

# college *matters*

ACADEMIC UPGRADING  
NEWS & SUCCESS STORIES  
FROM ONTARIO'S  
PUBLIC COLLEGES

FALL 2023

## facing her fears

NANCY'S REMARKABLE  
JOURNEY THROUGH ACE  
— AND BEYOND

STORY PAGE 3



# CSC

COLLEGE SECTOR COMMITTEE  
FOR ADULT UPGRADING + ACE

# CSC Conference 2023 — in the spirit of the Two Row Wampum



For the first time since 2019, we were able to host our annual CSC conference in person with 125 attendees representing 23 of our 24 colleges.

Niagara College's beautiful Niagara-on-the-Lake campus provided the perfect venue for reconnecting and re-energizing with our college AU faculty, staff and managers.

The conference theme and inspiration, the Two Row Wampum, allowed us to honour the Six Nations of the Grand River, on whose traditional lands the Two Row Wampum agreement was originally forged with Dutch settlers.

Tom Keefer, general manager of the *Two Row Times*, says "The Two Row is a foundational philosophical principle, a universal relationship of non-domination, balance, and harmony between different forces.

The Two Row principles of peace, respect, and friendship can exist within any relationship between autonomous beings working in concert.

These include nation-to-nation relationships, dynamics between lovers and partners, and the relationship between human beings and our environment."

It was also central to our approach to the overall event — from amplifying Indigenous voices, reducing our environmental impact by migrating formerly paper-based processes to digital with

the development of the conference website ([cscconference.ca](http://cscconference.ca)) to offering a living delegate gift. It coloured the way we saw and approached everything.

One delegate wrote, "*It is clear to me that the CSC upholds its commitment to decolonizing and indigenizing education. From this year's theme (two row wampum), to the land acknowledgment, and to the wonderful speakers themselves, every grain of wisdom offered was well-received.*"

Another wrote, "*I thought this year's conference was one of the most timely and relevant. The focus on Indigenous ways of teaching/learning through Truth and Reconciliation was SO important. The session on AI was excellent as well as the trauma-informed approach.*"

By popular demand, we are planning to hold the conference again at Niagara College in the first week of June 2024. Mark your calendars, and watch for a "Save the Date" email coming soon.

I would like to extend my thanks again to (Robin) Leslie MacKenzie (CSC Conference Manager and Direction of Communications) for the enormous amount of work she did to organize the conference, and to our colleague and NC host, Rebecca Nicholls.

I hope to see you in Niagara in June 2024!



# Corrections Literacy Initiative Celebration @ Centennial College

On September 12, I was privileged to attend this amazing event at Centennial College in Scarborough, celebrating six years of the Corrections Literacy Initiative (CLI) program.

CLI is a specialized LBS program delivered to inmates at several provincial correctional facilities across the province. Centennial has been delivering CLI since 2017 at the Toronto East Detention Centre (TEDC), a remand facility for male offenders. Centennial is one of 13 LBS CLI providers throughout Ontario (and the only college provider) who deliver CLI at 17 provincial facilities in total.

Joy Boatswain, Chair of Workforce Development, Employment Services & Academic Upgrading at Centennial, has been managing the CLI program since its inception. She and her colleagues organized a wonderful celebration event that was attended by over 150 people including two former CLI students who went on to join Centennial's Academic Upgrading program — and then continued into postsecondary.

In addition to college executive team and staff members, attendees included senior staff from

the TEDC and representatives from the Ministry of Community Safety and Correctional Services.

