

Pathways PRESS

December
2021

Meet some of our Volunteers



Hi, I'm Luke

I am in the Department of Psychology, Neuroscience and Behavior at McMaster and I am interested in Criminal Law. I can help with Math, Biology and Chemistry

Hi, I'm Alaanah

I am doing my BSc in Psychology, Neuroscience, and Behaviour at McMaster. I also was a springboard diver in high school! I can help with Math, Biology and Chemistry

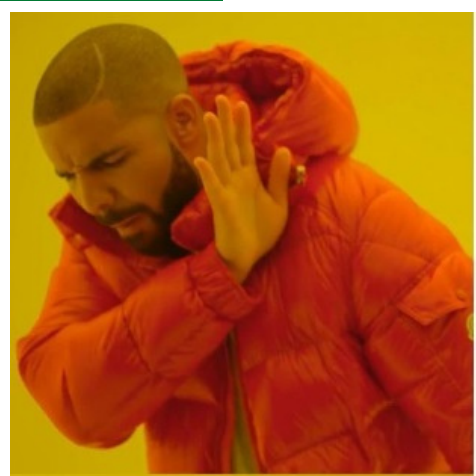


Hi, I'm Simone

I am in the Department of Psychology, Neuroscience and Behavior at McMaster and I am fascinated by the brain! I can help with French, ESL, and Biology

Hi, I am Kimberly

I used to be a Pathways Student and now I am an Educational Assistant with HWDSB. I also do axe throwing twice a week! I can help with English and ESL



**Getting my
report card**



**Coming to
Pathways
tutoring for
some extra help**

Join us for Pathways Tutoring!

ONLINE

Monday - Thursday
4pm - 7pm
on Zoom

IN PERSON

Monday and Wednesday
at Mission Services

Tuesday and Thursday
at Compass Community
Health
4pm - 7pm

Beating the Winter Blues

Brought to you by our Youth Social Worker Bahiyyih

Struggling to stop watching Netflix and get to that to-do list you made?

Exit your browser, grab your phone and pop on some headphones and listen to your most upbeat playlist, now you're free to move around and get other things done!

Finding it really hard to stay away from your bed during the day?

Spend time in other rooms that you can or if you have a window, keep the curtains open so sunlight can stream in!

Finding your days blending together and you often end up just staying in your PJs?

Try a morning routine - wash your face, brush your teeth, grab something to eat and switch out of your sleeping clothes even if it's into something comfy - changing it up can make a difference!

Want to get into exercising but struggling to find motivation?

Push yourself to leave your house for a walk around the block - even if it's cold. Bring your headphones just in case you get inspired to stay outside and want to take a longer stroll!

Whichever holiday you observe in December, Pathways Hamilton would like to wish you a warm, safe, happy & healthy holiday!



Pathways
to Education



COMPASS
COMMUNITY HEALTH

Holiday Support

The holiday's can be tough. If you or your family need any additional support this holiday season please visit

<https://www.hamilton.ca/social-services/support-programs/christmas-registry>

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Upcoming Events



SCREEN PRINTING

With the McMaster Museum of Art
Get Creative...Join the Fun

Compass CH

December 6

4pm



Pathways
to Education



Gratitude Holiday Dinners

COOK FOR OUR SENIOR COMMUNITY
EARN VOLUNTEER HOURS

December 13th and 14th

4pm-7pm

Compass Kitchen



Check out Padlet for more upcoming events

For more upcoming events and resources check
out our Padlet at the link below

https://padlet.com/Pathways_to_Education_Hamilton/wq5fo9tq2l8nntr3

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It is Time to Apply: University & College Application Sessions

Pathways Coaches are here to support you to apply for post-secondary. If you are a Pathways student in your graduating year, you may access up to \$250 of your Pathways Scholarship to cover the cost of the application. We process the payment for you. Please note: If you are applying for University, you will need to have your PIN with you to apply. You can receive your OUAC Letter that includes your PIN from your school guidance officer if you have not yet received it.

