

AceTalks

Acumen Student Newsletter



Ace Acumen Academy, Brampton, Mississauga, Toronto

Winter Term

Issue 15 - March 2024

International Women's Day

2024's Theme -

Invest in Women: Accelerate Progress

This International Women's Day, Friday March 8th 2024, is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.



Nutrition Month

U	Q	G	R	A	I	N	S	D	B	G	X
S	T	C	F	R	U	I	T	Z	N	R	S
V	I	T	A	M	I	N	S	O	M	E	D
Z	M	Q	E	L	A	E	I	G	L	U	A
D	B	O	D	Y	C	T	N	B	B	H	I
R	A	J	O	N	I	I	A	U	T	E	R
R	Y	L	A	R	E	T	U	X	E	A	Y
N	C	L	T	T	E	N	H	M	V	L	M
A	A	U	O	G	B	I	N	N	U	T	P
B	N	R	E	Q	A	C	O	O	K	H	R
M	P	V	N	U	T	R	I	E	N	T	S
Q	N	P	K	E	N	E	R	G	Y	P	R

BALANCE
BODY
CALCIUM
DAIRY
ENERGY
FRUIT
GRAINS
HEALTH
NUTRIENTS
NUTRITION
PROTEIN
VEGETABLES
VITAMIN

Writers and Editors



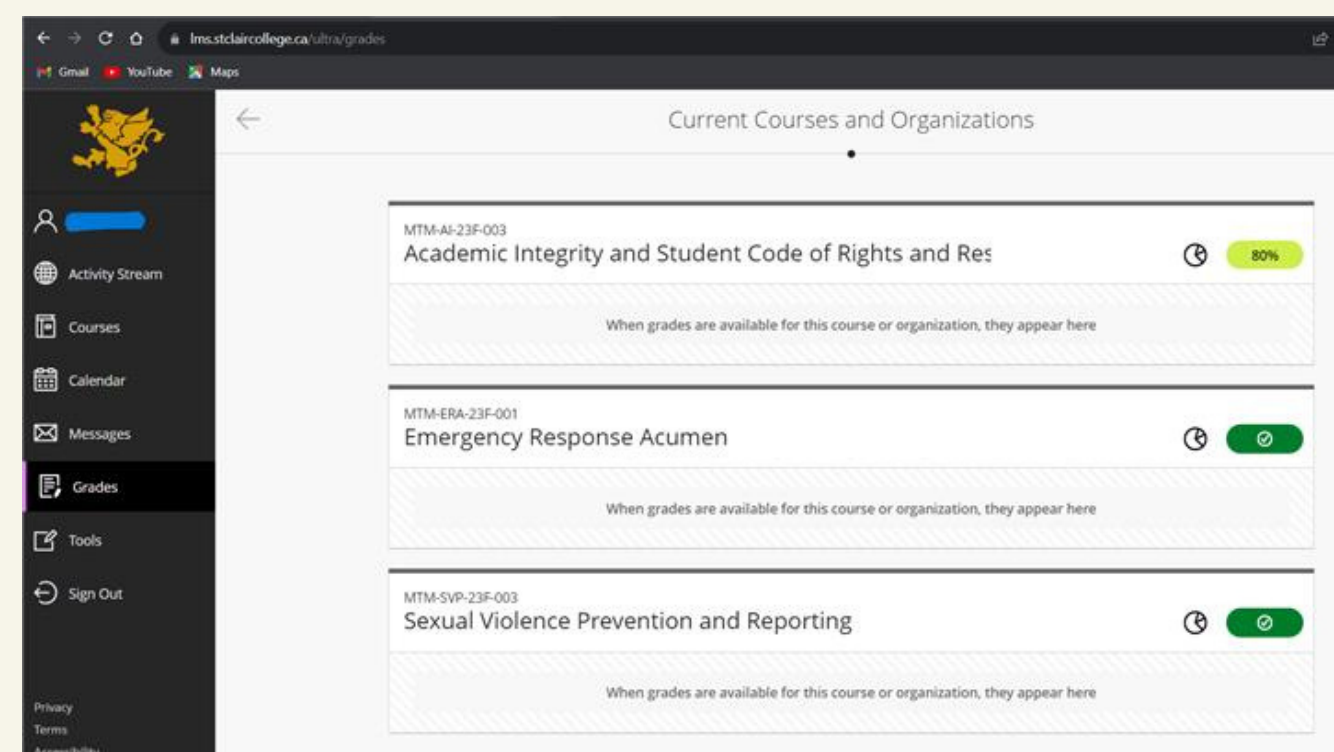
Adrian Gonzalez



Farah Mian

Student Mandatory Training Modules

Ace Acumen Academy is asking all first semester students to complete 3 training modules for the Winter 2024 semester. These modules will assist you, as a student, in understanding your responsibilities and rights as identified in College policies, and the institutional resources available to keep you safe.



