

THE PACES POST

A Quarterly Newsletter Vol. 1 – Spring 2021

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For more information, please contact PACES coaches or call (908) 962-5410



SPRING HAS SPRUNG!

Welcome to the inaugural issue of "The PACES Post," a quarterly newsletter that will feature important news, upcoming events, and a celebration of YOU, as you make progress towards your goals and achieve milestones that deserve to be acknowledged!

In the past few weeks, spring has sprung and many of you are eagerly awaiting college acceptances and financial aid packages. The CAU PACES team is here for you every step of the way. Please share your successes with us so that we can celebrate YOU in our next newsletter, coming in Summer 2021. To all who are preparing to graduate this May and June, we share your joy and congratulate you on this milestone!

Wishing you a healthy spring!

Stacy Marshall
Assistant Executive Director
Educational Services @ CAU

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**Spring
Webinars-
Register Now!**

Coaches Corner

Celebrate!

KEYS TO PROFESSIONALISM



REGISTER NOW!

TOPICS WILL INCLUDE:

PHONE/EMAIL/SOCIAL MEDIA ETIQUETTE

TIME MANAGEMENT

WORKPLACE ATTITUDE/COMMUNICATION SKILLS

STRESS MANAGEMENT

CONDUCTED BY CAU'S PACES COACHES

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4/30/2021

@3pm

REGISTER HERE:

[https://us02web.zoom.us/meeting/register/tZEgcuuuqzkoHNRJ-xLduSm4F65HjV1Zzv6g](https://us02web.zoom.us/join/https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZEgcuuuqzkoHNRJ-xLduSm4F65HjV1Zzv6g)



BRANDING YOU

A WEBINAR SERIES BROUGHT TO YOU BY

THE CAU PACES TEAM

IN PARTNERSHIP WITH VALLEY NATIONAL BANK

WEDNESDAYS 4:30PM-5:30PM

MAY 5, 12, 19, & 21

Session 1: Evolving Your Career: How to be Successful in Your Chosen Field

Session 2: Brand You - How to Market Yourself

Session 3: Design Thinking - Having a Growth Mindset

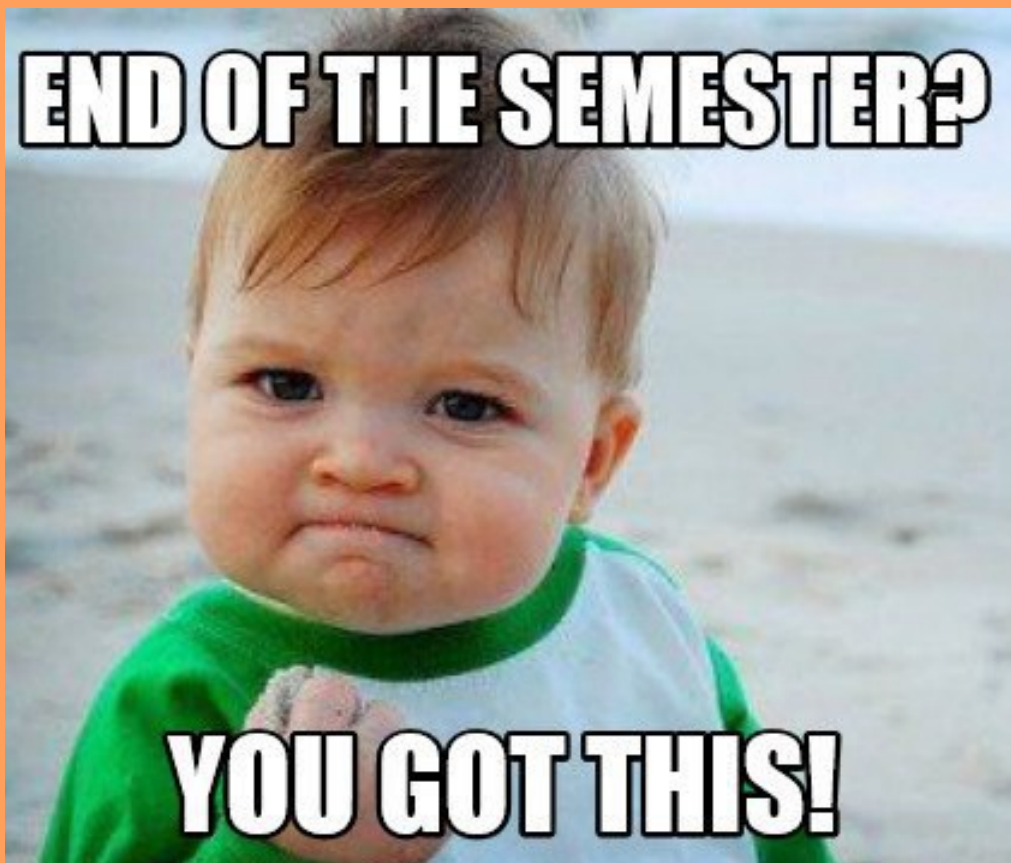
Session 4: Managing Debt -- Credit Cards and Student Loans