Application Sessions run 4:00pm – 6:00pm:

Thursday, December 2

Thursday, December 9

Thursday, December 16

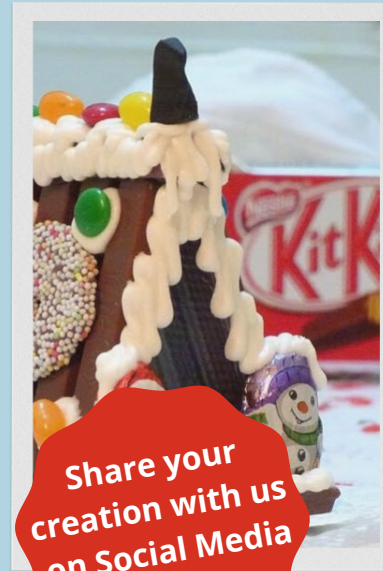
We will return in the New Year with sessions after the winter break!

REMEMBER:

Apply to University prior to the OUAC deadline:
January 15, 2021

Apply to College Prior to the OCAS cut off date:
February 1, 2021

KitKat Holiday House



Ingredients:

- 3 Kitkat bars
- Royal Icing
- 1 Caramilk bar
- Holiday candy
- Ziploc bag

Directions:

Use one kitkat to lay flat. Pipe Royal icing on ends. Take the other two kitkats, to form a pyramid on top of the kitkat that is laying flat. Pipe icing in between the two kitkats and place a strip of caramilk. Use icing to stick on your candy decorations.

Join us on Social Media

Did you know Pathways has social media? Add us on Instagram and Facebook to stay in touch & for the most up-to-date information, contests, fun, and more!



@Pathways_Hamilton



Pathways to Education - Hamilton

Add your coach too!



@[Coach's Name]_Pathways



[Coach's Name] Pathways

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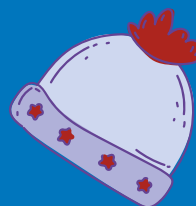
December
2021



What did the hat say to the scarf?

I'll go on a head, you just hang around

*Does not apply to scarves belonging to
Taylor Swift*
IYKYK



Pathways to Education

Winter Break

All programs will be closed from

Friday December 17th

and returning

Monday January 3rd



From everyone at Pathways to Education Hamilton, we
wish you a safe and happy holiday season



COMPASS
COMMUNITY HEALTH

SHAD

Numerous Pathways Hamilton program participants have had the fantastic opportunity to attend SHAD each summer through the SHAD scholarship program.

SHAD is a month-long (July) program for Grade 10 & 11 students. Youth participate in hands-on learning outside of their home province.

This summer experience focuses on STEAM (Science Technology Engineering Arts and Math) and allows for students to collaborate with each other while building meaningful connections.

There are limited spots available. Visit www.shad.ca and connect with your Pathways Coach to learn more about the opportunity and be supported to apply.

Application Deadline: December 6th 2021



Pathways
to Education



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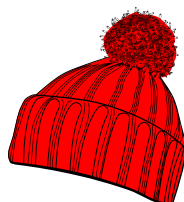
Monday

Tuesday

Wednesday

Thursday

Friday



Screen Printing 6
with McMaster
Museum of Art - 4pm
Meals at Mission
Services - 4pm



1
Meals at Mission
Services
4pm

2
Post-Secondary
Application Workshop
4pm - 6pm on Zoom



8
Meals at Mission
Services
4pm

9
Post-Secondary
Application Workshop
4pm - 6pm on Zoom

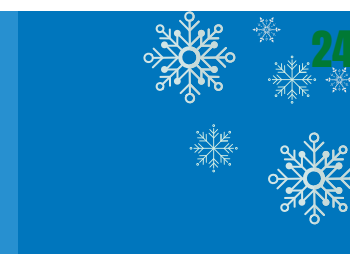
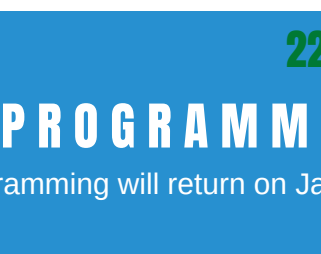