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March 30th, 2024

Important Dates

March Break

March 11 - 15, 2024

Course Drop Deadline

Monday, March 25, 2024

Good Friday - College Closed

March 29, 2024

Info Center



REMINDER

**COURSE DROP DEADLINE
MONDAY, MARCH 25, 2024**

CONSIDER DROPPING A COURSE IF:

- You have been consistently absent in class
- You have not submitted any assignments or examinations

Students are strongly encouraged to speak with their instructor in order to determine whether it is appropriate to drop a course.



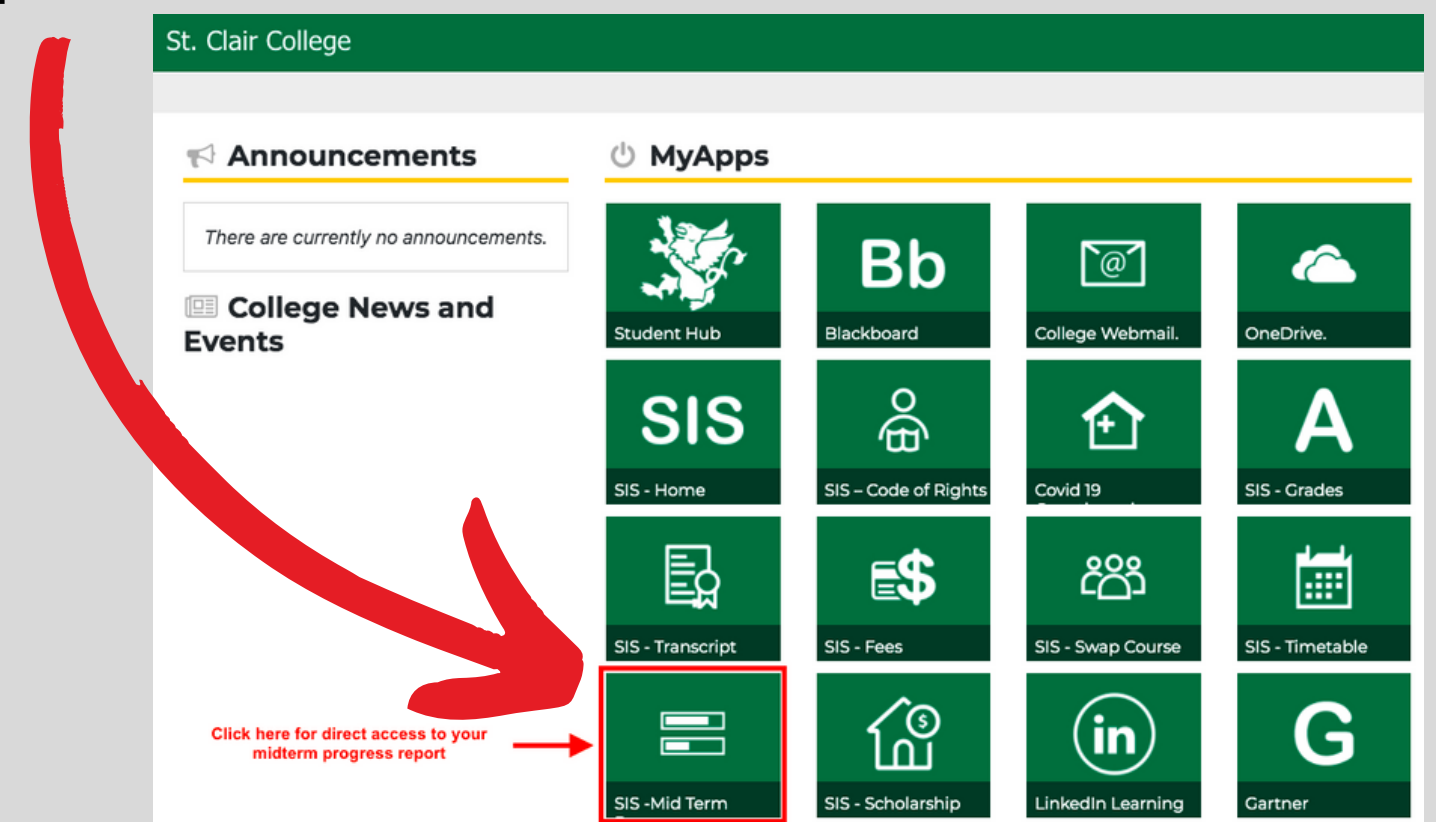
PLEASE NOTE THE FOLLOWING:

Once you have dropped a course, you will be unenrolled from that course and will NOT receive a letter grade. There will be a "DR" for ("DROP") next to the course name on your transcript.

