

FALL | 2023

PATHWAYS TO SUCCESS

Success Story: Sharnae Harmon

Congratulations to Sharnae Harmon who has been selected as our Fall 2023 Success Story.

In November, Sharnae Harmon, former Pathways to Success student from Sussex Tech High School Class of 2020, visited the school and presented her story to students currently enrolled in the Pathways to Success program. It is incredible what she has been able to accomplish in her first few years after graduating from high school.

Sharnae received a congressional and vice president nomination to attend the United States Military Academy at West Point. Since being there, she became a systems engineering major with a focus on industrial engineering.

She has been a member of the Army Boxing team and has gone on to win 2 national championships. She has also won numerous scholarly awards for GPA (Dean's awards) and attended military schools (Air Assault).



Sharnae being congratulated by PTS Board President William Collick.



Sharnae with PTS Staff following her presentation.

Sharnae visited Sussex Tech to increase awareness about West Point and detail the congressional nomination process. She explained how important it was to her to give back to the community and the Pathways to Success program that helped her when she needed it most.

"There were days I did not think I would make it. However, Pathways was there to give me the support, guidance, and academic tutoring I needed. I graduated high school with excellent grades and am now a Senior Cadet at West Point. I believe I am the first African American woman from Sussex County to be admitted into this prestigious military college."

Sharnae wants to share the message that, no matter what, black women can overcome adversity and succeed.

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Mitchell Awards Honoree

Pathways to Success CEO and Founder, Fay Blake, was honored at the Mitchell Awards, an event sponsored by Delaware Business Times, Delaware Today, and Delaware State University to recognize individuals in the First State who are demonstrating leadership and success in the important areas of Diversity, Equity, Inclusion and Justice. Thank you to everyone who made this beautiful event possible and for those who attended in support.



2023 Mitchell Awards Honorees.



Student Spotlight



Congratulations to all of our Pathways to Success Students selected for our Fall 2023 Student Spotlight.



Logan | Grade 11 | Seaford

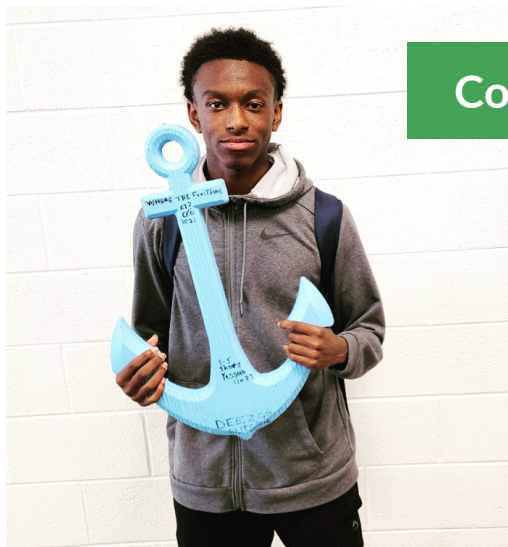
*by Michael Holland,
Program Coordinator*

Logan Ames is in 11th grade at Seaford High School. He deserves to be chosen for the Student Spotlight because he has had a such a positive attitude coming into the new school year. Logan has always loved the outdoors. His favorite outdoor activities are fishing and hunting. Because of this passion, he has been looking into starting an after-school fishing club for students. Logan also passed his drivers education course and will soon be getting his license. Good job Logan, we are proud of you sir!

*by Ochia Cropper
Program Coordinator*

Jasmine | Grade 12 | Milford

Jasmine Neal is a senior and has been in the Pathways program at Milford for four years. Jasmine was recently accepted into DSU where she will be majoring in Sociology. She really wants to help children and teenagers find their voices. Jasmine works full time and also volunteers as the manager of the high school basketball team. Jasmine is really excited to be a senior and when she is not working, she likes to relax and spend time with her friends.



Collin | Grade 11 | Cape Henlopen

*by Ivan Neal
Program Coordinator*

Collin Sivals, a junior at Cape Henlopen High School, has enjoyed an outstanding soccer season this fall. Collin has often been at the center of the action for Cape's varsity boy's soccer team. A highlight for him occurred in October. Collin scored the tiebreaking goal that helped his team pull out the victory against a tough opponent. He was allowed to take the Cape anchor, which is given to an individual player who makes an outstanding play. The Cape varsity boys soccer team finished the season with a 13-3 record. The team competed in the DIAA state tournament. Collin shared that he truly enjoys playing soccer and one day may want to play at the next level.



