



AceTalks

**GAGANDEEP
810**

My name is Gagandeep, a student from Office Administration in Health Services course. Recently, I have completed my first semester final exams and I scored well in all my subjects. This is only possible with the help of my tutors. At first, I was very worried about my online classes which are asynchronous, that without virtual interaction how can I clear my doubts if I get it during recorded lectures, as everything was new to me. But my teachers and course advisor proved them better. They all are welcoming by nature. They provided attention and cleared my every doubt related to assignments and course materials by providing appropriate solutions and sources to make my concepts stronger. That is why I always get good marks in every assignment and in final exams too. In addition to this, teachers also appreciate my work and give positive feedback which motivates me to do more.

Moreover, workshops that were held in the spring semester seemed interesting to me. The workshops help to nurture student's minds with creativity, embedding curiosity among students to learn new things in amazing ways. Workshops help to broaden one's way of thinking by sharing ideas and knowledge between peers and tutors. One of the workshops related to plagiarism helped me a lot. Because initially, I was afraid of plagiarism, but after attending the plagiarism workshop, I was able to clear any doubts related to plagiarism. Finally, I want to say that with proper support from tutors and hard work, students can achieve goals in their academic life and Ace Acumen Academy helps students, including me, to make our future bright. So, I am very fortunate to be a part of Ace Acumen campus.

PUNEET KAUR 810



This student has actively participated in student facing workshops to promote the Acumen tutoring program, and shared strategies for better studying skills. This student voluntarily participates in supporting their peers with their academic challenges. This student offers help to other students who need extra support in order to be successful in their classes, and helps with effective studying, time management and proper writing techniques. This student is an excellent student leader, and sets a good example for other students. - Danielle Drouin, Campus Director

EVENT PLANNER

GeoGuessr League - Every Friday and Monday starting Oct 18th (Sign up required.)

Compete with your fellow students to become the literal "Champion of the world" in this exciting online geographic game.

Resume Building Workshop - Monday Oct 18th

Learn how to pumpkin spice up those resumes to help you stand out.

Job Search Workshop - Thursday Oct 21st

Then learn how to navigate the chaotic Canadian job market, to find the perfect job for you.

Interview building Workshop - Friday Oct 22nd

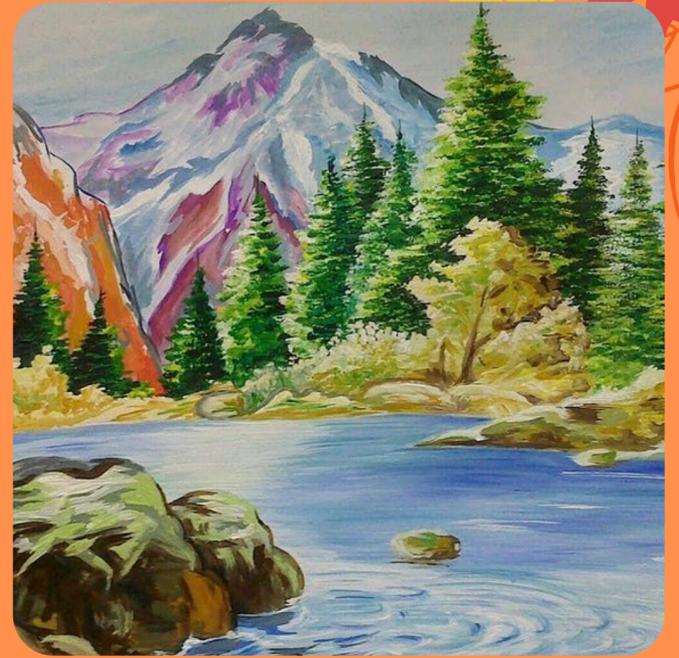
Finally get the tips you need to ace any interview, and leave a strong impression on potential employers.

Spooky Ice Breakers & Mini Games / Halloween Celebration - Friday Oct 29th

It's HALLOWEEN!!! (or at least the closest School day to it.) Join the fun and spooky online celebration with your fellow students and staff!

Conversation Café (IN-PERSON!) - TBD

Join Isabel and Vi, as you get to know your fellow classmates in this fun casual conversation on homesickness, life in Canada, and building new friendships.



JANVI PATEL
505

Mental Health tips

Everyone has mental health and mental health struggles affect people of all ages, ethnicities, etc. The CDC defines mental health as "our emotional, psychological and social well-being. It affects how we think, feel and act, and it helps determine how we handle stress, relate to others, and make choices"

It is normal to experience fluctuations in your mental health, as emotions can change from moment to moment. There are 3 pillars of health, which can be used to manage your mood and mental health:

1. Sleep: Sleep affects both our physical and emotional well-being. Try to get between 6 and 8 hours of quality sleep. Quality sleep can reduce feelings of stress and anxiety. If that is difficult, take a power nap during the day. Also try to keep a consistent sleep schedule by going to bed and waking up at the same time each day. Unplug from electronics and try to unwind at least an hour before bed. (Instead take a calming bath, meditate, do yoga, or read a book instead)

2. Nutrition: Current research has found a strong relationship between the bacteria in your gut and your mental health. Try to meal prep at the start of each week, this will save time and help you to stay on track. Keep a food journal & track what you eat to ensure you have a healthy diet. Drink lots of water because dehydration can affect your short-term memory, attention, and mood. Also try to limit your caffeine intake, as it can mimic the physiological symptoms of anxiety.

3. Physical exercise: Exercise is one of the healthiest and most effective ways to reduce stress, improve mood and improve your overall health. Try to aim for at least 20 minutes of exercise, 3-4 days/week. Or go for a walk, studies have shown that even 30 minutes of walking per day can boost mood and energy levels.

Everything that you put into your body, the things you read and watch, the ways you talk and feel about yourself, the people you surround yourself with, the food you eat; all of these things affect your mental health. Be mindful. Stay healthy.

ACE VENTURA

First let me introduce myself, my name is Puneet Kaur and I am a biology student. This interest was instilled by my mother as she is both a nurse and a nature lover. She always tries to strengthen my resolve by teaching me to help others in every way I can. I am also a nature loving person myself, and I look forward to the autumn season's arrival along with the temperature gradually beginning to decline. It is also often called fall in the United States because leaves fall from the tree at this time.

As nature is a gift from God, which makes the whole universe so beautiful that you will be unable to see it in your full life's journey. Right now, there are many nations where humans are destroying nature by cutting down trees for their own gains, even though [Trees] are one of the main producers of the world's oxygen. We need to enlighten this world and teach everyone to save nature otherwise nature will destroy us.

As students it's our responsibility to make sure everybody is knowledgeable about the important balance between nature and humanity. So let's all try to plant more and more trees so that we are all able to save our earth from the upcoming dangers that could damage it.

We students also have a responsibility to help people and try to understand their problems, so that they rise out of their own despair. I am so lucky that I got admission in this college, and I hope this pandemic will soon vanish away from the whole world. I feel really excited when I think about returning to college, and meeting up with my teachers and friends.

