



New student pre-orientation 2023 in India with **Principal John Wu**.

## Lets Spring into the New Semester Saints!

**Our Spring 2023 semester has started Saints!** A big welcome to the Saints joining us for the first time this semester. We are excited to meet you and share in your future successes. Last semester we had many successes in the form of events, workshops, and scholarships. *Take a look at our pictorial recap on [page 5](#).* This semester is promised to be even better with many opportunities to engage in activities that will support your success and broaden your horizons. Your student advisors are able to share more details about activities and resources, so get to know your advisors. Talk with them! They are eager to get to know you and guide you towards success this semester. You can also keep posted on all campus happenings with this newsletter. We encourage all students to be active in the Acumen Newsletter, AceTalks – send your articles, work of art, comics, poems etc. to your campus rep for a feature in our monthly edition. We are looking forward to hearing from you.

## Mental Health Awareness Month

May is recognized as **Mental Health Awareness Month**. During this time individuals may choose to share their stories as a way to destigmatize mental health and spread awareness about available resources! Ace Acumen values mental health, and wants their student body to use resources such as our Mental Health Coordinator, **Maanya Khanna**, and the **I.M. Well** app. View [page 3](#) for further information!



## SPRING 2023 ORIENTATION

held at Ace Acumen Academy



Students attending the Mississauga Spring 2023 Orientation, photographed with **Principal John Wu**.



## Important Dates



### Spring 2023 Orientation

MISS May 3, BRAM May 4, TOR May 5

### First Day of Spring Classes

Monday May 8th, 2023

### Deadline for Readmission/Withdrawal/ Adding Courses

Friday May 19

### Victoria Day - Campus Closure

Monday May 22

## Preparing for the New Semester!

We advise our students to follow this checklist to ensure you are adequately prepared for the Spring 2023 semester!

### Checklist:

- ✓ Check Course Syllabi
- ✓ Check Prerequisites
- ✓ Review Acumen Policies
- ✓ Bring Writing Supplies
- ✓ (i.e., Pencil & Pen)



## What are Prerequisite Courses?

A Prerequisite course is one that you must pass to meet the requirements to complete another in an upcoming semester.

**Current Programs with Prerequisite courses:**

***Data Analytics for Business (M018)***

***OAH (M228)***

***HRM (M802)***

***Business (M977)***

***Networking (M979)***

***SSW (M995)***

<https://www.stclaircollege.ca/programs>

## What to do if you Fail a Course

- Ensure you check your grades at the end of the semester for failed courses ***especially prerequisites***
- Speak to your Advisor about your next steps. They will help with a study plan and retaking the necessary courses

Make sure you have passed all your prerequisite courses

**Application deadline to retake courses is May 19, 2023.**

## TUTORING SERVICES

Ace Acumen offers students with additional academic support through our tutoring teams.

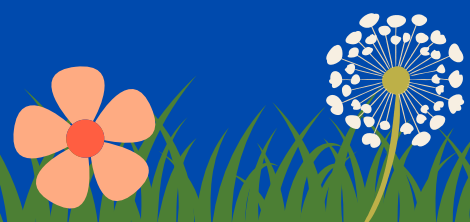
**If you are struggling to pass a course, a tutor can help you!**

Book a **FREE** 1-on-1 tutoring session or group session!

**For more information, scan this QR Code**



[tutoring@canadaacumen.ca](mailto:tutoring@canadaacumen.ca)



**Maanya Khanna**

*Mental Health Coordinator*

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## International Student Mental Health

*written by Maanya Khanna*

Canada welcomed 621,600 international students (study permit holders) as of Dec 31st, 2021 Choi et al., 2022). Due to this surge in numbers, there is an increase in awareness of, and research efforts around, mental health concerns of international students in higher education. International students face many different types of compounding stressors and may lack knowledge about mental health and the resources available to them.

### What is Mental Health?

The World Health Organization (n.d.) defines mental health as a “state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community”. In other words, positive mental health enables a person to learn, grow, and adapt to challenges so they can support themselves and contribute in meaningful ways to improve the lives of others.

Mental health includes our overall psychological, emotional, and social well-being. It includes our thoughts and feelings, and these affect the way we understand ourselves, others, and the world. Our thoughts and feelings also motivate us to act and help us achieve our goals and be successful. This doesn't mean that we have to be optimistic or feel happy all the time to experience positive mental health. In fact, it's normal, and even healthy to feel sad, stressed, anxious, angry, or upset at times, but when these emotions continue to affect us over longer periods of time, they can prevent us from problem-solving or adapting to change. Learning more about how our feelings and thoughts affect our wellbeing, and how they help us to adapt, and/or prevent us from adapting to challenges can help us make better choices, meet our goals, and feel better doing so over the long-term.

