

# THE PATHWAYS POST

January 14, 2010

Volume 2, Issue 3

## pathWAYS TO college

### On Spotlight on Know Thyself

December 14, just over a dozen lucky 8<sup>th</sup> graders had the privilege to attend the play “A Christmas Carol” courtesy of Pathways’ partner *Know Thyself*. The opportunity to see this classic play, performed at The Pabst theater, was appreciated by all the students who attended. Know Thyself has been a partner organization with Pathways for three years, leading workshops with all Pathways students at the monthly Saturday meetings.

Know Thyself was founded in 1996 by entrepreneur Stephanie

Klurfield as a program with the objective of helping youth “develop both the inner and outer self” ([www.knowthyselfproject.org](http://www.knowthyselfproject.org)). The program focuses on middle school and high school students and is based in several

“...I am responsible for all my decisions, bad or good. In every situation I have a choice. I will do my best to always make a good choice...”  
A portion of the Know Thyself Pledge

In one of the workshops, students learned how to respectfully introduce themselves, including the perfect hand-shake. All 6<sup>th</sup> graders begin the program by receiving a copy of the Know Thyself pledge, which they are to memorize and recite. Ask your child about the activities they have done with Know Thyself, including the Pledge!

For further information on Know Thyself and its mission, check out the website at: [www.knowthyselfproject.org](http://www.knowthyselfproject.org).

Milwaukee Public Schools. Facilitators organize workshops on topics such as etiquette, nutrition, self-expression and money management.

With the Pathways program, Know Thyself is equally involved. Along with providing field trips for Pathways students, Know Thyself has coordinated workshops on topics such as manners, self-presentation and domestic abuse.



Ms. Ouida Williams with Caleb Clayton, an 8th grader, at a Saturday workshop.



6th graders reciting the Know Thyself Pledge

## Special Feature: Martin Luther King, Jr. Day

What do you plan on doing on Monday, January 18, 2010? Do you and your family have plans to honor the life of Dr. Martin Luther King, Jr.?

For some people, Martin Luther King, Jr. Day means a day off from work or school. Some organizations plan activities to recognize and remember the leadership of Dr. Martin Luther King, Jr. and his role in the Civil Rights movement. Schools often host assemblies and speech contests to remember his legacy.

“Life’s persistent and most urgent question is, ‘What are you doing for others?’” – MLK Jr.

One thing that is often overlooked is that Martin Luther King, Jr. Day is a national day of service and volunteerism.

MLK, Jr. Day is a fairly new holiday, being celebrated only since 1986. On every third Monday of January, all citizens are encouraged to volunteer in their communities or to partake in a service project. Dr. King believed that *everyone* played a role in working towards a better nation with more social justice and equality.

By committing selfless acts of service on this day, citizens celebrate the efforts of Dr. King to strengthen communities and break down barriers.

How are some ways in which you can give your time to serve on MLK, Jr. Day? Distributing food at a homeless shelter, cleaning up neighborhoods and tutoring a younger child are some ways in which you can donate your efforts. No matter how big or little your act of service is, the idea is to do it! You can help others see that the dream of Dr. Martin Luther King, Jr. is still alive today!

## Study Skill of the Month: **Group Studying**

So far this year in Study Skills, the sixth graders have learned about studying *independently*. Yet, sometimes it's extremely helpful to study in pairs or groups. What is important is knowing how and when to have a successful study group.

It is wise for a student to study with a peer when he or she is having difficulty understanding a subject. In this case, the students can use each other as resources for information



when a teacher is not available for help. Sometimes it is easier to understand an idea when another student explains it in his own words, rather than the teacher's words.

Group studying is also beneficial for those who *do* understand the subject well. Explaining and discussing an idea *out loud* helps to cement it in memory. Furthermore, students can compare notes and fill each other in with information that another student may be missing or had written down incorrectly

Group studying can keep a student focused when they would otherwise be distracted studying alone. It creates accountability. However, group studying can be counter-productive if ground rules are not established.



Group members need to create goals for the review session beforehand. They should also decide what can and cannot be discussed while studying (science test questions vs. what happened at recess). Choosing a study *place* and *time* that is best for productive studying is also important (library vs. the mall). If everyone in the group makes an effort to follow the rules, the study session can be more helpful than one can imagine!

## Value of the Month: **Reliability**

Think about your morning and then your day. What are some of the machines that you rely on to get through the day?

The city bus, the coffee maker, your computer, your car...your life is affected when it breaks down or is unreliable. Arriving late, not getting work done...it's horrible enough when a machine is unreliable, but have you ever thought about the problems *you* can cause someone when you are irresponsible or unreliable?

Being reliable to others means many things, including *keeping your word*, *being accurate with information*, and *being on time*. It also means to be *consistent*, and to be *consistently dependable*.

A friend isn't considered "reliable" if he or she lies to you 50% of the time. A "reliable" friend is one who never lies. Being unreliable even once or a

few times can lead to distrust and can scar a relationship forever. For this reason, it's important to recognize who relies on you and also *how much* they rely on you. This can help you to be more mindful of your actions and prevent hurt and distrust.

**Whether you realize it or not, other people rely and depend on you just as much as you do them.**

A child may depend on their family for food, while the family may depend on them to set the table and wash the dishes after eating. If one person doesn't do his job, the other feels hurt and taken-advantage of. Consider this: If no one is reliable toward anyone, what will ever get done?

