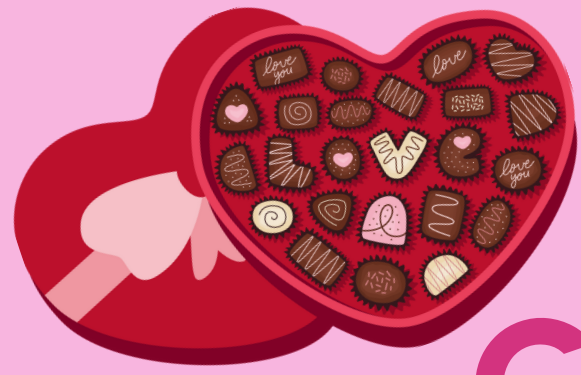




AceTalks



Campus Event Calendars

February 2023



Toronto Calendar

Mississauga Calendar

Toronto Campus

february
EVENTS

FEB 02 **JEOPARDY!**
12 TO 1 PM - ROOM B

STUDY SKILLS WORKSHOP **FEB 07**
12 TO 1 PM - ROOM K

FEB 09 **PLAGIARISM WORKSHOP**
12 TO 1 PM - ROOM B

MIDTERM WEEK! **FEB 13-17**

FEB 14 **VALENTINE CANDY GRAMS!**
ALL BUILDINGS

FAMILY DAY **FEB 20**
NO CLASSES! COLLEGE IS COLSED!

FEB 21 **CANADIAN CULTURE WORKSHOP**
12 TO 1 PM - ROOM K

PAYMENTS WEEK! **FEB 27-MAR 03**
In Class Tuition fee workshop

ACE ACUMEN ACADEMY

FEBRUARY EVENTS
MISSISSAUGA CAMPUS

7 **BETTER NOTES FOR BETTER GRADES WORKSHOP + BINGO!**
12PM - ROOM D

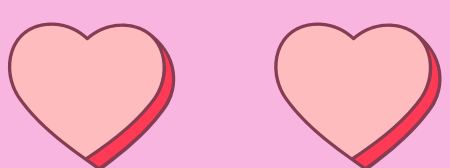
13 **VALENTINE'S DAY EVENT WOMEN'S EMPOWERMENT**
12PM - ROOM C

14 **VALENTINE'S DAY MOVIE NIGHT**
MOVIE: THE PROPOSAL
5:30PM - ROOM B

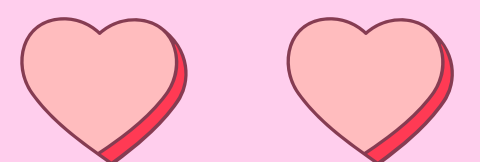
17 **WINTER PHOTOGRAPHY COMPETITION**
DEADLINE: FEBRUARY 17TH!

21 **INTERNATIONAL MOTHER LANGUAGE DAY**

22 **WINTER TRIVIA!**
12PM - NET LAB



We hope to see you at our campus events!





Previous Events & Workshops



Held at Ace Acumen Academy



Kahoot!

Academic Integrity
MISSISSAUGA CAMPUS
Workshop & Kahoot!

Kahoot!

Academic Integrity Matters...

HONESTY-TRUST-FAIRNESS-RESPECT-RESPONSIBILITY & COURAGE

Mississauga Campus

Chinese Lunar New Year
YEAR OF THE RABBIT

Mississauga Campus

Chinese Lunar New Year

Black History Month

Why We Celebrate Black History Month



Black History Month is an effort by Canadians to honour the legacy and contributions of notable Black individuals. The 2023 theme for Black History Month is "Ours to Tell". This signifies the opportunity by all to engage in communication about Black histories, successes, sacrifices and triumphs!

According to Stats Canada, the Black Community represents 3.5% of Canada's total population and 15.6% of the Canadian visible minority group.

Black folks' contributions to Canadian heritage date as far back as the 1600s!

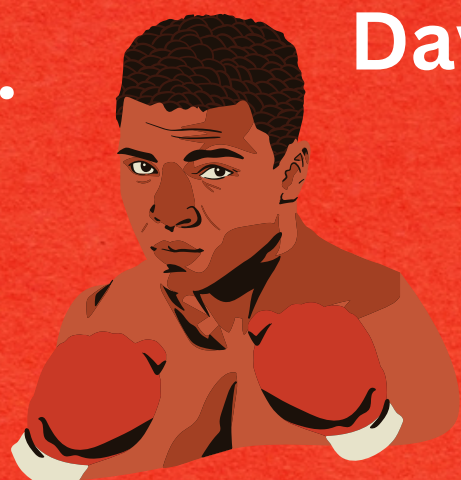
BLACK History MATTERS



Martin Luther
King Jr.



