

Pathways PRESS

January
2024



WELCOME TO THE NEW YEAR!

We hope this year brings you...

Determination to try again

Resilience to overcome obstacles

Kindness for yourself and others

Courage to ask for help

Talk to your Pathways Coach about your new year goals and how we can help!

Upcoming Events

Post-Secondary Application Sessions..... Every Thursday

Grade 9 Dare to Dream Trip.....February 2nd

Inspired post from OurMindfulLife.com

Pathways PRESS

January 2024

Inclement Weather

Inclement weather conditions, such as freezing rain or significant snowfall, can occur during the fall and winter months.

In such conditions, Compass Community Health may close in-person programming. While service to students is a priority, student and staff safety is the primary consideration.

In the event that Compass Community Health is closed, Pathways After School Programming in-person services will also be closed. Pathways After School Programming will be offered online on these days.

If you are uncertain as to whether the program is open, we urge students/parents to contact Compass Community Health at 905-523-6611, or contact your Coach before attending Pathways to Education programs.



Pathways to Education
AFTER SCHOOL PROGRAMMING
Where Goals Come to Life

4 PM – 7 PM

MONDAY & WEDNESDAY
MISSION SERVICES

TUESDAY & THURSDAY
COMPASS COMMUNITY HEALTH & ONLINE

- Work Towards Your Goals
- Get Help with Your School Work
- Connect with Your Pathways Community

Grade 9 Sheridan College Trip
Visit Sheridan College and Have Fun at Activate Burlington with Pathways
Dare to Dream

Explore Sheridan College in Oakville and see how this great college can expand your horizons!

Details Coming Soon
Save the Date: February 2
Lunch Provided!

9:00am to 6:00pm
Bus to Sheridan College
Compass CH 9:15am

COMPASS COMMUNITY HEALTH | HAMILTON COMMUNITY FOUNDATION | Sheridan | Pathways to Education

Exam Tips



STUDYING

1. Don't cram!
Start studying and reviewing ahead of time. Your brain is a funnel so it takes time and multiple sessions to retain material
2. Active recall is a great study strategy. Instead of studying by highlighting your notes, try this:
 - Quiz yourself on the information
 - After you've reviewed, make summaries of the information without looking
 - Explain the material to someone who isn't familiar with the topic, such as family and friends. If you are able to explain the concepts to them, you can explain it on your test!
 - For memorization, developing tricks like acronyms will help you remember things better!

TAKING THE EXAM

3. Go into the exam confident and positive! The change in attitude can influence your performance!
4. Before starting the exam, go through and identify all the questions that you can easily do. Do these questions first so you don't spend so much time on the questions that you may get stuck on. If you get stuck on a question, move on and come back to it at the end
5. If you are unsure of an answer to a question, don't leave it blank because you could get part marks (which is better than no marks!)



Pathways PRESS

January 2024

Post-Secondary Application Sessions



- Get support to apply
- Talk to University/College reps
- Use up to \$250 of your Pathways Scholarship




Application Deadlines:
 University = January 15th
 College = February 1st

Sessions available on Zoom on
 January 11th, 18th, and 25th

Talk to your Coach for the link and
 to register for the session



HELLO 
 Winter 



A MCMASTER PEDIATRIC RESIDENT TALKS

TOPIC TO BE DETERMINED

JOIN THE TALK ONLINE
 LEARN FROM A DOCTOR
 EARN VOLUNTEER HOURS
FEBRUARY 8: 4:00PM - 5:00PM

Pathways PRESS

January
2024

Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4	5
---	---	---	---	---

Pathways is CLOSED for the Winter Break



8	9	10	11 Post-Secondary Application Sessions on Zoom 4pm - 6pm	12
---	---	----	---	----

15	16	17	18 Post-Secondary Application Sessions on Zoom 4pm - 6pm	19
----	----	----	---	----

22	23	24	25 Post-Secondary Application Sessions on Zoom 4pm - 6pm	26
----	----	----	---	----

29	30	31	2024	
----	----	----	------	--

After School Programming

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

ONLINE Tutoring

Monday - Thursday
 on Zoom
 4pm - 7pm