Don't take for granted those whom you depend on, and don't let those who depend on you down!

**“The Lord doesn't ask about your ability, only your availability; and, if you prove your dependability, the Lord will increase your capability.”**

## CARDINAL STRITCH WORKS WITH 8<sup>th</sup> GRADERS

During the months of December, January, and February, 8<sup>th</sup> grade Pathways youth have been working with staff from Cardinal Stritch University's Center for Calling and Engagement to explore their unique strengths and talents in life.

On December 12, youth took the Gallup StrengthsExplorer® Assessment to identify some of what these strengths and talents are. The assessment named students' top 3 strengths - and it was a fun and easy way to show students ways that they naturally think, feel, and behave.



Cardinal Stritch staff introducing themselves to the 8th graders at the December Saturday workshop

StrengthsExplorer® has been used with other school groups to:

- Help students think about their talents and how to use them in learning and in everyday life
- Help students approach achievement by thinking about their strengths, not their weaknesses
- Help students understand and appreciate one another's talents and, in doing so, help them build and strengthen relationships
- Assist parents in understanding what motivates their youth, better helping them reach their goals and potential in life

After the initial assessment is taken, The StrengthsExplorer program helps to find ways to *grow* student strengths. Our hope for helping Pathways youth "grow their strengths" is to help them excel in their areas of natural ability, which Gallup research has shown to lead to student success *much more* than trying to improve student "weakness."

By: Melissa Carlberg, M.A.,  
Center for Calling and  
Engagement, Cardinal Stritch



Ar'monie Bell and Ishmael Griffin taking the StrengthsExplorer test at WLC

In upcoming Pathways sessions, we will continue to help 8<sup>th</sup> graders understand how to use their strengths and take action to use them more in school, life, and relationships. We will also work with 8<sup>th</sup> grade parents to show them the results of their youth's assessments and help them become better team-players with youth in acknowledging and growing their strengths. We look forward to great results and great students with Pathways youth!

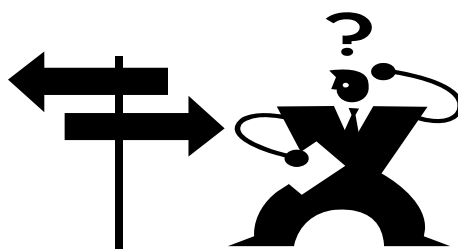
## New Year's Resolutions

We are now two weeks into the year 2010. Did you make a New Year's resolution on January 1? Did you skip it this year because you are afraid you won't keep your resolution? As important as it is to make and keep positive resolutions, we understand how difficult it can be to keep them. Here are a few ideas to successfully help you keep your resolution.

Resolutions are often not kept because we do not prepare ourselves for the journey. Whether the resolution is to lose weight, stop smoking or improve grades, we want to see results right away and will quit if we don't see them fast enough.

**Sticking to a resolution involves patience and a strong will**, we must mentally prepare ourselves this way.

What is the key to make it easier to stick to the resolution? **Make a step-by-step plan of how to achieve the resolution, complete with a long-term time track.** Breaking the resolution up into smaller components makes the goal seem more manageable and keeps us from wanting to quit.



**Striving for a goal is a journey, and every step is important—no matter how small!**

Completing a resolution may entail more effort than we think. Breaking down the goal helps us realize that working on *one* goal may involve changing *many* aspects of our lives. This requires us to engage ourselves completely in effort. If we do not prepare ourselves for that, then it can be very discouraging trying to complete the resolution throughout the rest of the year.

Keep your mind focused on the resolution you chose, even if you didn't keep it perfectly so far. Try these ideas. You can be successful!

Promoting  
Achievement  
Through  
Higher-Learning  
While  
Advancing  
Young  
Scholars



“Our children need our presence, not our presents.”  
—Martin Luther King, Jr.

## Inside this issue...

1. Spotlight on Know Thyself
  2. Martin Luther King, Jr. Day
  3. New Year’s Resolutions
  4. Strengths Explorer with Cardinal Stritch
- ...and more!

## Special Parent Event

Agent Eric Szatkowski from the WI Dept of Justice will speak on “The Dark Side of the Internet”  
Saturday, April 17, 2010 from 9-11 a.m.  
Wisconsin Lutheran College  
Due to the content: NO CHILDREN PLEASE

## Upcoming Events/Reminders:

### January 18, 2010:

- There will be **no** College Prep Center on Monday, January 18, 2010, in honor of Dr. Martin Luther King, Jr. Day

### February 6th, 2010:

- 7<sup>th</sup> & 8<sup>th</sup> grade students at St. John’s Military Academy.

### February 13th, 2010:

- All 6-8th grade students and 6th grade parents at Wisconsin Lutheran College, 9am - 1pm. Lunch is provided.

## Questions about Pathways?

### Contact our staff:

Milton Cockroft, Director 414-443-8729

Kelly Ramirez, Assistant Director 414-443-8543 (Habla Español)

Azure’De Williams, Coordinator K-5th grade 414-443-8784

## Editorial Staff

Editor-in-Chief/Admin. Staff:

Kelly Ramirez

Head Layout Editor/Writer:

Mindy Kreuser