Angela
Davis



Muhammad Ali



Shirley
Chisholm



James
Baldwin



Mae
Jemison



Neil deGrasse
Tyson



Mental health matters



Seasonal Affective Disorder

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. Below is a list of suggested methods for how to better manage your mood:

 **Sleep!** Keep a consistent sleep schedule and get 6-8 hours of sleep each night

 **Eat Healthy!** Avoid junk food, fried foods, etc. Keep healthy and consistent eating habits

 **Vitamin D!** Try taking vitamin D supplements or eating vitamin D rich foods (i.e. Salmon, Tuna, Vitamin D Fortified Foods, etc.)

 **Stay Active!** Exercise is one of the most effective ways to improve mood

Continue to engage in things you enjoy and maintain healthy habits which boost your overall mood!

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

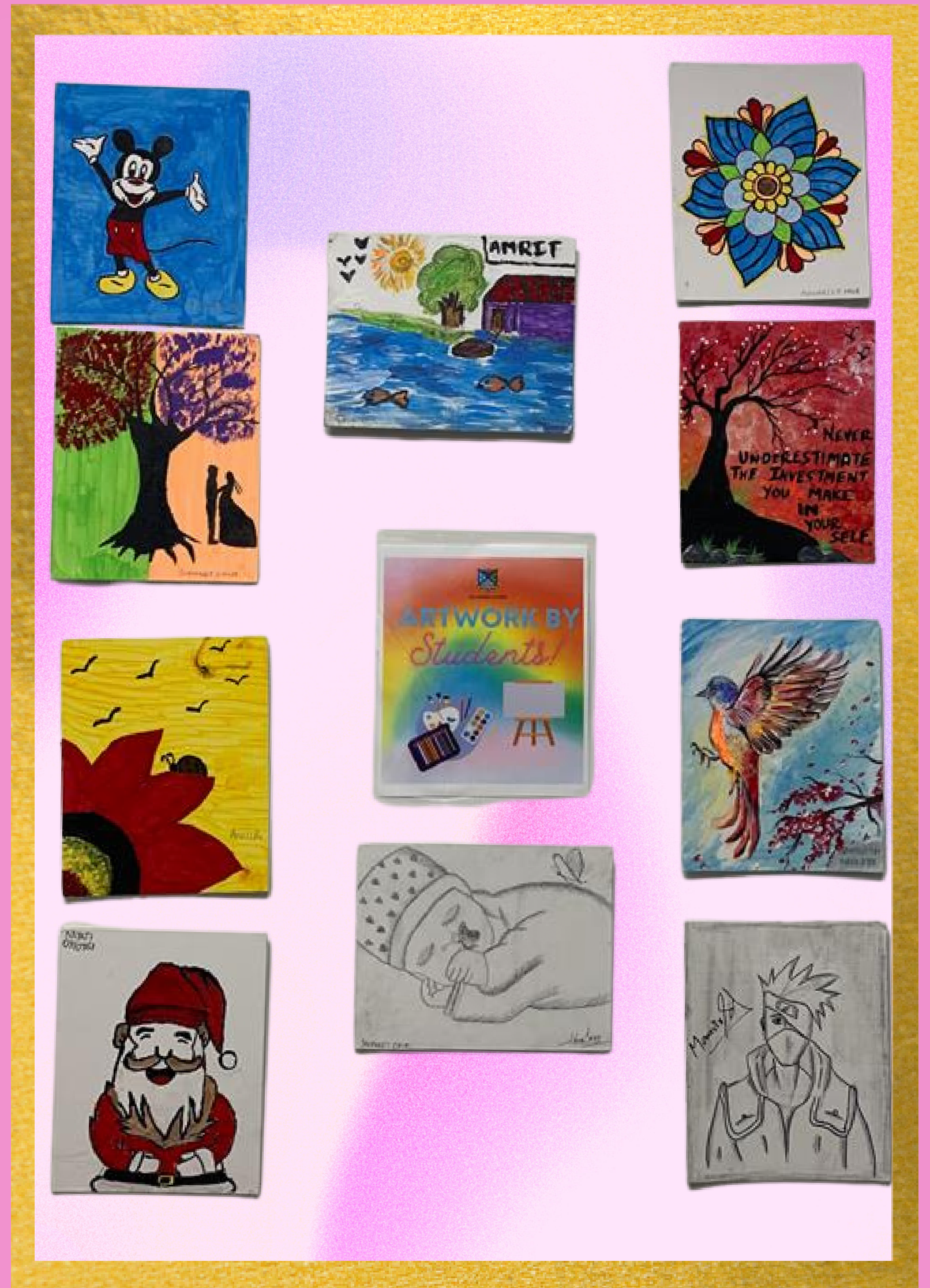
For mental health support please reach out to Maanya Khanna, our Mental Health Coordinator <maanya.khanna@canadaacumen.ca>

Showcase Your Artwork



Harpinder Singh
1st Semester, IBM Program

**SCAN ME
for Artwork
Submissions!**



Mississauga Campus
Art Day Student Paintings

Follow Us On Socials!



@Aceacumenacademy