

THE PATHWAYS POST

Volume 2, Issue 2 December 2, 2009

pathWAYS
TO college

Upcoming events:
December 12, 2009 & January 9, 2010:
All 6-8th grade students and 6th grade parents at Wisconsin Lutheran College,
9 am - 1 pm.
Lunch is provided.

January 16th, 2010:
7th and 8th grade students at St. John's Military Academy.
7th and 8th grade parents at WLC,
9 am - 1 pm.

Reminders:
There will be no CPC
Dec. 21 - Jan. 8.
It resumes
January 11, 2010.

Spotlight on Milwaukee Urban League

For three years Pathways to College has been blessed with the opportunity to have the Milwaukee Urban League (MUL) as one of its partners and to work with its dynamic staff. During every Pathways Saturday meeting, the Milwaukee Urban League facilitators hold workshops for the 6th and 7th grade students.

Mr. Gregory Fanning, Assistant Director of Education & Training at



Mr. Greg Fanning speaking with the 6th graders on Nov. 14th.

MUL, has organized workshops on the topics of career choices, academic achievement and morals to encourage dialogue about college. According to Mr. Fanning, the Milwaukee Urban League complements Pathways' goals stating, "...it [MUL] offers another voice and supportive perspective to the vision and objectives of the Pathways program."

Outside of Pathways, what does the Milwaukee Urban League do in the community? Affiliated with the National Urban League, the Milwaukee Urban League was established in 1919 with the goals of helping African Americans and people of color attain self-reliance and socio-economic equality.

The organization offers training and programs in several areas to achieve these goals. A variety of educational programs are offered to help community members earn their GED and go on to college. An Annual Health & Resource

Fair is held to improve access to health care. Furthermore, employment and leadership advancement workshops are offered by the Milwaukee Urban League Young Professionals network and the Workforce Development Department.

For more information about how to collaborate with the Milwaukee Urban League, access www.tmul.org or call them at (414) 374-8580.

Special Reminder!

Attention: 8th grade students and parents! You should be visiting prospective high schools and looking into their application processes if you haven't done so already. Enrollment for most schools is at the beginning of January, and it is important to have your application in early to assure that your child will have a seat at the school of choice!

CPC Activities: Book Club & Life Skills

The Pathways students have been dedicating a lot of attention and thought to literature during their weekly Book Club sessions at the Pathways College Prep Center. What goes on during these sessions, and how is it meaningful to our students?

During Book Club, Pathways students read aloud and discuss their books in groups. Along the way, students examine characters, twists of plot and relevant issues in relation to topics in the book, without the pressure

Book List
6th: The House of Dies Drear by Virginia Hamilton
7th: Best Shorts: Favorite Short Stores for Sharing compiled by Avi
8th: The Giver and Gathering Blue by Lois Lowry

of earning grades for their reading and participation.

Book Club is an opportunity for students to discuss and evaluate the

issues detailed within the books. Some of the current topics include what it means to have freedom of choice and how society treats people with disabilities.

Another valuable piece that takes place at the CPC is the Life Skills session that the 7th and 8th graders participate in. Those sessions are facilitated by Mr. Thomas Kelly and Mr. Keith Parris, who are both professionals from the local community. In Life Skills, the students

discuss the problems and pressures that they face as modern youth.

The topics already addressed have included: self-confidence, peer pressure and smoking. In class the students reflect upon their own life experiences and growth. They often brainstorm ways to make positive decisions when they find themselves encountering a difficult situation.

Eighth grader Ar'monie Bell shares, "What I've learned in Life

Staying Focused on Christmas

Black Friday and the after-Thanksgiving sales have come and gone. Neighbors and friends are putting up lights and Christmas trees. Weekends are quickly filling up with Christmas preparations and parties. **Are you ready?**

Well, Christmas is coming whether we are ready or not. It is so easy to get caught up in the hustle and bustle of the holidays, that it is easy to lose focus on the

heart and soul of Christmas. It's true...quality family time, delicious food, joyful Christmas carols and grateful hugs and smiles from your kids are all wonderful perks of the holiday season but...

Christmas is truly about that cold night, long ago in a faraway land when a young mother gave birth to a baby boy and placed him in a manger. That night in the

stable, Jesus, the King of the universe, entered our sinful world to live a life of perfection and die a death of suffering for us. He won salvation for each of us!

Christmas doesn't have to end for your family when December 26 dawns. Remind each other daily that Jesus came once as a tiny baby and is coming again as a triumphant king to take us with him to heaven.