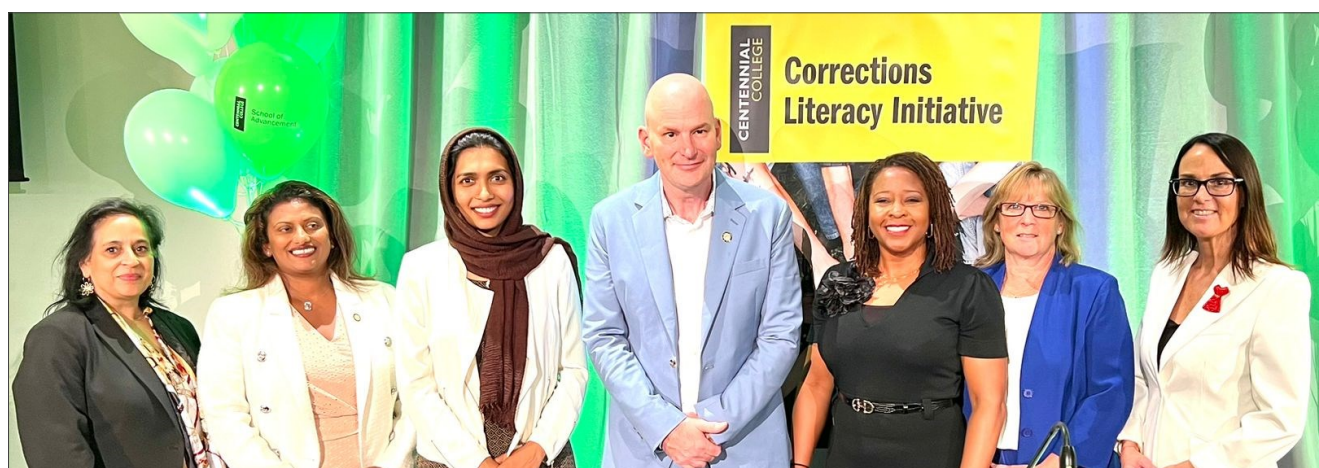
Many speakers highlighted the positive impact that the CLI program has had on the TEDC and the incredible work of the CLI faculty who deliver the programming.

Despite some of the logistical and security challenges that go with teaching inside a correctional facility, the positive outcomes have far outweighed the challenges, according to Joy and the CLI team.

*"Since Centennial has come into the Toronto East Detention Centre," one CLI student says, "I have seen an increase in positivity flowing between these walls. Many, including myself, have found hope and a sense of direction with these educational programs."*

Congratulations to Joy and her team on six years of CLI delivery and on a memorable event to celebrate the success of the CLI program and its students!

—Barbara Glass, Executive Director, CSC



FROM LEFT TO RIGHT: **Manjit Jheeta** - Vice President Industry, Employment and Community Relations, Centennial College, **Dr. Meera Mather** - Dean School of English and Liberal Studies, Centennial College, **Doly Begum** - MPP Scarborough Southwest, **Dr. Craig Stephenson** - President and CEO, Centennial College, **Joy Boatswain** - Chair Workforce Development, Employment Services and Academic Upgrading, Centennial College, **Barbara Glass**, Executive Director, College Sector Committee for Adult Upgrading, **Dr. Marilyn Herie** - Vice President Academics and Chief Learning Officer, Centennial College

# “ACE was a huge part of my journey. I cried when I got my certificate.”



Like many Georgian students, **NANCY**'s journey wasn't direct from high school. Education was important in her family but school was tough for her. "I was smart, but I struggled," she remembers. "I struggled with math and English so much I would cry. It was so bad I was bullied over it."

Nancy took an alternate stream and went to a trade school. "I worked in the school store, in horticultural, did the chef training program — and got a basic high school diploma."

Afterward, she decided against further formal education and pursued her passion instead. "I raced motorcycles. Eventually busted myself up racing, broke my leg in a zillion places," she explains. "Then I was running my own specialized cleaning company."

But, after two knee surgeries, Nancy had to stop her cleaning work. Then, at 41, she learned that she had colon cancer.

With treatment, Nancy recovered and eventually found work. She had dreams of becoming a nurse — but had been turned off of because of struggles with math.

She decided to face her fear and contacted Georgian College's Owen Sound Academic Upgrading program (Academic and Career Preparation).

Signing up for ACP was big for Nancy. "My foster kids were both in the ACE program," she notes. "I always encouraged school, but it wasn't for me." She'd tried going back to school once before, at a different college, but dropped out after struggling like she had in the past.

In her ACE Math course, Nancy discovered that she had testing anxiety. In spite of her anxiety, she achieved 100% on her first test — and began to feel a whole new way about school.

Nancy became a keen student, eager take advantage of every available opportunity and support, like writing tests in less-distracting places. "I realized that if I needed something, I just needed to ask," she says.

She earned a 95% in math and eventually completing her ACE certificate. "ACE was a huge part of my journey. I cried when I got my certificate."

After ACE, Nancy entered the Practical Nursing program. And she proved that it was the right decision. She visited the Campus Welcome Centre after her most recent semester to let staff know that she'd made the Dean's List.

In spite of recurring health issues, Nancy manages to keep a positive mindset. "I'm gonna pull this off," she declares. "I'm waiting on cancer results right now, but I'm still moving forward and doing my thing."

