

March 2023 Edition

# AceTalks

## Campus Event Calendars

March 2023

Toronto Campus

### MARCH EVENT CALENDAR

2	Conversation Cafe	ROOM B - 12 TO 1 PM
3	Healthy Snack Day	STUDENT CENTRE, 1440 - 12 TO 1 PM
8	International Women's Day	
8	Holi Tie-dye!	OUTSIDE, 1440 - 12 TO 1 PM
10	St. Patrick's Day Bingo	ROOM L - 12 TO 1 PM
13-17	March Break	NO CLASSES!
20	Photography Contest	ONLINE SUBMISSIONS
23	Financial Planning Workshop	ROOM L - 12 TO 1 PM
27	Course Drop Deadline	CONTACT YOUR ADVISOR FOR MORE
27	Minute To Win It!	ROOM B - 12 TO 1 PM

**TORONTO**

MISSISSAUGA CAMPUS

### MARCHEVENTS

7	Academic Scavenger Hunt	
8	Women's Day Event	12PM - NET LAB
10	NUTRITION MONTH EVENT	
21	SPRING EQUINOX BOOTH	
23	CHESS DAY	
28-30	SPRING THEMED GAME	

**MISSISSAUGA**

ACE ACUMEN BRAMPTON

### MARCH EVENTS

2	Student VIP Event	2nd Floor Student Lounge
7	SRC Pyramid Games	
10	SRC Headphone Disco	Gym
21	Fitness Competition	Gym
22	St. Patrick's Day Festival	2nd Floor Student Lounge

**BRAMPTON**

We hope to see you  
at our campus events!



