

Reducing the Stress of Tests:

Test anxiety is defined as a fear of failing or doing poorly on a test that can occur before or while you are taking a test. This fear can be present with all tests or can present itself on tests deemed more important such as Regents exams or college entrance exams. Although it feels like there is no way to manage test anxiety while in the middle of it, there are some excellent ways to help reduce the stress of taking tests both before and during exams.

- Study for tests: Make sure to truly prepare for your exams. This means taking the time well in advance of the test to begin your studying. This will help build your confidence and understanding of the material allowing you to perform your best.
- Space out your studying over a few days or weeks, and continually review class material, don't wait until the night before and try to learn everything the night before. Cramming often leads to confusion and exhaustion; the perfect combo for setting the stage for test anxiety.
- Try to maintain a positive attitude while preparing for the test and during the test. Often we psych ourselves out of our own success. If you go into a study session thinking you will never pass or that you are bad at the class/subject, you are creating doubt and increasing your likelihood of failing or doing poorly on the test.
- As crazy as it seems, practice slow deep breathing techniques (or even meditation). When you practice breathing techniques or meditation, your body begins to recognize the feeling of being relaxed more easily. If you train your body to relax on cue, you can use this to your advantage during high stress times, such as when you are testing. A simple counted breath can be very effective. Breathe in for 4, pause, breathe out for 4.
- Get a good night's sleep before the test. Sleep not only helps your focus, but it also allows all the material you have studied to become part of your knowledge base.
- Write down important formulas, facts, definitions and/or keywords in the margin once you are allowed to start the test. Do this before reading questions so you won't worry about forgetting them or begin to doubt yourself.
- Stay relaxed, if you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work.
- Read the directions slowly and carefully.
- If you don't understand the directions on the test, ask the teacher to explain it to you.
- Skim through the test so that you have a good idea how to pace yourself.
- If it makes sense, do the simple questions first to help build up your confidence for the harder questions. However, don't get so caught up in picking the easy questions out that you end up short on time.
- Don't worry about how fast other people finish their test; just concentrate on your own test.
- If you don't know a question skip it for the time being (come back to it later if you have time), and remember that you don't have to always get every question right to do well on the test.
- Focus on the question at hand; don't let your mind wander on other things.



If you are still experiencing extreme test anxiety after following these tips, seek help from your school counselor, teacher or parent.

Have any questions?

Contact the ACE office
in any of these 3 ways:

Our Website:
www.cortland.edu/ace

ACE Office
1312 Cornish Hall
SUNY Cortland
Cortland, NY 13045

Call: 607-753-5662

Email: ace@cortland.edu

Spring 2019 Events

Here is the Spring line up of events. There may be a few additions throughout the season, 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
2/23	Nazu African Dance Company	Brown Auditorium, SUNY Cortland	7:00pm
3/3	Gymnastics at IC, Meet and Greet with Coach Suddaby	Ithaca College, Hill Center, Ben Light Stadium	12:30pm
3/5	McGraw Regional Institute	McGraw High School	6:30-8:30pm
3/28	SCCS Regional Institute	Southern Cayuga High School	6:30-8:15pm
04/01	College Theater: Violet	Ithaca College	7:30
04/09	11th Grade Campus Visit	Tompkins Cortland Community College	Field Trip
4/11	School of Thought: Exercise Science, Physical Therapy, Recreational and Sports Management	SUNY Cortland	6:30-8:00pm
4/13	Men's Lacrosse	Ithaca College, Higgins Stadium	1:00pm
4/25	College Theater: Spill	Cornell University-Clark Theater	7:30pm
4/26	College Singers Spring Concert	SUNY Cortland	7:00pm
05/01	9th Grade Campus Visit	Cornell University	Field Trip
06/06	Welcome	Tompkins Cortland Community College	7:00-8:15pm



Mark your calendars! Make room in your Spring schedule to attend as many ACE events as you can this spring. It is a great line-up of events.