—Gregory Shanahan, Georgian College Academic Upgrading





# Seizing every opportunity to learn, upskill and grow

**ANDREW** never tires of learning. He is motivated. He is interested. He is always ready to learn something new.

Andrew has been a member of the Academic Upgrading family at Cambrian College for many years. His positive attitude and appetite for learning has never diminished. Even during the pandemic, he remained steadfast and adapted to online learning. He was a role model for all his classmates and helped motivate everyone in his class to continue to push on.

Andrew's latest adventure in experiential and life-long learning is the Espanola Cambrian College Campus Try-A-Trade program — a 19-week free program offering health and safety training, trades preparation, carpentry, welding, electrical, automotive and an 8-week work placement.

His initial reaction was that he would have to “think about it.” This indirectly meant that he would have to quit the upgrading program and make a commitment all summer long to the trades program.

After careful consideration, and much support from his parents, classmates, upgrading teacher and support staff at the Espanola Campus, he made the choice to pursue this very different learning adventure.

Andrew thrived and was happy with his choice. And he graduated in with the possibility of transferring his skills into a work placement.

In the meantime, his learning “bug” inspired him to apply for the Small Engine Repair program, giving him basic mechanic and engine skills as well as safe working practices.

Andrew does not stop moving forward. He is presently in the pursuit of employment and recently had an interview that he thinks went well.



Andrew is a role model for any anyone who needs a “never stop learning” lesson and change in their lives. He takes advantage of opportunities that present themselves within his very own community while continuing to add skills and experience as he goes along.

—*Evelyn Diebel, Academic Upgrading, Cambrian College Espanola*



# “I never thought that there would be a place for me at the college.”



I first met **COSIMO** when he started in upgrading. He graduated with an ACE Certificate and went on to graduate from the Recreation Therapy Program. Now, he is happily and meaningfully employed as a Recreation Therapist at the John Howard Society (JHS).

When residents at JHS are interested in pursuing their education, Cosimo shares his enthusiasm for and experience in academic upgrading — and gives them hope and motivation that they can do it too. He even offers to bring them on campus to help them feel supported.

In high school, Cosimo was “not immersed in the experience.” He didn’t see the value of it, had trouble focusing, skipped lots of classes, never finished. He tried other options but felt like he was spinning his wheels. Then he opted to come into upgrading.

He didn’t initially think he would pursue a postsecondary program; but, once he started exploring his options, he realized that Recreation Therapy was a perfect fit for him.

What was his biggest challenge in upgrading?

“Honestly,” he says, “I never thought that there would be a place for me at the college, that I wasn’t worthy enough to be there.” He quickly learned that everyone is welcome. Everyone is worthy.

Cosimo’s favourite thing about the program is “without a doubt” the teachers. “Every single teacher in every single classroom just wants every single student to just soar,” he beams. “Some of them seem to have an innate ability to know when you need help even when you haven’t asked for it. Pretty amazing.”

His advice for current or potential students (like the clients he works with every day at JHS)?

- “Don’t be afraid! Everyone is afraid at first, but know that it’s going to be okay.
- Always ask your teacher everything. They will fill you with confidence and inspire you to do your best.
- Explore the college — go on tours, talk to everyone. That’s how I found the program I wanted to take and why I have this job I love.
- Take your time and enjoy the journey.
- Thank yourself every day for the commitment you have made to yourself and your life, and for making the most of the opportunity that was in front of you.”

We’re so pleased that Cosimo has landed his dream job and has become part of this beautiful community circle of support. Thank you, Cosimo.

—Judy Barton, *Confederation College Academic Upgrading*





# From Nigeria to Nursing: how upgrading helped Stella realize her dream

**STELLA** was born in Lagos, Nigeria. She is a mother of four children and a grandma of two. Back home, she earned a Bachelor of Arts in Relationship Counselling and had her own business, Stellamaris, a fashion line.

In 2018, Stella moved to Canada to be closer to her children studying in Ottawa. She decided that it was more important to guide and support her children than maintain the life in Nigeria that she had worked so hard to build.

Shortly after arriving in Ottawa, Stella began to search for a new career. She had always been interested in Nursing and started to consider the Practical Nursing program at Algonquin College.

