as the qualifying exam for the National Merit Scholarship competition. To qualify for this scholarship you MUST take the test during your junior year. If you are a good test taker, taking advanced or honors classes or simply just want to try to qualify for the NMS, it is recommended you take the PSAT for the first time in your sophomore year. This will become your practice for the test in your junior year. The collegeboard website has all the details and study tips you will need.

SAT subject tests: Why bother?

Subject tests can be required by some colleges to be admitted to the college, specific programs or for scholarship opportunities. If you are a good test taker and score well, you can also send the scores to your colleges to help enhance your application. They are a good way to really showcase your strengths. There are 20 different subject tests in the following five subject areas: English, history, languages, mathematics, and science. Each test is one hour long and you can take up to three tests in one sitting, but not on the same day you take your SAT.

It is important to check the collegeboard website for dates of each subject test you plan to take. Not all subject tests are offered on each SAT testing day. You can take SAT subject tests throughout high school and it is recommended that you take them as soon as you complete the courses related to the test. The fee for one test is \$26 and \$21 for additional tests on the same day. There are additional fees for listening exams, which are only offered in November.

For more information and to learn how to prepare for subject tests visit the collegeboard website at www.collegeboard.org

SAT and ACT tests:

It is that time of year for students to register and take their college entrance exams. Students can take either or both exams but it is best to double check with the colleges on your list to make sure you are completing the right portions of the test (for example, do they want the writing portion? Does your college want the SAT Subject tests?) Below are dates for 2017-2018 school year:

Did you know you can find colleges that do not require either the SAT or ACT? Go to www.fairtest.org to learn more.

SAT Test Date	SAT Registration
10/07/17	09/08/17
11/04/17	10/05/17
12/02/17	11/02/17
03/10/18	02/09/18
05/05/18	04/06/18
06/02/18	05/03/18
www.collegeboard.org	

ACT Test Date	ACT Registration
09/09/17	08/04/17
10/28/17	09/22/17
12/09/17	11/03/18
04/14/18	03/09/18
06/09/18	05/05/18
www.act.org	

How to make the most of this year

Setting Goals: Why is it so important?

Setting goals can result in increased confidence, greater academic success and in the end more educational options. Below are a few benefits of setting goals:

- Builds confidence
- Improves academic performance
- Establishes a long-term vision
- Helps students feel empowered
- Builds focus and helps gain life long skills

Students who set short-term and long-term academic goals are more likely to be successful in high school as well as college. Encourage your student to set daily, weekly and/or long term goals. These goals do not have to be lengthy or complicated. They can be as simple as the following examples:

Daily: Organize my homework materials before I go to bed

Weekly: Keep my agenda up to date and use my notes, homework and book to study for tests

Marking Period: I want to earn at least an 85 in each class

The goal is just one step on the road to academic success: Students also have to have an action plan for longer term goals. Under each goal, encourage them to write down how they will accomplish the goal:

Daily: Organize my homework materials before I go to bed

-I won't get up from the table until all my materials are in my backpack

Weekly: Keep my agenda up to date and use my notes, homework and book to study for tests

-I will write down assignments and test dates posted on the board at the beginning of class

-I will check my agenda at the end of the day to make sure I have all the materials I need to complete homework and study

Marking Period: I want to earn at least an 85 in each class

-I will complete my homework on a regular basis

-I will seek help from my teachers when I do not understand something

-I will use the websites teachers suggest as study tools

Clearly, this is an over-simplified version of the goal setting process. Entire books have been written about it, but start some place. When students write down their goals and return to them each day/week/month, they are more likely to reach them. If the steps are missed, just regroup and dig back in.

Write it down and keep it visible

Time Management: How to create a schedule

For many students, it seems silly to write down a budget for your time. It is something that is sort of a no-brainer when you go to school all day long. However, there are many hours outside of your school day that can be used to increase your efficiency (or find more time for you to relax).

1. It is important to understand how much time you have for evening activities, such as homework, sports, clubs and free time. Make a list of all the things you do outside the school day (if practice is right after school, just adjust your to do list if you include this in your time at school). Write down what time you get home and what time you will go to bed to determine the number of hours you have to get everything done. Most students have roughly 5 hours at night for a variety of tasks.
2. Next write a list of all the activities and tasks you have to do. Make sure to include time for travel if you have to travel to and from an activity, time for eating, chores and homework. Don't overlook exercise, showering or other ways you take care of yourself.
3. Begin to map out when you will get things done in the time that you have: if your at home time starts at 5:00 and goes until 10:00 try scheduling in 30 minute blocks. Writing it down will help you see where your time goes.
4. Make sure to be realistic as you schedule your tasks. Overbooking will only create stress, not reduce your stress.
5. Try working through the schedule for a few days. Do not hesitate to revisit this process as your activities change or you find that you are not able to get everything done. A schedule will only help if you are going to use it.

Good luck with reaching your goals this school year. Don't forget to seek help from a teacher, counselor (or even a parent) if you find you are feeling overwhelmed or unsuccessful. Working through any obstacles early on will only be better than waiting until the end of a marking period.



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1312 Cornish Hall
SUNY Cortland
Cortland, NY 13045
Phone: 607-753-5662
Fax: 607-753-5561
Email: ace@cortland.edu
Website: www.cortland.edu/ace

Dear ACE Students and Families,

Welcome to the beginning of a new school year. I want to thank everyone who participated in our summer programs this year. We had a fantastic line up of workshops for students to help them get prepared for the school year as well as a School of Thought at Coltivare that will be hard to top!

I hope this year will allow for all of you to set your sights on achieving to your highest ability and then taking the steps necessary to succeed and be the best version of yourself. At ACE we will continue to help you set your sights on academic success leading to a post-secondary goal of attending college. Events such as our Regional Institutes and Campus Visits will assist in expanding your bank of knowledge related to college, empowering you to make good choices throughout the year.

We hope to help you put the college search pieces together with programs focused on career exploration and college readiness experiences. There will also be plenty of opportunities for you to get on one of our four supporting colleges to enjoy the activities such as sporting events, plays, art exhibits and more. Please keep the calendar in this newsletter handy to plan on attending as many ACE events as possible.

I look forward to another exciting year of events and programs. Please make the most of our event offerings by attending and always filling out an evaluation. We want our programs to be your programs, targeting the topics important to you.

Please feel free to contact me with any questions. I look forward to working with all of you this fall.

Sincerely,

Jane Manning

ACE Coordinator