Midterm Progress Reports

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 a tutor and they can help you consider study strategies to improve your grade(s).

Tutoring Services



Students that fall in the yellow and red zone are strongly encouraged to seek out tutoring support.

Peer Tutors are equipped to aid students with their understanding of course material, provide tips to improve study habits and enhance overall academic performance.

You can sign-up for a tutoring session by approaching any member of the Tutoring team – from the Tutoring Leads, Student Advisors, or even the tutors themselves. Scan the QR code which takes you directly to the Tutoring Bookings site.



Book a **FREE** 1-on-1 tutoring session

Or directly email a tutoring team:

- tutoring.toronto@canadaacumen.ca
- tutoring.brampton@canadaacumen.ca
- tutoring.mississauga@canadaacumen.ca

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REMINDER

**SPRING
2024**

TUITION FEE PAYMENT

**Your Spring 2024 Tuition Fee Payment
Deadline is Friday April 5th, 2024**

For your convenience, review this checklist:

- Add St Clair College - Tuition as the "Payee"
- Your Account # is your Student ID# (excluding 'W')
- Check SIS Portal; payment has 3-5 business days
- Instructions will be sent to your MYSCC.ca email

Mental Health & Wellness



Sam Seon
Mental Health
Coordinator



mhservices@canadaacumen.ca

Acumen is proud to announce our peer support group volunteer program!



BOOK A 1-ON-1 APPOINTMENT!

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Virtual CMHA Workshops

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Career Services



Mitch Tepperman
Career Services
Coordinator

Interested In Attending Career-Focused Workshops?

Scan the QR Code & make a selection from the list of March workshops!

Scan Me



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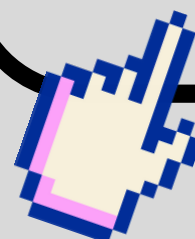


Book a FREE 1-on-1 Virtual or In-Person Appointment!