Student Spotlight



Congratulations to all of our Pathways to Success Students selected for our Fall 2023 Student Spotlight.



Chase | Grade 10 | PolyTech

by Jeremy Robinson,
Program Coordinator

Chase Best is the student spotlight for Polytech High School. Chase has been through a lot of adversity and has shown a ton of growth. Last school year, Chase missed many days of school and his grades suffered. He was very quiet and didn't want to actively participate in anything. Chase has now turned it all around to where he is smiling, speaking up, and making good grades. He is close to having a B average for the first marking period. He is also present and engaged in class. At home, he is a big help to his younger brother and grandmother who rely on him. Chase is definitely shining and has a successful future ahead.

by Jacques Bowe,
Program Coordinator

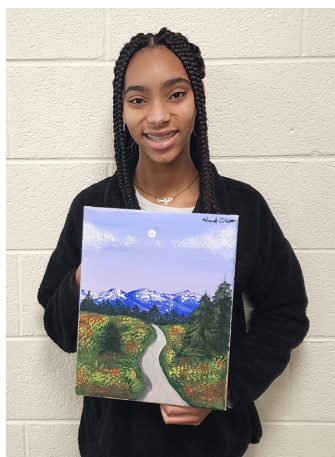
A'Riyah | Grade 12 | Sussex Tech

A'Riyah Nocks, an aspiring artist at Sussex Technical High School is having a very promising senior year so far. She is a starter for the high school varsity basketball team and a leader to some of her junior varsity teammates. Academically she has earned 'student of the quarter', nominated by her technical area teacher, and first marking period honor roll. In her Digital Publishing career choice, she has had many project pieces recognized by her teacher, peers, and administration. In her Pathways group, her self-identity portrait has been selected for nationals. Her Pathways coordinator also granted her an internship as a Pathways Student Journalist.



Neveah | Grade 12 | Cape Henlopen

Neveah Cartwright is a senior at Cape Henlopen High School and a member of Pathways to Success. She created this beautiful canvas painting with art supplies that were donated from long-time Pathways supporter, Vincent Varrassi. Neveah's designated pathway in school is art, she is applying to colleges, and plans to pursue graphic design as her major.



APPOQUINIMINK HIGH SCHOOL

This fall, Pathways to Success began delivering our youth programs and support services at Appoquinimink High School in New Castle County.

We are thankful for an opportunity to serve the students, families, and community in a powerful way and proud to say we are now a statewide community based organization!



Pathways Pathfinder



One who leads, discovers, and finds a way to show support for our students and our community.

Congratulations to Kris Acker who has been selected as our Fall 2023 Pathfinder.

Kris Acker

*by Sarah Gilmour,
PTS Outreach & Development Mgr*

Dedicated board member Kris Acker was instrumental in making the Pathways to Success 'Pay It Forward' Event at Baywood a huge success!

Kris helped plan and host our first ever online auction as an additional component of the event. It was fun and exciting way for supporters to get involved and make a difference for our students.

Many Delaware businesses contributed by donating gift cards, dinners, wine tasting, and retail items. It was a community effort that yielded great results.

Because of Kris's idea, Pathways raised over \$6400.00 through the auction! This money will continue to serve our students throughout the 2023-2024 school year.

Kris and her husband, Dan, are both Pathways to Success board members and understand the needs of the students we serve. Dan serves as the Treasurer of the Board.



Kris and Dan Acker, PTS Board Members.

After her retirement, Kris wanted to give back by being involved with children and their education and social justice initiatives. She was very active in the challenges and revitalization of the Ellendale community.

Kris shared, "Pathways is a wonderful, caring group of people and it has been very rewarding to be involved. We all agree, it's all about the kids."

Kris and Dan, after being together for 40 years, have 4 children between them and 6 grandchildren and are expecting their third great grandchild in April 2024.

The passion that Kris has for the Pathways to Success mission, coupled with her creative ideas and knack for event planning is greatly appreciated! She is now helping to plan our student recognition event at Irish Eyes Lewes on Friday, September 27, 2024.