But Stella was nervous. She had never taken science before and also struggled in math. The fear of the unknown started to set in. Her siblings were confused about her decision to go into the health sciences and friends told her to reconsider as she was not in her twenties anymore.

Stella nearly gave up on her dream. But she believed that age was no barrier to acquiring knowledge. With determination and dedication, she knew she could do it.

She contacted the Academic Access Centre and registered in the Academic Upgrading department's Preparation for Health Sciences (PHS) program.

Her professors encouraged her to turn the page on past negative experiences and embrace her potential. In this positive, relaxing classroom environment, math became one of Stella's favourite subjects.

Even though biology was a challenge for Stella — and she needed a very high score on the final biology test to get into the Practical Nursing program — she achieved a 97%.



The hard work and sacrifices paid off. It was not an easy journey, but one that she can look back on with great pride.

Stella has now completed the 2-year Practical Nursing program at Algonquin College and can hardly wait for her Pinning Ceremony, which signifies the completion of the Practical Nursing program and the initiation into the profession.

With a number of job offers already on the table, she is excited to start the next chapter of her life. The biggest lesson she says that she has learned is never stop believing in yourself. Never give up!

—Alana Anderson, Algonquin College Academic Upgrading

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“It is such a safe space to learn and grow to your full potential.”



**GREG** was first introduced to the Academic Upgrading Program at Fanshawe College through Fanshawe College Community Career and Employment Services.

Greg had a long career in the manufacturing industry until he experienced an injury. He was interested in re-entering the workforce and wanted to enhance his digital technology and communication skills.

Initially, Greg was very anxious and had difficulty with his communication skills in the classroom. However, through his dedication and the guidance of the Academic Upgrading program, he has made substantial improvements.

Most of all, Greg's confidence has improved. He now feels that he has the confidence to look for jobs and is even considering further education. And, though he faced many challenges that could have affected his ability to attend class, he never faltered.

Greg highly recommends Academic Upgrading to others.

“When I first came to Fanshawe College,” he says, “I was struggling with anxiety and depression. The staff at Fanshawe College have helped me through a very rough time. Had it not been for the Academic Upgrading Program, I am certain that I would not have healed and progressed to where I am today.

The atmosphere at Fanshawe College Simcoe/Norfolk campus is one of understanding and empathy, something that is not seen enough of these days. It is such a safe space to learn and grow to your full potential.

The program has increased my knowledge of computers significantly to the point I feel confident in knowing I would be an asset to any form of employment.”

Upgrading undoubtedly plays a pivotal role in bridging educational and skill gaps and empowering individuals with the knowledge and confidence to reach their full potential — whether in the workforce, further education, or personal growth.

—*Manuela Leitao, Academic Upgrading, Fanshawe College Simcoe/Norfolk*





# George Brown College delivers unique program on Mississauga of the Credit First Nation Territory



Students, instructors and George Brown College staff celebrate the Nibwaakaawin (Wisdom) graduation ceremony

Recently, ten Indigenous students completed a unique education and career exploration program called **Nibwaakaawin (Wisdom)** on the Mississauga of the Credit First Nation Territory.

The Wisdom program is a modified version of George Brown College's CHOICES, part of the School of Work and College Preparation (Academic Upgrading). Sherry Lickers adapted the CHOICES for Indigenous learners, adding cultural teachings with a Elder.

"Our first day began with an opening address of thanks in Mohawk by one of the students," she says. "On our final day, Elder Valerie King shared her education and career journey."

Five days of in-person and online classes were followed by a week of personal career coaching. During the program, students identified education and career pathways through group discussions, reflections and exercises. They were encouraged to explore their personal priorities to help set meaningful goals for the future.

Afterwards, participants met individually with Sherry to discuss future steps. Most are considering academic upgrading or other postsecondary educational programs. Some are interested in finding more meaningful work.

One student said that they are now "more aware of what is out there to do for a career." Another shared, "this program gave me a good insight on my own values and needs and wants."

Patricia Campbell Hatton and Gus Tzatzanis developed the CHOICES program. CHOICES has been running for 7 years and served over 1,000 learners. Most graduates move on to post-secondary education or find more meaningful work.

Gus says that having CHOICES modified and delivered directly to an Indigenous community is "a dream come true."



# “Academic Upgrading helped me realize my true potential.”



“I dropped out of high school at the age of 16, due to bullying and a difficult time in my life. I have faced so much adversity that I thought I would never get through school, let alone get into college.