Our calendar often has updates, additions or changes. Please check our website for more opportunities to participate in an ACE event and to stay current on our programs. All of our programs depend on your registrations. Please make every effort to register on-line as soon as you can. Programs and events may be canceled if registration is not high enough.

www.cortland.edu/ace

College Performances

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Spill, by Leigh Fondakowski Cornell University

Created from over 200 hours of interviews with industry experts, surviving crew members, environmental scientists, families of the victims, fishermen, and cleanup workers, SPILL uses the techniques Fondakowski pioneered with The Laramie Project (2000) to dramatize the story of what happened on board the Deepwater Horizon oil rig on April 20, 2010 when an explosion killed eleven crew members and triggered a massive 87-day oil spill, the largest in American history.

Show Date: April 25, 2019

Schwartz Center for Performing Arts, Flex Theatre
430 College Ave, Ithaca, NY 14850, USA



College Singers Concert SUNY Cortland

The College Singers are a group of college students dedicated to bringing cultural and musical diversity to the SUNY Cortland community. They foster the growth of personal musical ability and choral musicianship to expand musical appreciation on campus. Each year they present a concert version of an exciting musical soundtrack. Please join us this year for their concert (musical to be showcased will be announced)

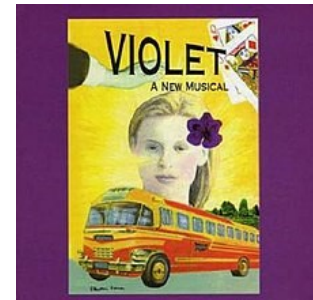
Show Date: April 26, 2019

Dowd Theater, 7pm

Violet

By Brian Crawley

Set in the Deep South during the beginning of the Civil Rights Movement, Violet follows a young woman on a journey to be cured by a TV evangelist. Her troubled past left both physical and emotional scars. Along her journey from North Carolina to Oklahoma, a wide array of people teaches her how to accept herself and embrace life for what it is.



Show Date: April 1, 2019

Main Stage Theater, 7pm, Ithaca College

All College Performances 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

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 Scholar

Becoming an ACE Scholar 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 each student send it with your college application.

To be an ACE Scholar, 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.

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.

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

Registration Form ACE 2019 Spring 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? _____

McGraw Regional Institute: Tuesday, March 5, 2019, 6:30-8:30 pm

6:15-6:30 Sign in
6:30-7:00 Welcome
7:05-7:40 Workshop 1
7:45-8:20 Workshop 2

Student Selection:

Workshop 1

_____ Wellness of Test Prep
_____ College Stressors
_____ Digital Dirt

Workshop 2

_____ Wellness of Test Prep
_____ College Stressors
_____ Digital Dirt

Parent Selection:

Workshop 1

_____ Wellness of Test Prep
_____ College Stressors
_____ Digital Dirt

Workshop 2

_____ Wellness of Test Prep
_____ College Stressors
_____ Digital Dirt

Southern Cayuga Regional Institute: Thursday, March 28, 2019 from 6:30-8:15

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

Student Selection:

Workshop 1

_____ College Search
_____ Career Services
_____ Campus Life-What to expect

Workshop 2

_____ College Search
_____ Career Services
_____ Campus Life-What to expect

Parent Selection:

Workshop 1

_____ College Search
_____ Career Services
_____ Campus Life-What to expect

Workshop 2

_____ College Search
_____ Career Services
_____ Campus Life-What to expect

Return
Form to:

ACE Office
1312 Cornish Hall
SUNY Cortland
Cortland, NY 13045

OR

Call: 607-753-5662
Email: ace@cortland.edu

OR

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

Regional Institute Details

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McGraw Regional Institute: Thursday, March 5, 2019 6:30-8:30pm

6:15-6:30 Sign In

6:30-7:00 Welcome:

7:05-7:40 Workshop 1

7:45-8:20 Workshop 2

Workshops:

1. Wellness of Test Prep: Gain a deeper understanding of how your overall health can impact your testing ability. You will learn about foods that help you stay focused and help you power through exams, the chemistry of the food you eat and how to prime your study time for the best learning as well as some tips for ways to maximize your study time.
2. Digital Dirt: This presentation will focus on the importance of social media in our lives but also how to be safe and SMART while using it. Believe it or not, many colleges will use social media in the acceptance and scholarship process. It will help you understand why it is time to clean up your online presence to avoid the possibility of losing opportunities in college, scholarships and even jobs.
3. College Stressors: Learn about the top stressors of the college transition and some tips on how to deal with them. College personnel will share their experiences in how to best cope with the first semester at college and to find success.

Southern Cayuga Regional Institute: Thursday, March 28, 2019 from 6:30-8:15

This Regional Institute will be a workshop 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. College Search: This can be an overwhelming process if you don't have any idea about what you want in your college. Learn key qualities in all colleges that will help you focus your time and energy on the fun of the college search and leave with a better understanding of what you hope to find in your top colleges.
2. Career Services: Spend time hearing about the numerous services offered by college career service offices. Understanding what this office has to offer can help pave the way to future career and scholarship opportunities.
3. Campus Life: Heading to college can be a big transition. Hear from the experts about how to ease the high school-college change, what to bring and how to find balance as a college student.

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 cancellations on the day of the event.

Scholarships: You're not done yet:

Happy New Year! Your applications are in and you are just waiting to make a final decision and your deposit for college plans. During the Senior year, students will look for scholarship information and apply to many different scholarships. Scholarships are granted for a variety of reasons, not just on the basis of grades. If you decide to invest your time in a search for scholarships, it's important to have an organized system to find, apply for, and earn scholarship money. It's also best to start early.

Most of the information you are asked for on a scholarship application is easy to find and in fact is often similar to your college application information.

When using a scholarship search site, you have to give some thought to your academic, extracurricular and career plans. You should ask yourself: What are my talents and interests? What subject do I plan to major in? What career do I plan to pursue? Do I want to apply for all types of aid or only scholarships? This will allow you to search for scholarships that truly fit for you.

The internet is a wonderful resource for those looking to do a scholarship search. Such websites as fastweb.com, bigfuture.collegeboard.org, and cappex.com provide a free scholarship search service. You should NEVER have to pay to find scholarships.



Tell-Tale Signs That It's a Scam:

According to the Federal Trade Commission's if you hear these lines from a scholarship service, you may be getting duped:

- ◆ "The scholarship is guaranteed or your money back."
- ◆ "You can't get this information anywhere else."
- ◆ "I just need your credit card or bank account number to hold this scholarship."
- ◆ "We'll do all the work."
- ◆ "The scholarship will cost money."
- ◆ "You've been selected by a national foundation" to receive a scholarship
- ◆ "You're a finalist" in a contest you never entered.

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 2018-2019 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
03/09/19	02/08/19
05/04/19	04/05/19
06/01/19	05/03/19
www.collegeboard.org	

ACT Test Date	ACT Registration
04/13/19	03/08/19
06/08/19	05/03/19
www.act.org	

A Few Social Media Scholarships to Consider:

If you're a social media savvy student, there are plenty of scholarships you can easily apply for! Scholarship providers often add social media components to scholarships, which is right up your alley. The cool thing about these awards is that entries can vary from tweets and short-essays to creating and sharing videos and photos on your social media accounts. Whatever your preference, there's probably a scholarship to suit your social media skills! Check out the following scholarships, which all have social media-related components:

Courageous Persuaders Video Contest

Deadline: 2/08/19 **Available to:** High School Freshmen through High School Seniors

Award Amount: 14 awards from \$250 - \$3,000 The Courageous Persuaders Video Contest is available to high school students. To be considered, you must create a 30 - second television commercial targeted at middle school students to warn them about the dangers of underage drinking or texting while driving. Get details on applying for the [Courageous Persuaders Video Contest](#).