Stuff the Turkey Stock the PTS Pantry for Students in Need

Jeanine O'Donnell State Farm, Sussex County Habitat for Humanity ReStore, and the Georgetown Public Library supported Pathways to Success students by hosting a "Stuff the Turkey" food drive this Thanksgiving season.

Healthy food items, drinks, and snacks were collected at all three locations which will provide much needed food for our students this school year.

We are humbled by the generosity of so many who stepped up to help fight hunger. Hundreds of local students will now have access to the food and nourishment they need so they can focus in school and reach their full potential.



Georgetown
Public Library





Pathways to Well-Being



A message from Pathways to Well-Being

By Andrea Waters, LCSW, Pathways to Success

Call It What It Is...

Do You Know What You Feel?

Feelings are our thoughts about the emotions we experience, and can sometimes be distorted or inaccurate.

Feelings are mental interpretations initiated after our mind recognizes a shift in our associated emotional state.

Emotions are physical and instinctive reactions to events. They result from external stimuli and are sensations caused by the release of chemicals from the brain.

Common emotional triggers include an event, person, place, object, memory, or anything that stimulates the five senses.

"Most communication problems stem from communicating only part of the truth, not the complete truth. The other part is 'selective hearing' or hearing what you want to hear."

Our 5 Levels of Feelings

- 1.) Anger, blame, and resentment
- 2.) Hurt, sadness and disappointment
- 3.) Fear and insecurity
- 4.) Remorse, regret, and responsibility
- 5.) Love, intention, understanding, and forgiveness

When we fail to resolve underlying conflict at Level 1, then Levels 2, 3, and 4 act as defense mechanisms. These interfere with our ability to feel loved or be loving towards others.

We provide Individual & Family Therapy and Education:

conflict resolution
coping skills
self-esteem
anger management
healthy ways to have fun
crisis intervention

Help is only a call or click away...

Mon-Fri - 9am-5pm we can
be reached at 302-858-4861
wellbeing@pathways-2-success.org

Unprocessed Emotions can lead to:

- 1.) Over-thinking
- 2.) Projecting onto others
- 3.) Reacting instead of responding
- 4.) Being critical vs. showing compassion
- 5.) Being distracted vs. being focused
- 6.) Being over-analytical

When we don't process our negative painful emotions, we become depleted, ineffective, and isolated. It becomes difficult to see past our differences or our own biases and agendas.

However, basic human nature is to love and be loved. It is our differences that make us unique and beautiful. When we heal ourselves and operate from Level 5 of our feelings, we find peace.

If you need help calling it what it is and identifying the who, what, when, where, or why of how you feel, Pathways to Well-Being is a call or click away.



PROGRAM UPDATES

Additional programs & services we offer to students, families, and the community.

GROW YOUR OWN TEACHER

EDUCATOR PREPARATION PROGRAM

PATHWAYS TO SUCCESS HAS PARTNERED WITH THE RODEL FOUNDATION AND EDUCATORS RISING TO DEVELOP AND FACILITATE A GROW YOUR OWN (GYO) EDUCATOR PREPARATION PROGRAM.

Through this program:

- We recognize the need for more student-centered educators who value and honor student identity.
- We work to prepare the next generation of educators through an equity lens to disrupt inequitable outcomes.
- We prioritize the diversification of our teacher workforce by intentionally working to increase the racial and linguistic diversity of our teacher population.



GYO Students attending Leadership Conference at Howard University's School of Education

AS PART OF THIS PROGRAM, STUDENTS:

Visit colleges and universities in and out of the state of Delaware.

Meet and learn from college students majoring in education.

Attend leadership trainings and participate in panel discussions or give presentations.

Co-design curriculum to be used in other community based organizations.

Compete in local, state, and national CTSO Educators Rising events.



DELAWARE GIRLS CIRCLE

**ONE CIRCLE
FOUNDATION**
We are all connected.

*by Casey Reynolds
Program Facilitator*

For the 3rd year, Pathways to Success is facilitating the 'Delaware Girls Circle' After School Program for high school girls grades 9 through 12. So far this fall, we have spent time helping the students get to know each other. We have used icebreakers and introductory games that encourage sharing. We have begun taking a hard look at the topic of friendship and uncovering what we expect and want out of a friend. We introduced the students to family genograms and taught them how to create self-affirmations. We are working to increase self-awareness by looking at the inner critic and inner champion. The evidence-based curriculum provided by the One Circle Foundation greatly benefits the young ladies in this program.