When I met the staff at Academic Upgrading, things really started turning around. They helped me realize my true potential.

I changed my mind a few times on which college program I wanted to proceed with. I had to leave the program a couple of times due to work and being a single mom to a daughter with special needs. They were always understanding and supportive and, when I was able to return, got me right back into where I needed to be.

The Academic Upgrading staff really show that they care and want you to succeed. They won't give you the answers, but they will show you how to find them on your own and really show you that you can do anything you set your mind to.

My life would be somewhere completely different without them. I cannot thank them enough for always believing in me and showing me that I really could do this. On my Sault College orientation day this fall, I had to stop by their offices and say thank you and let them know that I was successful in my application.

After all my hard work and dedication, I can finally say that I have found my place in the Sault College Culinary Program. I may have done the work; but, without the support of the staff and all the hard work they do, I never would have made it to where I am now.

I have a full-time job with benefits in the culinary industry working as a cook in a long-term care home. I have overcome my fear of school and thinking I wasn't smart enough to go to college.

I have surpassed the goals I set for myself and I couldn't be happier with the way life has turned out for me thus far. A huge shout out to the Academic Upgrading staff at Sault College for helping me make my dreams come true.” —*Kayla*





# “Thank you, Academic Upgrading. You have changed my life.”

“In December, 2018, I remember checking the mail and going straight to the recycling bin to toss the flyers. Then I noticed a pamphlet from Mohawk College. I am so grateful to have found that postcard for Academic Upgrading in my mailbox. I didn't realize it at the time, but it was the best Christmas present to me!

I had been contemplating going back to school to become a nurse for a few years. I kept weighing the pros and cons and how this would affect me, my family and our finances. I would need about a year to upgrade my science and math skills on top of a 2-year college program.

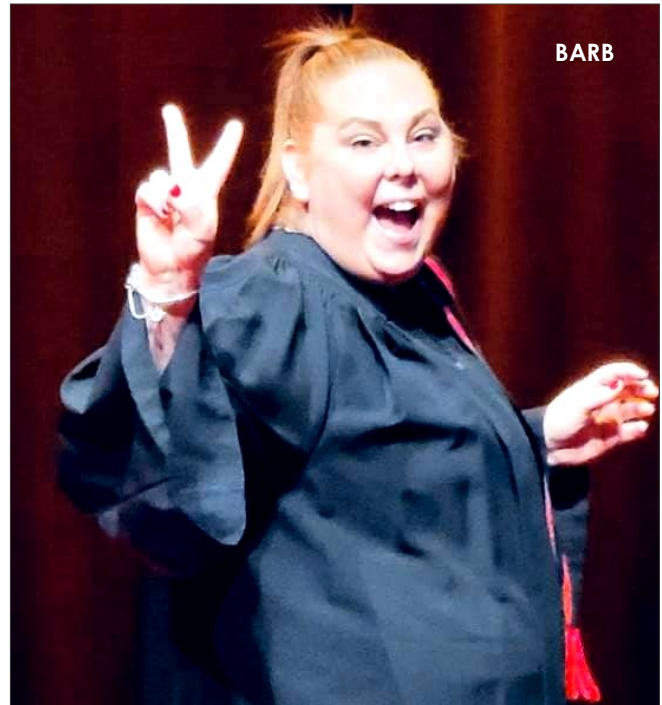
When that pamphlet came in the mail, I could hear it whispering to me: ‘Call the number. You have nothing to lose.’ So I called the number and started the process for the interviews and testing. I was so excited and nervous! A new adventure was beginning.

In May of 2019, I was diagnosed with ovarian cancer. I thought, ‘this is it. My decision has been made for me. I’m not going to become a nurse.’ This was a huge, devastating blow to my entire world and now I was facing an uncertain future.

I began researching as much as I possibly could about ovarian cancer. And I decided that, if I was breathing, I was living and moving forward. I had made my decision — I was going to be a nurse.

I was registered to start the Academic Upgrading program during my active chemotherapy and I was bald from a side effect of the treatment. But I knew that the upgrading program was designed to give individuals a safe space to upgrade courses and allow them to continue their education.

The program provides students with the tools and resources they need to navigate the system and information on who to contact to learn more about a program or topic.



Academic Upgrading gives students that cross their path an added sense of confidence in their ability to succeed. That helped me when I applied for a Practical Nursing program offered in partnership with McMaster University.

