



# AceTalks



## FEBRUARY EVENT CALENDAR



### MISSISSAUGA CAMPUS

**Monday 1** Chinese New Year  
Time: 12:00 to 12:30pm  
Location: Online

Follow us on Facebook and Instagram to stay up to date with events & workshops

**Monday 14** Valentines Day  
Advisors will be visiting classes to handout heart-shaped lolipops.

**Wed-Fri 2-4** Meet the Advisors!  
Location: Classrooms

**Monday 17** Study Skills Workshop  
Time: 2PM - 3PM  
Location: Online

**Wednesday 16** Guest Speaker - Black History Month  
Acumen will be having a suprise guest speaker to highlight the history of black Canadians!

Midterm week will be Feb 22 - 25  
See Instructors for exact dates

**Tuesday 21** Family Day  
The College will be closed in observance of Family Day.



## FEBRUARY EVENT CALENDAR



### TORONTO CAMPUS

**Monday 1** Chinese New Year  
Time: 12:00 to 12:30pm  
Location: Online

Follow us on Facebook and Instagram to stay up to date with events & workshops

**Monday 7** Paper Airplane Competition  
Time: 12:00 to 12:30pm  
Location: 1440 Student Centre

**Friday 4** Virtual Concert  
Time: 12:00 to 12:30pm  
Location: Online

**Monday 14** Valentine's Day (Wear Red & Pink)  
Time: All Day  
Location: 1440 Student Centre

**Wednesday 9** Jeopardy (Quiz Game)  
Time: 12:00 to 12:30pm  
Location: Online

**Wednesday 16** Guest Speaker - Black History Month  
Time: 12:00 to 1:00pm  
Location: Online

**Tuesday 15** Midterm Prep Workshop  
Time: 12:00 to 12:30pm  
Location: Online

Midterm week will be Feb 22 - 25  
See Instructors for exact dates

**Monday 21** Family Day  
College Closed!



## Ace Interviews

### Narinder Singh

How did you first learn of Ace Acumen?

I first learned of Ace Acumen through my agent, he showed me a list of schools. I liked Ace Acumen because it was in downtown Toronto and had lots of opportunities nearby. It also had a program that interested me, which is Human Resource Management, and I thought it would be a good experience.

Describe your experience thus far in Canada.

I've enjoyed it so far; Canada is very beautiful, and it has lots of opportunities. Canadians are honest people and are very direct with what they say, which I like because it makes it easy to learn new things. It's been challenging because I wasn't fully prepared for living in Canada, finding accommodation and living on a budget has been challenging and the weather is very harsh.

How has it been adjusting to the Canadian weather?

You have to have good clothes, you really have to gear up. It's super cold and I don't think a lot of students are really prepared for the weather. They bring the same clothes from home but need gloves and warm hats. Back home in India, it doesn't get much colder than 5-10 degrees, even in the winter, so adjusting was difficult.

What do you hope to achieve once you graduate from Ace Acumen?

I hope to take the lessons I learned and apply them to my everyday life. I learned a lot from Professor Furqan, he taught me to be concise and crystal clear when I'm speaking to get my point across. I hope to become a teacher or professor in the future and teach students media arts, and so I learned a lot from my teachers about how to communicate things clearly so that my students understand. In media, it's important to have practical knowledge and so I hope to use the skills I have developed and also what I've learned here to teach effectively.



Artwork By:  
Shubham Shubham 674



Photograph by:  
Param Param 512

# Seasonal Affective Disorder

**By: Isabel Paniak**

As the days become shorter and the weather becomes colder, it is not uncommon for people to feel low, sad and unlike their usual selves. You may notice that your mood changes when the seasons change. Experiencing feelings of sadness and low mood in the fall and winter is often referred to as the winter blues.

However, when your low mood affects how you think, feel, act and your daily activities, you may be suffering from a type of winter depression, known as seasonal affective disorder. On the bright side, this is often temporary and one's mood usually improves during the spring and summer, when there is more daylight and warmer weather.

The winter months can be tough, especially if you are new to Canada. So here are a couple of suggestions to help manage your mood:

1. Sleep! Keep a consistent sleep schedule and get 6-8 hours of sleep each night
2. Eat healthy! Avoid junk food, fried foods, etc. Keep healthy and consistent eating habits
3. Vitamin D! Try taking vitamin D supplements or eating vitamin D rich foods (ie. Salmon, tuna, vitamin D fortified foods, etc.)
4. Stay active! Exercise is one of the most effective ways to improve mood
5. Continue to do things you enjoy and that put you in a good mood!

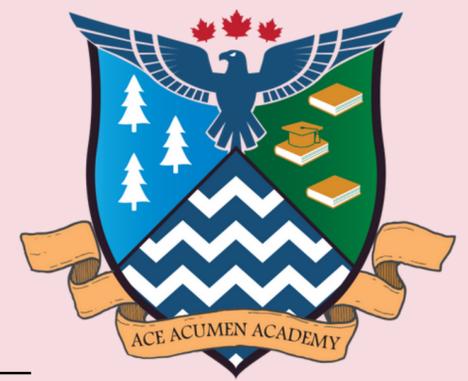
Note: Please avoid self-diagnosing! If you are consistently feeling down, it is very important to go speak to your healthcare provider or a mental health specialist!

**Take care of your brain!**





## Ace Interviews - Kanwarnauihal Singh



How did you first hear about Ace Acumen?

In my experience of Ace Acumen it has a very wonderful atmosphere. It gives me more knowledge of the culture of Canada. I heard about Ace Acumen from St. Clair College. They emailed me and on that email they mentioned many things about ace acumen.

Describe your experience so far in Canada?

I have been here for four months. I arrived on the second of September in Canada. I have had a nice experience here. I have worked here. I have explored Canada. All Canadians are very helpful, and this is because they are happy to help each other in difficult circumstances. I have been studying in St. Clair college which is a nice college and gives me more knowledge about working in Canada.

How have you been adjusting to the Canadian weather?

I am from India and the weather in India is normal. In Canada it is very harsh weather for me. Last week the snow storm, which was very heavy snowfall in Canada, and it was unbearable for me and the new generation coming to Canada. But now I know the actual weather of Canada.

What do you wish to achieve once you graduate from Ace Acumen?

I have many dreams which are tied to a good job. I want to find a job as a good technician and make a good salary.

## CAREER SERVICES

Career services provides students with help creating resumes and cover letters. They also conduct mock interviews and help students navigate job postings.



### Toronto Campus

[career.services@canadaacumen.ca](mailto:career.services@canadaacumen.ca)

### Mississauga Campus

[charlotte.han@canadaacumen.ca](mailto:charlotte.han@canadaacumen.ca)  
[brad.arsenault@canadaacumen.ca](mailto:brad.arsenault@canadaacumen.ca)

## TUTORING

Our tutoring services provide free tutoring sessions for any program, help preparing assignments, or even help preparing for midterms!



### Toronto Campus

[eun.seo@canadaacumen.ca](mailto:eun.seo@canadaacumen.ca)  
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# EVENTS



Happy Valentine's Day!



Paper Airplane Competition



Celebrating Chinese New Year!



恭賀新春

We wish you a prosperous new year!



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