Paradigm Challenge

Deadline: 5/01/19 **Available to:** Ages 18 & Under **Award Amount:** \$100,000 The Paradigm Challenge is open to students up to the age of 18. You may work in a team or alone in creating an original and creative way to help solve real-life problems in homes, schools, communities, and/or around the world. Entries may come in the form of posters, videos, inventions, messages, community events, websites, mobile apps, or anything else that will help save lives. Additionally, you must submit a brief statement of your idea (140 characters or less) in order to qualify for this award. Get more information on the [Paradigm Challenge](#).

CKSF Scholarship Competition

Deadline: Varies **Available to:** High School Freshmen through Graduate Students, Year 5

Award Amount: \$2,500 The CKSF Scholarships are available to high school, undergraduate, and graduate students in the U.S. You must register to participate in scholarship quizzes that test your knowledge of topics ranging from general "common knowledge" to specific academic subjects, books, websites, and even movies. You will be scored based on a combination of time and accuracy. Students with the highest scores at the end of each competition win. Learn more information about the [CKSF Scholarship Competition](#).

Prom Pics Contest

Deadline: Varies **Available to:** High School Juniors through High School Seniors **Award**

Amount: \$250 The Prom Pics Contest is open to high school students. To be eligible, you must submit a high resolution photo from your prom event. Prizes will be awarded in each of the following categories: promposal, pre - prom, prom dance, and post - prom. Get more information on the [Prom Pics Contest](#).

Need Money to Pay for College?

Every semester, Fastweb helps thousands of students pay for school by matching them to scholarships, grants, and internships, for which they actually qualify. You'll find high value scholarships like the [ScholarshipPoints \\$10,000 Scholarship](#), and easy to enter scholarships like [Niche \\$2,000 No Essay Scholarship](#), and internships with companies like Apple, Google, Dreamworks, and even NASA!

Not a senior? You can start NOW to apply for scholarships:

Not a senior? You can still start thinking about applying for scholarships and paying for college. Here are some things you can do right now to help you earn scholarship money:

- Create a log of all you do. Include awards you have won, any recognition for a job well done, jobs - big and small, activities, sports, clubs, etc. Make sure to include extra curricular activities outside of school as well.
- Start searching and applying. You can begin the search process as early as 10th grade. The websites used by seniors can be used by students in any grade. You can set up the profile and even apply for those that will allow you to.
- Look for ways to get involved. This is not just to beef up your resume, but also to help you gain experience and learn about the activities/tasks you like to do and those you do not like to do.
- Check out college websites. You will learn about the ways they help students fund college and might find a way that will be helpful to you.
- Continue to work hard. You have heard it 1,000 times. Good grades matter. In fact, good grades are opportunities: to earn money, to have more college and career options and opportunities to allow for a better transition into college.



Remember: If you spend 10 hours applying for scholarships and earn \$1000; that is \$100 an hour. When will you make that kind of money as a high school student?

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

Dear ACE Students and Families,

Happy New Year! Welcome to 2019!

I would like to take a moment to introduce two new ACE staff members: Lingli Ma, our clerk and Laura May, our new school counselor. Lingli will be assisting ACE with data entry, enrollment details and registration for our events and much more. Laura has joined us to help focus on our events and programs.

Our spring calendar is included and has many great opportunities to learn about the college search process, health and wellness in testing and in the college transition. As always, we hope we provide a little something for everyone and give you plenty of topics to choose from in our workshops.

I look forward to another exciting semester 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 most important to you.

Please make sure we have your current email. We will use it to send updates and cancellations for ACE events as well as new opportunities as they arise during the semester.

Sincerely,

Jane Manning

ACE Coordinator

For more information contact:

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607-753-5661

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