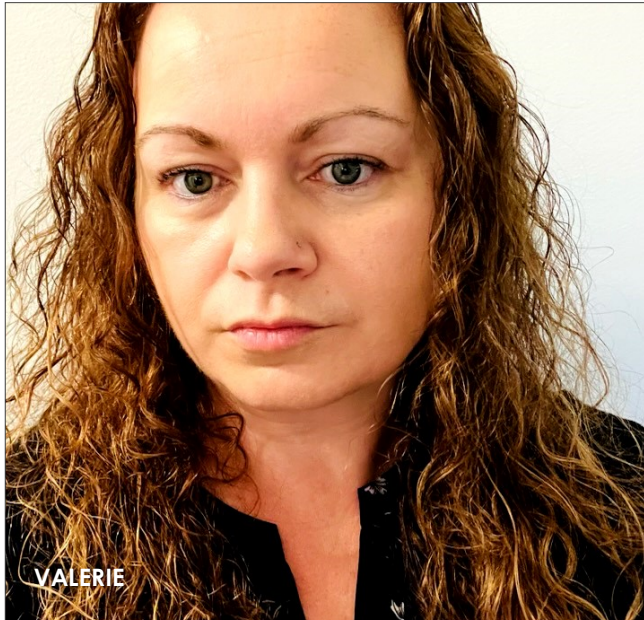
The Academic Upgrading program was paramount in helping to facilitate the sending of transcripts and finding contact information for different departments that I needed.

Thank you, Academic Upgrading.

You have changed my life.” —*Barb*



# “I have now been working in my dream job for over 10 years.”



“I did not have my grade 12 education and I did not think that working in my dream job in social work would ever be achievable. I was told all my life that unless you have your grade 12 education, it would be impossible to pursue postsecondary education.

After working for 10 years in the customer service industry, and once my daughter got older, I knew I wanted more. I felt that I was ready and open to the challenge and decided to explore the opportunity of upgrading my education.

After reviewing the course content for the Social Service Worker program at Canadore College, I knew that I wanted to follow my passion for helping others.

I discovered that the Academic Upgrading program offers the opportunity to earn prerequisites for postsecondary programs. So I made an appointment with the Academic Upgrading/ACE academic advisor. And it was the best decision that I ever made!

The advisor was so knowledgeable and encouraging and made me feel really comfortable. I didn’t feel pressured. I felt that my best interests were always kept in the forefront. She took the time to review the upgrading options with me and gave me the choice to write the academic placement assessments while I was there.

At our follow-up appointment, I discovered that I could complete the prerequisites I needed within six months. I remember feeling a sense of relief, excitement and a strong desire to just take the risk and move towards my dream job!

It was a very difficult decision. But I can tell you now that it was also the most rewarding decision that I have ever made.

After completing upgrading, I entered the first year of the Social Services Worker program. And I knew that this was the career for me. Within a few weeks of completing the SSW program, I secured employment in the social services field.

I still had a strong desire to pursue the dual diploma in Mental Health & Addictions and, I am happy to say, I was able to maintain a job in the field while going to school full time.

Was it easy? No, it was not. But the harder things in life can also be the most rewarding. And the hard work does pay off in the end. I have now been working in my dream job in the social services field for over 10 years.

If I had known of the supports that were available, like Academic Upgrading, I would have pursued postsecondary education a lot sooner.”

—Valerie





# Academic Upgrading was the foundation for Shawn's successful career

**SHAWN's** inspiring journey from Lambton College's Academic Upgrading program to the Instrumentation & Control Engineering Technology program to a successful career exemplifies how the right educational path can change lives.

