



SUMMER

A moment of appreciation...



To all the college representatives who creatively worked so hard to bring us connection opportunities, thank you.

High School Counselors, your support and daily presence made all the difference this year, thank you.

Many presenters bravely navigated our virtual reality this year and brought us engaging programs, thank you.

Family, for managing all of the unexpected transitions and bringing a sense of normality each day, thank you.

And finally, to all the graduating seniors, you have been brilliant! No matter which path forward you choose, remember that there are people cheering for you here!

Warm Regards,

Erica

Erica L Shockley (She/Her), ACE Coordinator



ACE NEWS:

Summer Program Update

This summer we are continuing with our virtual program model until we are able to safely host everyone on our sponsoring college campuses.

- Choosing a College PowerPoint Series
- New ACE Participant Orientation
- Potential Virtual Program Topics:
 - Who and What is a First Gen student?
 - Academic Success Skills Workshops
 - TBD Wellness Topic
 - TBD Leadership Series

Registration for summer programs will be posted on the [ACE Website](#) in early July.

Facebook

ACE-Access to College Education

Instagram

@accesstocollegeeducation
#acecurious

Relax and Take Care of YOU!



Deep breathing is one of the most convenient ways to relieve stress, anxiety, and even aid digestion.

Benefits of deep breathing include:

- Decreases stress
- Lowers blood pressure
- Improves digestion
- Helps support correct posture

Inhale and Exhale Exercise

1. Breathe in your nose for 3-4 counts.
2. Hold for 2-3 counts.
3. Exhale out your mouth for 3-4 counts.
4. Hold for 2-3 counts.

Once you are comfortable with this rhythm, try expanding your inhale and exhale to 4-6 counts and holding for 4-5 counts. (*Tip: Relax your shoulders, jaw, and eyebrows.*)



Website Resources

nyprojecthope.org



Support Helpline

CALL: 1-844-863-9314

7 days | 8am-10pm

11th Grade College Checklist

- Narrow your college list to 10 colleges and get organized.
- Refine your research to include application and financial aid deadlines.
- It's not too late to get involved; pick a new extracurricular activity.
- Keep your stress level low by creating an organization system.
- Create a standardized test plan, including dates and a practice schedule.
- Beat the letter of recommendation rush by asking your teachers now.
- Schedule campus tours through the admissions' office.
- Begin working on your college application essay.

Congratulations the 20-21 ACE Senior Scholars

Max Austin, Lansing
Anders Axelson, Lansing
Yusuf Broaster, Lansing
Brianna Cash, Homer
Samuel Debbie, Lansing
Robert Doner, Newfield
Lauren Evanek, Lansing
Hannah Fitzgerald, McGraw
Trey Foster, DeRuyter
Connor Funk, Moravia
Dowain Geesey, Lansing
Vealencia Gell, Lansing
Mckinley Hill, Marathon
Allison Hinkle, McGraw
Lucas Hooker, South Seneca
Grace Kadlecik, Lansing
Monique Kapur-Mauleon, Lansing
Miles Kimball, Lansing
Nadiia Kostiuk, McGraw
Caitlin Luzum, McGraw
William Manning, Moravia

Sean Millett, DeRuyter
Olivia Morton, South Seneca
Kaitlyn O'Rourke, McGraw
Jacob Ouellette, Lansing
Samuel Perez, Southern Cayuga
Dallas Pierson, Moravia
Andrew Poklemba, Southern Cayuga
Brooke Purdy, Moravia
John Read, Moravia
Kelsey Rejman, Southern Cayuga
Ryan Schumacher, Newfield
Abigail Shaffer, Cortland
Nicholas Smith, Moravia
Rhannon Thayer, Southern Cayuga
Hayden VanOrman, Southern Cayuga
Abby Villanave, Homer
Lindsey Watrous, McGraw
Connor Watts, Lansing
Nicholas Whitmarsh, DeRuyter
Tristan Worlock, DeRuyter
Sarah Wyszowski, Lansing

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 you:

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

607-753-5662

ace@cortland.edu

cortland.edu/ace