Do family devotions and pray together that the Lord helps you grow in faith. Let your light shine for others as a beacon of the hope you have knowing that salvation is yours through Christ.

Celebrate *every day* the great gift that came down from heaven for all of us.

Study Skill of the Month: **Avoiding Procrastination**



Procrastination is a bad habit that plagues students of ALL ages. This month in Study Skills at the CPC, Pathways 6th graders are evaluating themselves and whether they are caught in the habit of procrastinating or not. They are also learning about ideas to help fix this difficult habit.

To procrastinate means to delay doing a task or put off completing an activity until "later." In the moment, putting off the work feels good and gives a sense of relief.

However, doing this can lead to an unnecessary amount of unhealthy stress and anxiety due to staying up late or completing an assignment at the last minute. It can also cause missed deadlines and poor work quality.

Students may procrastinate by waiting until the night before the due date to start a project, or even wait until late at night to start homework. The cost of this habit is most often a low grade on the assignment.

In order to stop procrastinating, we must recognize **why** we delay starting the task in the first place. The following are common causes for procrastination:

- **Confusion** – Students are unsure about how the assignment should be completed.
- **Difficulty** – The task may seem too difficult to the student.
- **Fear of failure** – Students would rather not start at all than try and receive a low or failing grade.

Ask a family member, teacher or coach to monitor your progress on projects and long assignments. This will help motivate you to not procrastinate!

- **Perfectionism** – The student's self-expectations are set so high that they seem impossible to meet, so they would rather not start at all.
- **Distractions** – Television, athletics and video games may seem more entertaining than doing homework!

Eliminating Procrastination

To help you or your child avoid procrastinating, first **determine the reason** for putting something off. Ask yourself what you can do to **fix the problem**. Next, get to it...**Start the task!** Once started, **work in small steps** to make the workload seem easier and more manageable. **Set goals** at each step and **give yourself a tiny reward** once you have reached each one! Then enjoy a less-stressed life!

Book Club and Life Skills cont.

Skills is self-control and respect. I've also learned decision-making. There are two types of decisions you can make. The right [decision] and wrong decision."

Families: When your student comes home after his or her afternoon at the Pathways CPC, ask about the discussions from Book Club or Life Skills that day. It's a great way to keep the communication lines open with your adolescent and to show that you are interested in what he or she thinks.

Take the LEAD at WLC

Are you interested in professional advancement, building leadership skills, and achieving your college degree? Then think about Wisconsin Lutheran College's new adult program!

The **LEAD** (Leadership Enhancing Accelerated Degree) program at WLC is an adult learning degree completion program which begins in January 2010.

Look for LEAD to be featured in next month's newsletter!

For more information now, call the School for Adult and Graduate studies office (414-443-8866) or visit www.wlc.edu/LEAD.

Student Achievements

Billie Carter, a Pathways 8th grader from Atonement Lutheran School, recently scored in the 97th percentile on the Terra Nova tests. This score means that she performed above 97% of students her age, *nationwide!*

These standardized tests are taken annually at most Wisconsin schools, with sections testing Reading, Math and Language Arts. Scores on this test can be important for entrance requirements to high schools as well as for receiving scholarships.

Congratulations, Billie, on your high achievement!

Quote:

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back."
~ Harvey MacKay

Value of the Month: **Prioritizing**

At some point in your life, have you thought: *I have so much to do, how can I ever do it all?* We are forced to juggle many commitments at once. School, work, family, church, health and relationships are just a few of the daily demands placed on parents and families.

When we have several tasks on our plate, it is easy to lose focus and waste time on less important tasks. What is important is taking time to evaluate our responsibilities so that we can save time and focus on those of greatest need.

But how do you decide which responsibilities have a higher priority than others? Three factors can help determine a task's level of importance. **1. Time urgency**—the sooner the deadline, the more important. **2. Responsibility to other people**—feeding your baby or getting a document prepared for your boss' meeting are more important than giving the dog a bath or doing laundry. **3. Consequences of not completing the task** — anything with a negative consequence needs to be a higher priority.

Some people find that creating a list is helpful. You could also try using categories such as "Must-Do," "Should-Do," and "Nice-to-Do" to categorize items on the list.

Remember: The fresher your mind is, the better the decisions you will make. Don't decide your priorities at the end of the evening when you are tired from a long day. Create your list in the morning when you are ready to take on the day!



We're on the Web!

www.pathwaystocollege.info

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