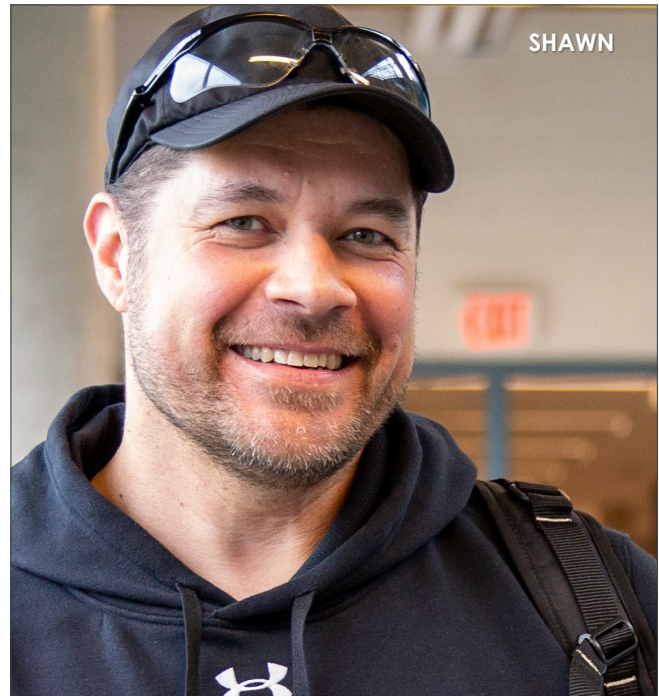
Shawn's story began in 2019 when he desired a change in his life. He walked into Lambton College with a dream but soon realized that he lacked the necessary math and physics requirements for the intensive Instrumentation & Control Engineering Technology (ICET) program. It was at this point he learned about the Academic Upgrading program, which would become the foundation for his success.

Before starting on his educational journey, Shawn had worked as a Millwright Apprentice and found himself drawn more to the electrical aspect of the job. But he lacked formal education in this field. He realized that to achieve his career goals, he needed to go back to school.

Shawn's motivation came from a desire to change his life. He had a clear vision of where he wanted to be in five years and he was determined to take the steps to get there. Academic Upgrading was the first vital step on this transformative path.

Upgrading provided Shawn with the fundamental skills in math and physics that he needed to enter the ICET program. The Academic Upgrading program's structured approach to learning allowed him to progress at his own pace, ensuring he was fully prepared for his future studies.

One of the key factors that contributed to Shawn's success was the support and encouragement he received from the Academic Upgrading staff at Lambton College. Whether it be a listening ear or referrals to the Indigenous Student Centre, the Accessibility Office and the Counseling Department, they all played crucial roles in helping him overcome various challenges.



As a mature student, Shawn faced some difficulties; but, with accommodations, he was able to stay on track.

Upon completing upgrading, Shawn entered the ICET program with a solid foundation. His co-op experiences in the program allowed him to gain practical knowledge and make valuable connections. Ultimately, he secured a successful career at Bluewater Power as an Electrical Operator.

His advice to prospective students is to enroll in Academic Upgrading because it offers a chance to develop organizational skills and mental readiness, ensuring a smoother transition into college programs.

—*Kelly Ainsworth, Lambton College Academic Upgrading*



# “From the bottom of my heart, I thank academic upgrading staff.”



**VAIDEHI** joined Academic Upgrading in September 2022 with the goal of being a nurse. With a bachelor's degree in Homeopathy from India, she had the background in math and science but had been unsuccessful in meeting college English requirements through admission testing. An Academic Advisor recommended English courses through Academic Upgrading.

When Vaidehi began her Academic Upgrading English courses, her goal was to join the Pre-Health Sciences Program and then progress into the Practical Nursing program afterwards. It was immediately apparent that her hard work, dedication, and determination would carry her to success.

It was also evident in the effort it took her to attend classes. Vaidehi lives more than an hour away from campus and did not have access to public transportation or a vehicle of her own.

To be able to attend classes, Vaidehi would car-pool for an hour into Ottawa and then take the bus for another hour to get to campus. In all, Vaidehi was commuting upwards of 4 hours each day to get to and from the college. Despite these hurdles, Vaidehi continued the program and never fell behind in her work.

Vaidehi needed to complete 3 English course levels for entry into Pre-Health Sciences the following fall. She progressed quickly and passed the Health Programs Admission Test, gaining conditional entry into the Practical Nursing program, allowing her to forego the Pre-Health Sciences program. She completed her final 2 courses in a few months and gained her full acceptance into the Practical Nursing program.

Vaidehi is a joy to work with in class, and her infectious drive and positive attitude rubs off on everyone she interacts with. We had countless interactions and discussions about her journey through Academic Upgrading and her postsecondary plans, and it was impossible not to feel impressed and motivated afterwards.

“Determination, hard work, and curiosity are indeed the great virtues to reach the desired aim,” says Vaidehi. “From the bottom of my heart, I thank academic upgrading staff at Algonquin College who helped me move one step closer to my goal.”