PROGRAM UPDATES

Additional programs & services we offer to students, families, and the community.

WEX PROGRAM (WORK EXPERIENCE)

**PAID WORK EXPERIENCE +
PROFESSIONAL DEVELOPMENT**

**WEX
PROGRAM**



Microsoft

Congratulations to the following students who completed and passed the Microsoft Office Word Certification:

Omotola O Iyanda (Polytech)

Shaimy Melissa Rodriguez (Polytech)

Kamille Angelee Trammell (Cape Henlopen)

All 3 students earned a spot to compete at the 2024 Microsoft Office Specialist U.S. National Championship in Orlando, Florida. Omotola from Polytech High School had the highest score on the Microsoft Word 2019 exam in the state of Delaware.

Certiport's Microsoft Office Specialist Championships are endorsed by Microsoft and are among the largest IT competitions for students in the world.

We now have 10 Polytech students enrolled in the Microsoft Office Word 2019 certification course and 2 Polytech students enrolled in the Microsoft Office PowerPoint 2019.



**delmarva
power**
AN EXELON COMPANY

Powering the Workforce Utility Training Program

by Ivan Neal
Program Facilitator



**Mr. Ivan Neal, Program Facilitator,
and Students shown above:
Milford High School Seniors:
Laurenca Delisca, Kyra Hurst,
Tyasia Mann and Kathleen Sledge.
Cape Henlopen High School Senior:
Journi Wright.**

This fall, five Pathways students resumed coursework for a special program titled "Powering the Workforce Utility Training", which began last spring. The partnership between Pathways To Success and Delmarva Power targets students from groups underrepresented in the company's demographics, one of which is females.

The main goal of the training is to provide instruction that will prepare candidates for employment aptitude testing. Upon completion of the coursework and reaching age 18, students have the opportunity to take the CAST (Construction and Skilled Trades) Test. Any candidate who passes the CAST Test immediately becomes eligible for employment with Delmarva Power. This is a wonderful career opportunity for our students!



UPCOMING EVENTS

Upcoming Events and Ways to Get Involved!

PARTNER WITH PATHWAYS 2024

Thursday April 4, 2024

8:00am - 9:00am

Crossroad Community Church

S.O.S.

SUPPORT OUR STUDENTS

A wonderful opportunity for anyone wanting to Support our Students.

Breakfast will be served and Pathways graduates will share their story.

If you are interested in attending, please contact
Sarah Gilmour: 302-381-1494 sgilmour@pathways-2-success.org

STUDENT SPOTLIGHT CELEBRATION



Irish Eyes Lewes

Friday, September 27, 2024

5:30pm - 8:30pm

Interested in helping with this event?
Email sgilmour@pathways-2-success.org

New in 2024

Join us for an evening of music, dinner, and celebration as we get to know the students we serve, recognize their tremendous achievements, and hear from them their powerful testimonies.

community volunteer & mentorship program

- Volunteer for an Event, Fundraiser, Field Trip, or Youth Summit
- Mentor students in an After-School Program
- Tutor students in a subject area of your expertise
- Provide professional or cultural experiences for students in your area of expertise



More info at www.pathways-2-success.org/volunteer
or contact Sarah Gilmour at 302-381-1494



THANK YOU CORNER

Thank you to all who make it possible for us to carry on our mission.

"STUFF THE TURKEY" FOOD DRIVE PARTNERS

GEORGETOWN PUBLIC LIBRARY
SUSSEX HABITAT FOR HUMANITY RESTORE
JEANINE O'DONNELL STATE FARM



VILLAGE IMPROVEMENT ASSOCIATION

Thank you to the Village Improvement Association who donated baskets of personal care products, school supplies, and journals for students in our Girls Circle After School Program. The V.I.A. performs charitable & civic work in the Rehoboth Beach area.

DD PROJECT WINES

Haley Timmons, PTS graduate and owner of "The Makeover Place" received a grant from The DD Entrepreneurial Foundation which gives grants to local businesses led by female entrepreneurs.



SOUTHERN DELAWARE YOUNGLIFE CAMP

Cape Henlopen Students, Makayla Bowman-Cephas and Ja'Niya Hinton participated in the Younglife summer camp program. They each had the time of their lives, tried many new activities, and experienced personal growth in the process.

