

# October 2022 Edition



# Ace Talks



## Welcome Our New Brampton Campus!



## Welcome To the Fall 2022 Semester!



## Important Dates

**CLOSED**

Oct 10th - The College is Closed

Oct 11th - 15th - Midterm Exams



Oct 24th - All campus locations celebrate Diwali

October 31st - Happy Halloween



## Exam Stress Tips! From Our Mental Health Coordinator Maanya

Midterms Already? Managing Stress and Burnout Workshop - Highlight  
The Key to Managing Stress and Worry

We all get stressed sometimes, whether that be related to upcoming midterms, family problems, relationship issues, or... anything really. Who doesn't worry? Especially when something important to you is on the line? You're allowed to be stressed, anxious, worried, frustrated, angry, upset, or any number of emotions. Don't push them away! Feel them. You're human, you have one life (at least one you'll be aware of), and you're living through all the ups and downs that come with it. Accept how you feel and choose to move forward based on what you choose to value.

Here's a little story: Imagine that your feelings are a beachball and you're at the beach swimming in the water. If you push the ball under the surface, try as hard as you like, but the ball will resist and rush back up to the surface, often catching you by surprise! Instead of pushing the ball, let's say you just let it be. At first the ball may be uncomfortably close, but eventually it will drift away. Going back to the idea that the ball is your emotions, if it drifts away, it gives you some space to make better value-based choices so that you know you're not just moving from one goal to the next, you're living a fulfilling and meaningful, value-based life. Imagine that!

I covered this in my stress management workshop this week. If you like what you see here, keep an eye out on your email and our Instagram so you don't miss the next one. Hope to see you soon.

Maanya  
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## Student Artwork!



Govind Digra  
OAH Semester 4



Kirandeep Kaur  
Networking  
Semester 3



Harsimran Kaur  
DAB Semester 2

Submit Your Artwork  
Here!



# September in Review!

## Orange Shirt Day



## Toronto TFC Game



## TUTORING

Sign up for Ace Acumen's free tutoring service to get extra help with any of your subjects!



**Brampton:**  
[javonte.wilmot@canadaacumen.ca](mailto:javonte.wilmot@canadaacumen.ca)

**Mississauga:**  
[nguyen.tung@canadaacumen.ca](mailto:nguyen.tung@canadaacumen.ca)

**Toronto:**  
[yashasvi.shah@canadaacumen.ca](mailto:yashasvi.shah@canadaacumen.ca)

## CAREER SERVICES

Contact career services to help you with all career related inquiries! They can help you with resume's, interviews, job applications and more!

**Brampton:**  
[careers.brampton@canadaacumen.ca](mailto:careers.brampton@canadaacumen.ca)

**Mississauga:**  
[careers.mississauga@canadaacumen.ca](mailto:careers.mississauga@canadaacumen.ca)

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