# Previous Events & Workshops



Held at Ace Acumen Academy



Toronto Campus



Brampton Campus



OUR FOCUS



Mississauga Campus



Mississauga Campus

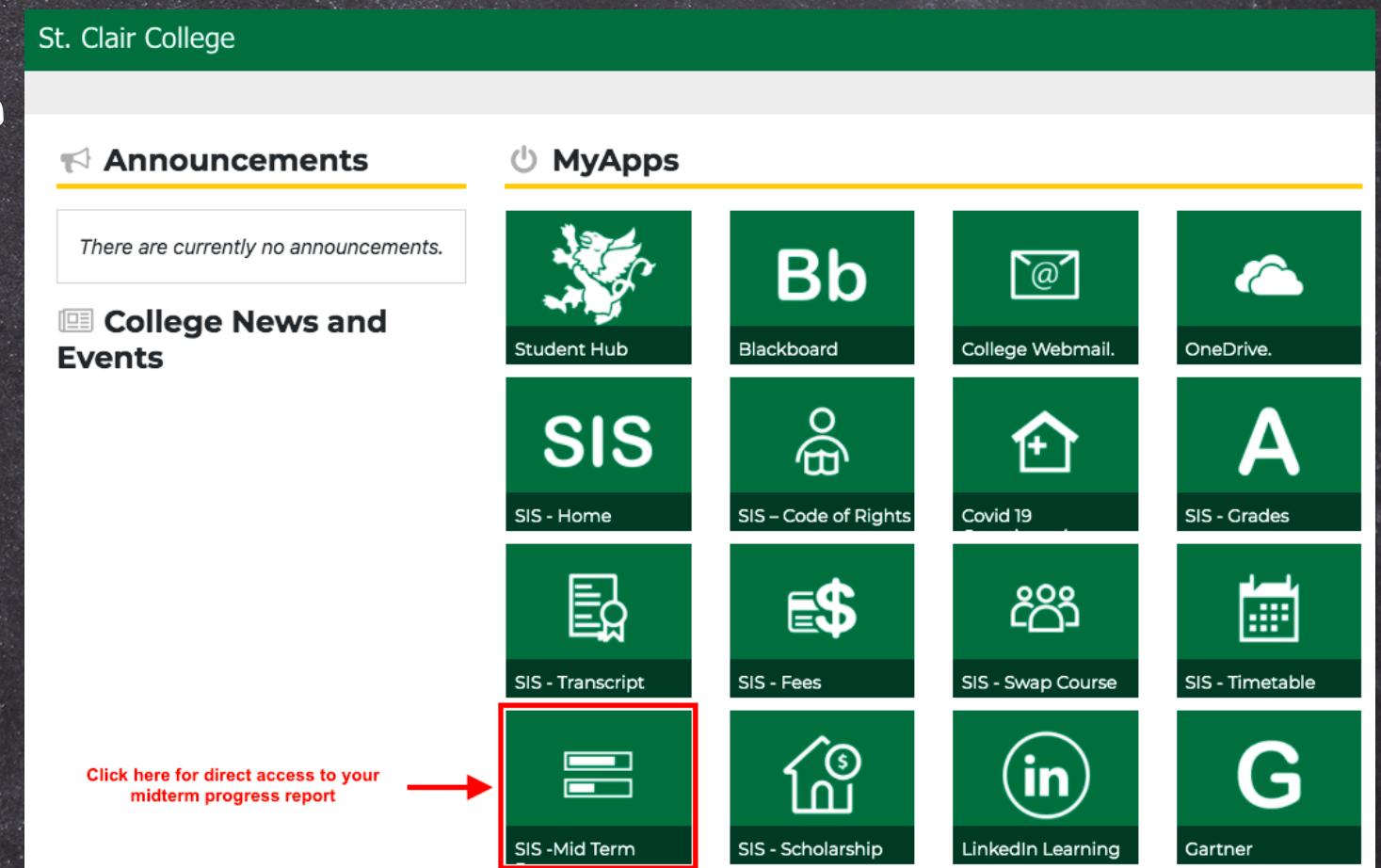




# Midterm Progress Report

As you have completed your midterm exams, you will receive a midterm progress report. Midterm grades are not a part of your permanent record. They are meant to give you an indication of your progress midway through the semester.

When you log into your SIS account, on the home page, you can click the green box that reads "SIS - Mid Term Progress" for direct access to your midterm progress report.



Beside each course you will receive one of the following:

**Red** - Average is below 50%

**Yellow** - Average is between 50-63%

**Green** - Average is not at Risk

The report will allow you to identify which course(s) you need additional help with. If you receive a grade that is less than satisfactory, please contact your advisor and they can help you consider strategies to improve your grade(s).

## Tutoring Services

Tutoring services provides FREE hour long tutoring sessions, in the form of 1-1 support or group tutoring sessions for any program.



Our tutors give students extra academic support with assignments, as well as examination preparation!



**Brampton**

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**Mississauga**

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**Toronto**

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According to the Canadian Government, the month of March is regarded as **Nutrition Month!** With this year's theme being *Unlock the Potential of Food*, Canadians are encouraged to practice healthy eating habits. As a starting point, one can incorporate nutrient dense foods in their diet as a way to implement healthier eating routines.

It is important to note that your goal should be to **consume foods that provide sustenance**; what works for your body may not necessarily work for someone else! That said, **exchanging healthy food recipes, teaching one another how to cook, and the act of sitting down to share a meal builds a sense of community and fosters a healthy relationship with food.**

**Below of links to resources, as well as healthy eating tips!**

**1. Be mindful of your eating habits**

*(e.g. what, where, when, why, and how much you eat)*

**2. Cook more, takeout less**

**3. Avoid highly processed foods**

**4. Make cooking an enjoyable activity**

**5. Use nutrition facts tables to choose foods more wisely**

**6. Marketing can influence your food choices**



**For more information, please visit:**

<https://ourworldindata.org/environmental-impacts-of-food>

<https://www.hsph.harvard.edu/nutritionsource/sustainability/plate-and-planet/>

Canada's Food Guide: <https://food-guide.canada.ca/en/>

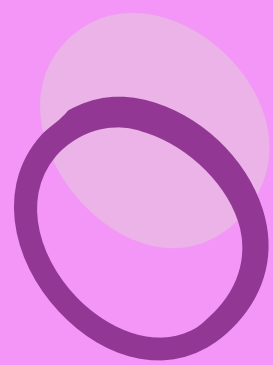




# Student Success Story

*Highlighting Excellence*

Karishma received her job offer due to attending the Nov 30th Career Fair!



