

PATHWAYS PRESS

Stay Connected With Us

Beating the Winter Blues

Sometimes winter can start to feel a bit long during March. Here is what some of the Pathways staff like to do to beat the winter blues. Try some out for yourself!



Dancing to my favourite tunes - Jasmine

Yoga - Kamellia



Hiking. Getting outside even when it's cold.
Just dress for the weather - Amaris

Playing video games, board games
and exercising - Lloyd

Hot cup of tea and reading a
good book - Diana



Fantasy Hockey and
Exercising - David

Hot chocolate while watching my
favourite shows - Anwesha



Reading a good book and
daydreaming about the
summer - Dena

Engaging in a creative process! - Aayah



Dog walks along the beach strip. The key is to go regardless of
weather! The landscape changes almost daily! And heart palpitations
you get from coyote scares. True story! - Sherri



Art projects! Its so nice to have something
fun to work towards! - Raelyn



Suggestions from our Pathways 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 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!

Wanting 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!

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Pathways Game Night

AWHOOOOOOOOO!!! If you are reading this, you likely missed an AMAZING time playing a game called "Werewolf" that we hosted a few weeks ago! We had our Pathways Online Platform (POP) Student Advisors lead the game which was incredibly fun and engaging and a great way to be SOCIAL - even though we cannot be together, we can still see one another and have fun! SOOOOOO, we are going to be doing it again!

If you want an opportunity to have fun with your fellow Pathways friends and peers, then join us for another game night!

Stay tuned for more details

Follow us on Social Media!



@pathways_hamilton



Pathways to
Education - Hamilton



Pathways
to Education



GET THE SUPPORT YOU NEED



Monday
through
Thursday



3:00pm
to
7:00pm



Booked
1-on-1
Sessions



Drop-In
Support
Available



Pathways to Education

ONLINE TUTORING HELPS

"Pathways virtual tutoring is significant because I always get help with what I need and get a lot of things done with the help of Pathways tutors. I would like to suggest that students, who are struggling with their homework or assignments or questions related to school, attend Pathways tutoring."

Pathways Participant - Class of 2021

Pathways
to Education

Pathways to Education Hamilton
is proudly hosted by
Compass Community Health



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Pathways Leadership Program

A successful grant application made it possible for interested Pathways Program Participants to participate in a four-week Youth Leadership program. Brandon Love facilitated the leadership training sessions and provided a certificate of completion to those youth who participated. We had a total of 42 students participate in the program. This training provided an opportunity for students to apply to become a Pathways Youth Leader. From the training 9 interested students were selected to become Pathways Youth Leaders. We look forward to working closely with those youth as they develop youth-led initiatives for their peers at Pathways Hamilton. Keep an eye out for activities, community service events and social media campaigns created by and for youth! Follow us on Facebook and Instagram to keep up to date!



BrandonLove Magic .com

Post-Secondary Applications



The university application deadline passed on January 15, 2021 and the college equal consideration deadline passed on February 1, 2021. It is still not too late to apply to college programs as long as the program is still accepting applications.

Congratulations to the 65 Pathways Hamilton students that joined our Post-Secondary Application Support Sessions online on Zoom and received support to apply to either college, university or both. We look forward to hearing from you about the programs you have been accepted to and the program choice you make for the September 2021 school year.



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SHAD

SHAD is a STEAM (Science Technology Engineering Arts and Mathematics) summer enrichment program that begins in July and connects high school students to universities across Canada. For more information and to learn about the program visit www.shad.ca.

Through a Pathways to Education Canada partnership Grade 10 and 11 students from Pathways programs across Canada can apply to receive a scholarship to attend the summer camp. Though this experiential based summer camp program had allowed students to travel to university locations across provinces it went virtual last summer in response to COVID-19 restrictions.

Our students were fortunate to be able to apply again this year and 5 of the 7 Pathways Hamilton SHAD applicants were accepted into the program and will be receiving a full scholarship to attend.



COMING
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to Education

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PATHWAYS@COMPASSCH.ORG

REGISTER NOW
for the
2021/2022 SCHOOL YEAR



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Too Much To Do

brought to you by our volunteers from CAPE at McMaster



"I HAVE WAY TOO MUCH TO DO, I DON'T EVEN KNOW WHERE TO START"





TO-DO LIST

Creating a To-Do list can help you organize your tasks. Rank your tasks in order of priority to ensure you get the most important tasks done.



SCHEDULE

Creating a scheduled can help you figure out when you should do each task. It will also help prevent you from procrastinating.



SETTING GOALS

Setting goals can help keep you on track and stay focused. Giving yourself rewards when you reach your goals will help keep you motivated!

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 @mcmaster_cape


 McMaster CAPE

 mcmastercape.com

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March 2021 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Youth Anti- Racism Meeting	9	10	11	12
15	16	17 St. Patrick's Day 	18	19
22	23	24	25	26
29	30 MAC Med Talks	31	Pathways Online Programming Monday - Thursday 3pm - 7pm	

** Please be advised that the events on this calendar will use **DIFFERENT** Zoom links than Pathways Tutoring **