

We create ideas about our future lives, manifesting scenarios about our dream jobs and dream life. Pathways not only teaches you how to follow your dreams but also to fight for them. Students have opportunities ranging from workshops, guest speakers, internships, job shadowing and many resources, including mental health resources. Since I'm interested in becoming an art educator and art therapist, I've related mental health to many of my final projects. Pathways provides an environment for students to express, reflect, and learn about the interpersonal aspects of mental health.

I participated in the Creative Coping seminar which teaches students how to share and learn healthy coping mechanisms for improved mental health. My project focused on the influence positive talk has on the mind. After researching a coping mechanism, students present their findings to the class. Then students create a project centered around their coping mechanisms to share with the wider school community. During the seminar I created connections with students while gaining a better understanding of mental health's importance to our overall well-being through sharing with others. I loved the seminar so much I proposed the idea of co-teaching the seminar with my teacher Megan during trimester 3. I was excited to express my interest in co-teaching and learn it would soon become a reality for me. Pathways not only helps students learn how to advocate for themselves but also how to treat themselves and others to improve well-being now and for our future. Plus, I'm that much closer to my dream job!