## I AM KARISHMA...

Today, I would like to share my student success story with you all in Canada.

After gaining experience in domestic business for over two years back in India, I decided to escalate my knowledge in international business, and then **I got admission to St. Clair College in IBM-logistics program, and my beautiful journey in Canada began with St. Clair College at Ace Acumen.**

I learned a lot in this course, and all professors and acumen staff helped me in my learning journey. And there time came that impacted positively in my life. **On January 22, I got selected on campus by St. Clair College Student Representative Council as an Ace Acumen- Student Liaison**, where I needed to assist students in all possible ways and advocate for them, **I still remember I was so nervous at first as I was not aware with the Canadian working system, but my senior Shubham Sharma helped me out and motivated me, and he always made sure that while working my studies should not be impacted.**

Working for SRC was the best decision ever, which changed my personality completely. Recognition and respect I gained here, I will never forget and will be always grateful for that. **My study period was full of learning and growth, which assisted me in grabbing a position immediately after my graduation, I got selected as CAN Operations Officer with TD Bank.** I am grateful to my parents and thankful to Patti France, Shubham, Milly, John, and everyone who always motivated me and provided me with guidance to choose the right career path. **I have mentors with me for my entire life in this country.**

I am sure that the knowledge and experience I gained by being a part of St. Clair College at Ace Acumen will help me in building my successful career.

Thank you,

*Karishma*





# INTERNATIONAL WOMEN'S DAY 2023

March 8, 2023 will be celebrated as International Women's Day. The day is reserved to celebrate the achievements of women around the world. The day encourages a reflection on the steps women have taken to secure women rights and gender equality. International Women's day encourages Unity among all Genders, Advocacy and Action. This year it is celebrated under the theme *"Embracing Equity"* creating a focus on access to equal opportunities for all despite gender.

Let us all join the movement. Show your support on social media and in your social groups. Share the Hashtag on your socials

**#IWD23, #EmbracingEquity .**

## Fun Facts

- All women in Canada were given the right to vote in 1960
- As late as 2019, women in Canada on average were making 29% less in annual salaries than men (*Pay Equity Office Ontario*)
- The Government of Canada's theme for Women's Day 2023 is *"Every Woman Counts"* as a reminder that all women have a place in Canadian society
- In a 2022 survey women ranked Canada as the 6th best country to live (*US News & World Report*)



**Celebrating Women**  
***"Every Woman Counts"***

*#Breaking the Bias*

*#Embracing Equity*

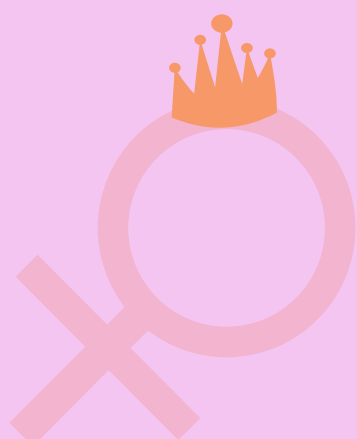
"In 2022, the global gender gap has been closed by 68.1%. At the current rate of progress, it will take 132 years to reach full parity" - *World Economic Forum - "Global Gender Gap Report" July, 2022.*

**We can all challenge gender stereotypes, call out discrimination, draw attention to bias, and seek out inclusion!**

Collective activism is what drives change. From grassroots action to wide-scale momentum, we can all embrace equity.



