

# Access to College Education April 2024 Programs

V = Virtual  
IP = In Person

## Mindful Moment 3/28/24 @ 7:30pm (V)

Practice tangible, mindful strategies you can implement in your daily routine to support academic success and manage stress triggers - a 30 minute program.

## FLEFF Concert at Ithaca College 4/1/24 @ 7:00pm (IP)

The Finger Lakes Environmental Film Festival (FLEFF) is one of the world's longest running environmental film and art festivals. Join us for this free kick off concert.

## Career Exploration: Marketing and Design with SUNY Cortland 4/2/24 @ 6:30pm (V)

Cortland Alumni share how their college experience helped them develop their current careers in marketing and graphic design related fields.

## Sweet Charity at SUNY Cortland 4/7/24 2:00pm (IP)

Sweet Charity, the musical comedy that follows the romantic trials and tribulations of Charity Hope Valentine, a dancer trying to make it in NYC during the 1960s.

## (12th Graders) FASFA Completion Workshop 4/9/24 6:00pm (V)

Start your financial aid application during this hand-on workshop. Complete the action steps outlined in the registration process before attending.

## (9th-11th Graders) Scholarships and Financial Aid with Ithaca College 4/9/24 @ 7:00pm (V)

Learn about scholarships and financing college from financial aid experts – including how to apply, types of aid, forms, and expected family contribution.

## Living Resilient 4/11/24 @ 5:30pm (V)

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.

## SUNYAC Softball Tournament 4/13/24 @ 12:00pm (IP)

Softball Red Dragons compete, and if there is enough interest, we will host a special session for ACE to meet with coaches and current athletes.

## 11th Grade Campus Visit to Ithaca College 4/17/24 Field Trip (IP)

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

## Explore Health Science Majors 4/17/24 @ 5:30pm (V)

Receive an overview of SUNY health and wellness majors, including professional programs in dentistry, medicine, pharmacy, occupational therapy, physical therapy, and more. This session will also include a SUNY admissions overview.

**CLICK HERE**  
**EVENT**  
**REGISTRATION**

Some events REQUIRE two registrations, one with ACE and one with the Event. Read the registration instructions carefully.



Learn more about each program and register on the ACE Website.



607-753-5662  
cortland.edu/ace  
ace@cortland.edu  
@accesstocollegeeducation