careers.toronto@canadaacumen.ca



<https://canadaacumen.ca/career-services/programs-and-services/>



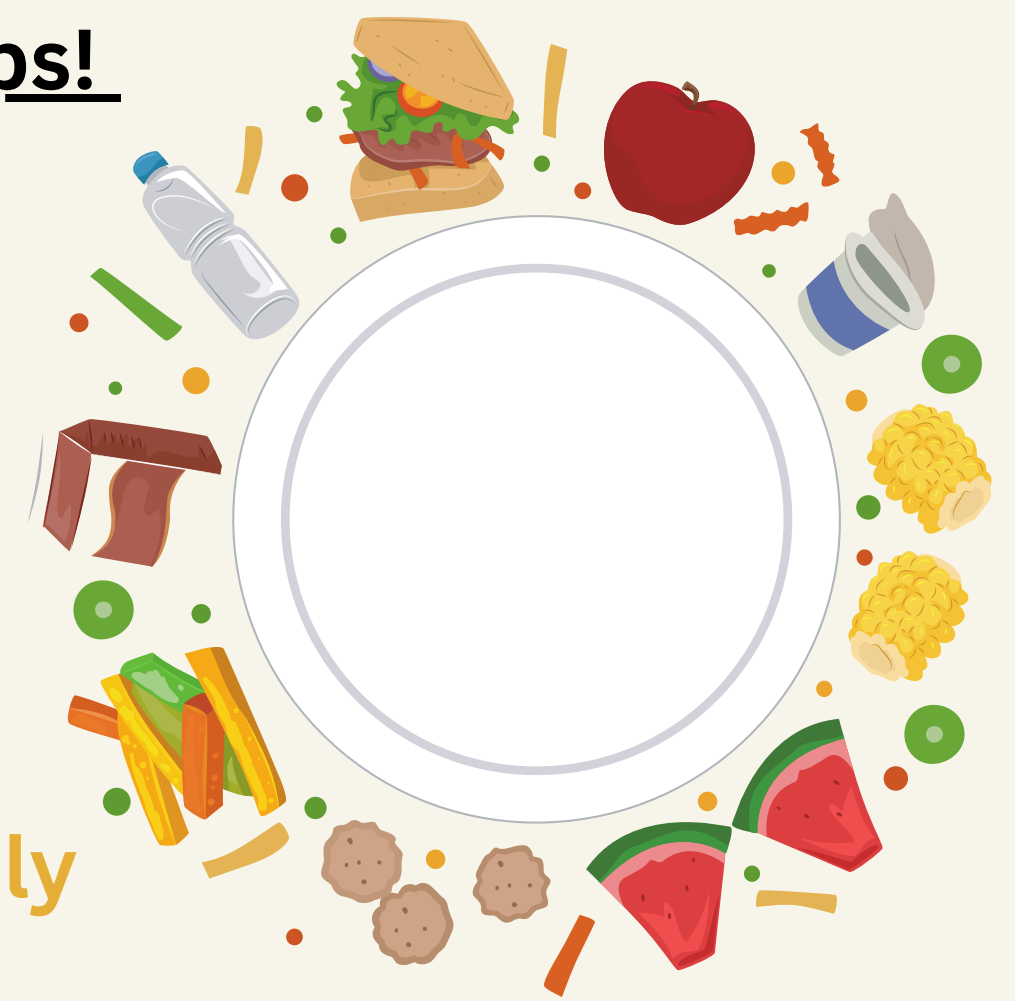


According to the Canadian Government, **the month of March is regarded as Nutrition Month!** During March Canadians are encouraged to practice healthy eating habits. As a starting point, one can incorporate nutrient dense foods in their diet as a way to implement healthier eating routines.

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, explore the following websites:

ourworldindata.org



[Canada's Food Guide](#)



hsph.harvard.edu



International Women's Day

March 8, 2024 will be celebrated as **International Women's Day**! Celebrate the achievements of women around the world and reflect on their work to secure **women's rights and gender equality**. International Women's Day encourages **advocacy, action** and **unity** among all genders. This year we celebrate the theme "**Invest in Women: Accelerate Progress**". It's a call to action and a reminder that gender equality is one of the most effective ways to build healthier, more prosperous, and more inclusive communities.

Let us all join the movement. Show your support on social media and in your social groups. Share the hashtags 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 2024 is **Invest in Women: Accelerate Progress**. It is time to act – because women's success is everyone's success.
- In a 2022 survey women ranked Canada as the 6th best country to live (*US News & World Report*)

Empowered
Women
Empower
Women



"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!



Athletics



Winter 2024 Badminton Semi-Finals



It was a showdown between Geetika and Mehakpreet during the Winter 2024 Female Badminton Semi-Finals. Stay tuned to view the finalists go head-to-head during the March 4th - 8th Female Badminton Finals!



Previous Campus Events



Black History Month Trivia



Henna



Pizza Day



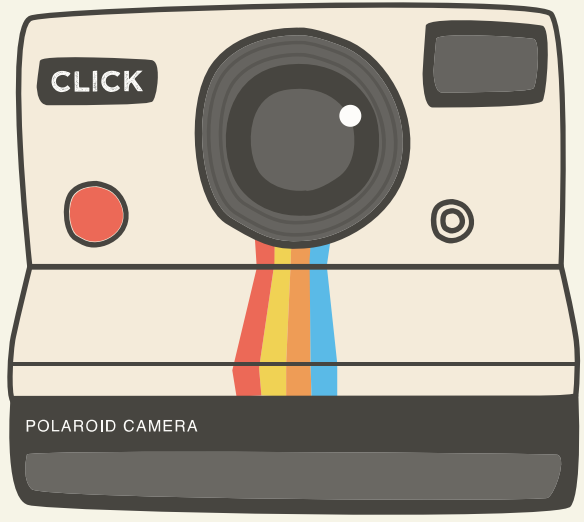
Therapy Dogs



Yoga



Paint Therapy



Student Artwork: February Art Contest Winners



First Place

**Prabhjot Kaur,
DAB,
Sem #1**



Second Place

**Pravjyot Kaur,
DAB,
Sem #1**



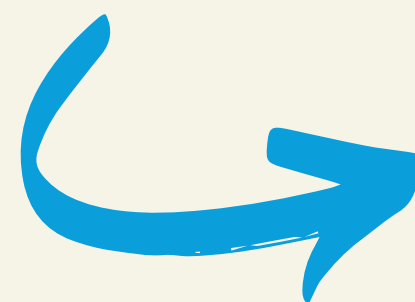
Third Place

**Tanmay Gera,
DAB,
Sem #1**

**Wish to be published?
Submit your art here:**



@AceAcumenAcademy



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