**EQUALITY**



**EQUALITY**







# Art Gallery

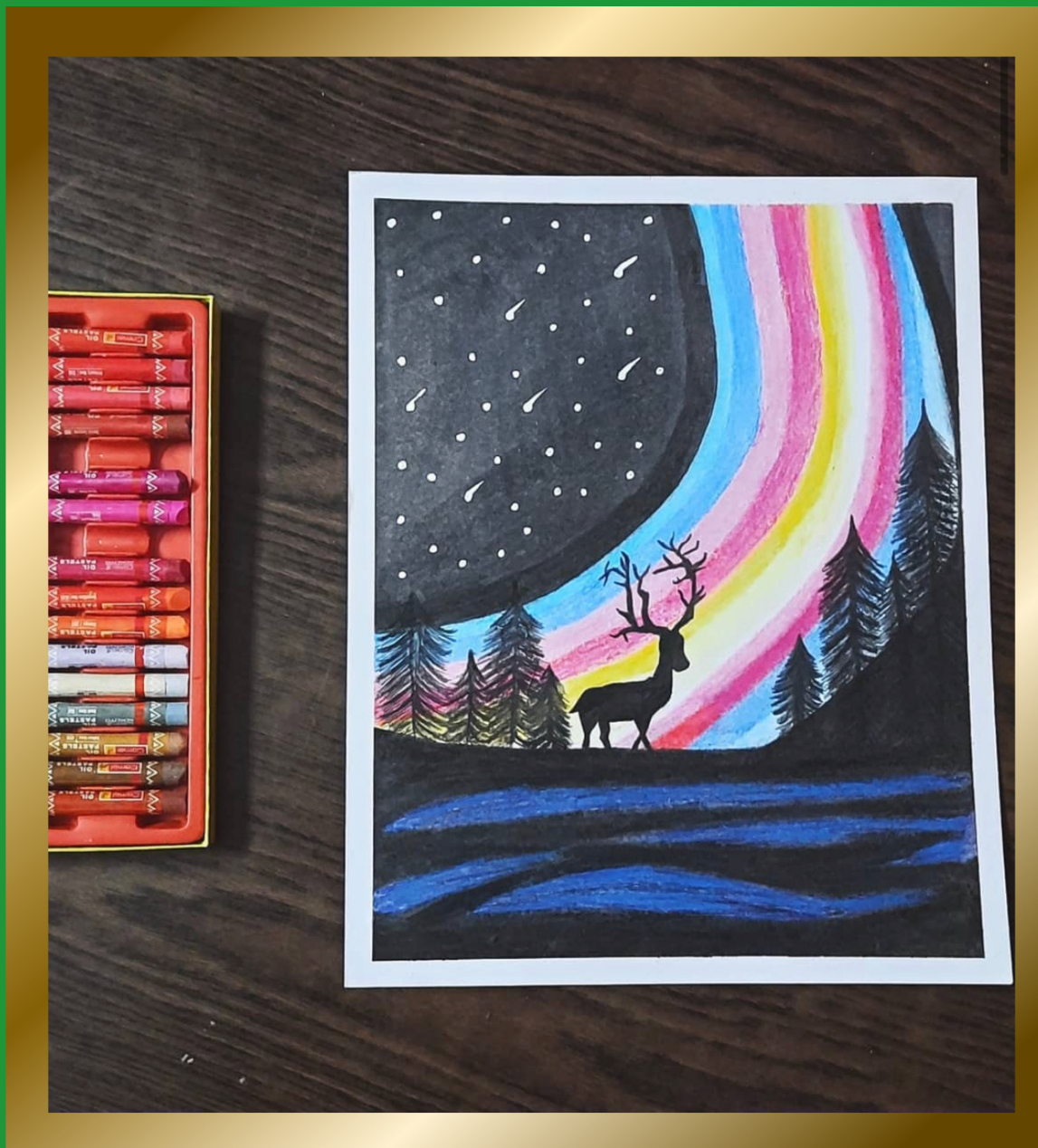


Winner of MISS Campus Winter  
Photography Competition!



Congratulations Harsh Gaba!  
Semester 1, Networking

Toronto Campus



Kashish Dhingra  
Semester 2, IBM

Brampton Campus



Devansh Sharma  
Semester 3, OAH

**SCAN ME**  
for Artwork  
Submissions!



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