—*Amber Schuler-Toll and Jonathon Black, Academic Upgrading, Algonquin College*

**ALGONQUIN**  
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# Reflections on change: an upgrading student shares her wisdom

Sara Pedlow, an upgrading professor at Fanshawe College, reads a short passage about change to her ACE Communications students on the first day of classes. She asks that they listen and reflect on anything about change. There is no right or wrong answer and it is not being marked. It's a reflective piece of creative writing. Following is what Janet, one of Sara's students, wrote.

"I'm Janet, of the Haudenosaunee Bear Clan. Growing up on the Oneida Nations of the Thames, I've embraced my rich heritage and the values it instills. I am a proud matriarch to my family as my heart is filled with pure joy by my amazing children, who inspire me to strive every day.

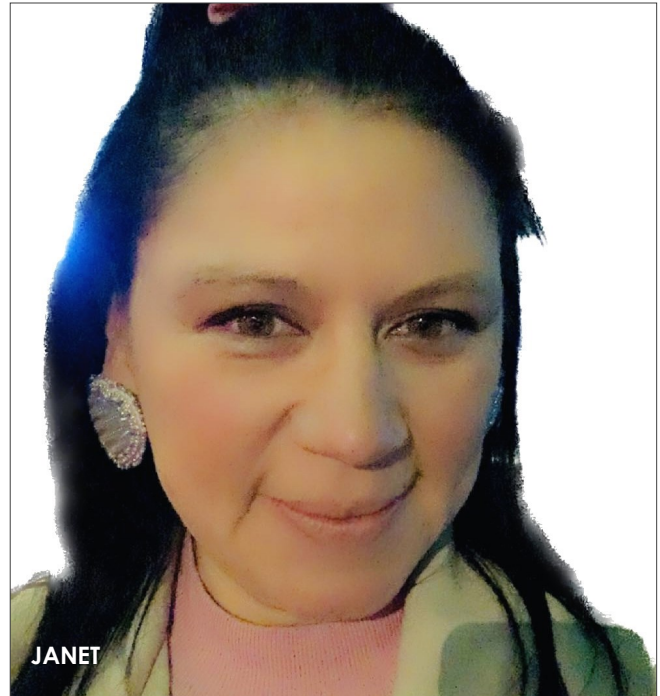
Fall is my one of my favourite seasons as equally as Spring. Spring and Fall are both amazing in their own way. The natural beauty of creation is mesmerizing. Love and Light to all!

## CHANGE

Change...it is a normal gift of life. It can be looked at as bad, good, or even great with many waves of emotion. Change is like the wind, flowing in any direction at any given time. Change can be strong, or it can be light. Change is around us, each and every day. Change can be dark or it can be bright. It is up to us how we choose to embrace change.

Some people can be in denial, but change is forever flowing. Change is like the rivers that can flow so calmly and go into raging rapids.

Change is like the season from spring to summer, then to autumn and winter. Change is the tree changing its colours of leaves from green to bright colours of yellow, reds and oranges. Change is the rain that can trickle down upon the land that helps to create growth and refresh everything it touches.



Change is like the daylight that turns into night. Change is like the moon that shines so bright. The moon has phases that show night by night. It starts out small and grows to its full beauty over a month.

Change is in the moment when we take time to reflect. Change is in our hearts, our minds, our emotions, and our spirit. Change is yesterday, today, and tomorrow. Change is inside of us, which gives us the gift of choice. We can choose to do bad...or good. We can choose to do what we want if we choose to believe.

To choose to be yourself fully is what life is meant to be." —*Janet*







- + ACE offers adults in Ontario the chance to achieve their grade 12 equivalency, improve their high school marks and qualify for college programs, apprenticeship and new careers.
- + ACE courses offer learners the chance to upgrade their marks and skills at college, as college students, with the support and guidance of college professors.
- + ACE serves thousands of adult learners every year.
- + ACE is also available online through ACE Distance ([acedistancedelivery.ca](http://acedistancedelivery.ca)).
- + Search “Academic Upgrading” on your local college’s website for more information.

## college *matters*

**Collegematters** is a publication of the College Sector Committee for Adult Upgrading (CSC), the support organization representing academic upgrading programs and staff in Ontario’s 24 public colleges.

The CSC developed and administers the ACE — Academic and Career Entrance — upgrading program.

ACE is a widely-recognized grade 12 equivalent with courses delivered on campus and online through ACE Distance (e-learning).

The CSC also developed and administers the SKILLS-MARKER suite of assessment tools.