13
Meals at Mission
Services
4pm



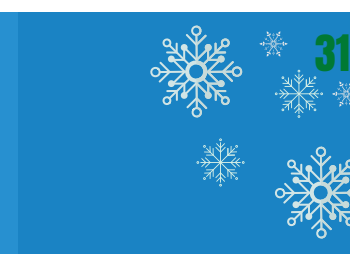
15
Meals at Mission
Services
4pm

16
Post-Secondary
Application Workshop
4pm - 6pm on Zoom



PATHWAYS PROGRAMMING CLOSED

Pathways Programming will return on January 3rd 2022



PATHWAYS PROGRAMMING CLOSED

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ONLINE Tutoring

Monday - Thursday
on Zoom
4pm - 7pm

IN-PERSON Tutoring

Monday and Wednesday at **Mission Services**
Tuesday and Thursday at **Compass Community Health**
4pm - 7pm

Team Up to Clean Up!



Pathways students were busy on two occasions cleaning up our community and local parks! We teamed up together, garbage bags in hands, and picked up some treasure in the form of trash! We cleaned up Woodlands park, along the side walks in the Benetto community, and down at Pier 4 park. Students reported having a great time, and even earned some community service hours for their efforts! It was especially nice to be stopped by some local community members who thanked us for cleaning up these spaces. We also enjoyed the time spent socializing and sharing in some camaraderie.

Along our clean ups, we encountered a lot of the most littered item in the world. Can you guess what it is? Fun fact: the answer is cigarette butts! This is an easy activity that incorporates socialization, physical activity, and is good for the environment all in one. You can even try it out with your family and friends! Just remember to use gloves and be safe! Join us next time!



Student Spotlight



One of our favourite things at Pathways to Education Hamilton is celebrating our amazing students and the successes that they have.

Today we would love to celebrate Mohlil. Mohlil is a grade 12 student who has been selected as a semi-finalist for the Loran Scholarship, the country's largest and most comprehensive four-year undergraduate award (valued at \$100,000) given to young Canadians on the basis of character, service and the promise of leadership. We chatted with Mohlil about this incredible opportunity.

What motivated you to apply?

"Through my volunteer experience and involvement with school activities, I had heard about the Loran Scholarship through my teachers and through Pathways. When I read about the people who had previously applied and received the scholarship, I realized that I had similar experiences to these people and thought, 'I could apply to this scholarship too!' I reflected on my experience and involvement within my community as well as within my school and knew that I could be a contender. My teacher and Pathways Coach encouraged me to apply, and so I did!"

How did you feel about the process of the application?

"The process is long, however, I think it's something that this long process is necessary in order for there to be 36 recipients. Several thousand people apply for this scholarship and only 36 people receive this award. I know that there are so many inspiring and impactful leaders who are deserving of this award, so it feels surreal to be a semi-finalist for this scholarship. "

The process included an application which included about 5-6 essays. These essays were about the impacts of Covid-19, my leadership experience, my strengths and weaknesses, about my extracurricular involvements, about my job and my hobbies. I had to write 5 interesting facts about myself. The process includes having a reference (this person had to fill out information about me). Once I got selected as a semi-finalist, I was informed that I would have a one day one on one interview as well as a group interview. If I get selected as a finalist, there will be another interview."

What did you expect for the application?

"I was expecting an application and a one-on-one interview. I didn't expect we would be doing group interviews."

How have you felt throughout the experience/process?

"I feel like being selected as a semi-finalist is a big thing. I had many friends who have done amazing things apply as well, and for me to be selected as a semi-finalist was a shock and an honour. I have felt excited and nervous. Being selected as a semi-finalist is something I never could have imagined for myself."

What are your thoughts moving forward at this time?

"I am really thrilled to be selected as one of the semi-finalists. It was something I thought I could only dream of. Now I will be interviewed by inspirational leaders in the community. I could not be any more grateful. I am also incredibly nervous but in the end, I know that whoever wins this scholarship will be very deserving."