REGISTER FOR THE ZOOM MEETINGS TODAY:

<https://us02web.zoom.us/meeting/register/tZApdu-prj0uHNxyHM4wKuir-NeGxnFkAOua>

Cheers

TO THE END OF THE
SEMESTER! TIPS ON HOW TO
SURVIVE THE END OF THE
SCHOOL YEAR





COACHES CORNER

TIPS FOR SELF CARE

REST: 7-8 HOURS OF SLEEP A NIGHT IS KEY!

**STUDY: CREATE A SCHEDULE AND STICK TO IT;
REMEMBER YOUR GOAL!!!**

**EAT: EATING 3 HEALTHY MEALS A DAY WILL KEEP YOU
ENERGIZED AND FOCUSED.**

**EXERCISE: EXERCISING FOR 30 MINUTES A DAY
INCREASES ENDORPHINES (FEEL-GOOD CHEMICAL)
AND DECREASES STRESS.**

**ASK FOR HELP: IF YOU NEED ASSISTANCE WITH YOUR
COURSEWORK ASK A PROFESSOR, TEACHER, TUTOR,
OR PAGES COACH FOR HELP!! DO NOT
PROCRASTINATE, ACT QUICKLY!**

**REWARD YOURSELF: RELAX, GO OUTSIDE, BINGE
WATCH A SHOW! YOU DESERVE IT!!!**



COACHES CORNER

STAY MOTIVATED



IN THE END,
WE ONLY
REGRET
THE CHANCES
WE DIDN'T
TAKE.

Success is the sum
of small efforts,
repeated day in
and day out.

Robert Collier

gooddayquote.com



Sometimes later becomes never.
DO IT NOW.

Anunaadlife.com

I'M NOT
HERE TO BE
AVERAGE
I'M HERE
TO BE
AWESOME

The
number
one
skill
in Life
is not
giving up.

— Bryant McGill —

www.YourPeakState.com

Healthy Berry & Spinach Smoothie



An easy and tasty way to get your fruit and vegetable intake.

Ingredients: 2 cups of frozen berries, 1 cup of plain yogurt, 1/2 cup of orange juice, 1/4 cup of fresh spinach (or to taste), 5 strawberries



LET'S CELEBRATE!

Dellmicah D.: I got a new job! I've set a life goal with attending real estate school.

Elijah W.: I recommitted to college; I'm looking into becoming someone to give back to the paces program for kids like me in my same shoes

Jacob G.: I got into college!, I got a new job! Been very busy with music projects and starting to finally get somewhere.

Britney D.: I got into college!, I'm on track to graduate high school and I won a scholarship! I also got a new job!

Evan W.: I am a tri-instrumentalist and self-taught audio engineer. I am in the process of producing an album. I am also on track to graduate!

Malachi G.: I love gaming. I got into college! I'm currently planning to attend Lincoln Tech after graduation, and I'm working towards getting my driver's license.

Yohan R.D.: I am doing well in my Math class, I am making progress with information about construction. I'm on track to progress to grade 12 on schedule! I am looking forward to my summer vacation to the Dominican Republic.

LET'S CELEBRATE!

Amair R.: I've been in college for about two years now! Some hobbies of mine are reading, playing the harmonica, and poetry.

Haetham K.: I'm on track to graduate! I worked really hard to bring my Geometry grade up to a B.

Robert S.: Scheduled to graduate from high school in June 2021 with Honor Roll and looking forward to college, Personal Growth, more focused and self-determination.

Gemini R.: I am about to graduate from college. I have a better understanding what I am meant to do in life.

Karelis B.: I love the world of drama, my dream is to attend a college that solely revolves around the performing arts. I have a true passion to perform and would like to share this with the world. I am a junior and I'm on track to graduate HS. I am starting my college application process.

**WANT US TO CELEBRATE *YOU* IN OUR NEXT NEWSLETTER?
SIMPLY FILL OUT THIS FORM BY JUNE 15, 2021:
<https://forms.gle/H9s7eWH7xu57MUXbA>**

Look out for our next newsletter at the end of June, 2021!