### Why Don't International Students Seek Mental Health Support?

Reluctance to seek mental health support may be associated with the stigmatization of mental health. Stigma is when someone is seen in a negative way or discriminated against by society for thinking or acting in a different way. Fear of being judged by friends or family for seeking mental health support may be one reason for why international students do not seek support. People may feel ashamed or scared for being labelled as “crazy”, “weak”, “lazy”, “not good enough”, “worthless”, or even a “failure”. The reality is, that as humans we all have emotions we struggle with, concerns, needs, and stressors, and we all need help sometimes. Not reaching out for support means continuing to struggle alone, when in fact, help is available. **Reaching out for support can help students feel better, motivate them, and help them learn new skills to achieve their goals.**

## What is Careers Services?

Career Services is a free service offered by Acumen. It provides students with the opportunity to book 1-on-1 appointments with an advisor for assistance with things like resumes, cover letters, interviews, job searching and more! The Careers Team also runs a series of workshops and events throughout each semester, and at the end of each calendar year, we host a Career Fair!

### What kind of events/workshops does Career Services host?

During the Winter 2023 semester, the Careers Team hosted 4 different types of workshops:

- Resume writing
- Cover letter writing
- Navigating LinkedIn
- Interview Skills

We also hosted a variety of events, such as drop-in Careers information booths, a LinkedIn headshot event, and an Interview Competition!

### Who can use Career Services?

Any current students and Alumni can use Career Services!

Contact information are on campus posters, Acumen website and social media. The school's website also has job postings, student success stories and Alumni services. For more info you can reach out to our career coordinators.



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## TOP 3 PLACES TO VISIT IN MISSISSAUGA

by **Farah Mian** (Student Advisor, Mississauga Campus)

Mississauga has a variety of wonderful locations you can visit during the month of May. We encourage our students to step outside and enjoy the fresh air. Here are the top 3 locations we recommend.

### STREETSVILLE

**Location: 280 Queen St S, Mississauga**

Known as a historical town, Streetsville is recognized as a "village in the city". With a number of shops, restaurants and historical buildings, Streetsville offers a unique small town experience. Make sure to check out the annual "Bread and Honey" festival, held in June!



### RIVERWOOD CONSERVANCY

**Location: 4300 Riverwood Park Ln, Mississauga**

For those of you who enjoy the great outdoors and a stroll in nature, Riverwood is the place for you!

The park features meadows, creeks and wildlife.



### CELEBRATION SQUARE

**Location: 300 City Centre Dr, Mississauga**

At the heart of Mississauga, Celebration Square is a large outdoor civic centre. During the warmer months, you can experience art and culture, movie nights and live performances!



## FUN FACTS WITH STEVEN



by **Steven XU**

*Instructor, Toronto Campus*

**Happy Spring semester Students!** Throughout the semester I will be sharing some FUN and interesting Facts with you. Here is a little Fact about the country we have all chosen to live, beautiful Canada!

**Do you know how the provinces of Canada came about?**

This month I will tell you about one of the first provinces to be discovered and named. Here is the story of Newfoundland:

In 1497, John Cabot, an Italian merchant, Navigator and explorer, unintentionally journeyed to Canada. His intention was to find a trading route to Asia but instead ended up here. Around the time of his journey North America was a huge mass of land full of unknowns and mysteries to European minds. So, when found this new land, he called it **“New Found Launde,”** which evolved to **“Newfoundland”** in English. In addition to this new discovery, he also discovered a native people group, which was identified as Beothuk People. What was more, he also gained knowledge of the new fishery in Canada which led to the development of business and trade between European businesspeople and the indigenous traders. As a result of these new discoveries of North America, he opened a channel for further exploration and discoveries and forged a link between Italy and the Americas that has lasted for over five hundred years.

# Athletics

Yoga Class



Basketball Skills Competition



Mens Soccer Team



## Previous Campus Events



Easter Bingo



Easter Egg Hunt



Scholarship Awards Ceremony



LinkedIn Photoshoot Session



Interview Competition

Mississauga Campus



Tote Bag Decorating  
Mississauga Campus



Fitness Competition



Tutoring Booth





# Artistic Gallery



**Mississauga Student Artwork for  
Nature Collage**



**Viraj Sharma, Semester 3, Business**

**Scan Me  
for Artwork  
Submissions!**



## Alzheimer's Awareness

What if it is the last time, you give your loved one food or a drink?

What if this is the final time you help a loved one with getting dressed and brushing their teeth?

What if this is the final time your loved one calls you on the phone at an inconvenient hour or at all?

What if your loved one tells you this story for the last time after telling it to you 100 times?

What if this is the last time your loved one helps you set the table or fold the laundry, even though they do it incorrectly? What if it makes you feel that way? Would you be missing it?

You never know when it will be the last time when you have dementia or Alzheimer's. It's just so erratic.

And a lot of the time, the things you find the most difficult or frustrating at the time are also the things you miss the most after they've passed away.

Ask yourself, "What if this is the final time?" while you go about your day, not just today but each day.

Because it will be at some point.

**Divya Banga, Semester 4, SSW**



**@AceAcumenAcademy**