

F A L L 2 0 2 0

PATHWAYS

FOR FUTURE EDUCATORS



EASTERN
MICHIGAN UNIVERSITY

Be well and stay well

Fall semester of 2020 has felt like a rollercoaster ride, taking us all on a journey filled with many twists and turns. We will all work to find creative ways to keep our holiday travels and traditions alive while respecting CDC restrictions. While Pathways continues to provide educational support remotely, we would like to stress to students, community and staff the importance of remembering to take time to care for yourself holistically. Here are a few suggestions:

1. **Meditation & Journaling**—In times like these, meditation and journaling are the best ways to clear and relax the mind, body and soul of worldly frustrations.
2. **Cultivate a new hobby or skill**—Now that you have a little down time, stay active by investing some time and energy into cultivating a new hobby or skill.
3. **Read a book**—Take a break from screen time and exercise your mind and imagination by opening a book. Nothing can compare to the journey a new book can bring.
4. **Talk it out** and reach out for support from family, friends, or professionals.

Although this semester is very different from previous ones, remember to include self-care in your everyday health practices for emotional and physical health and well-being.

Pathways Partner Schools

Achieve Career Preparatory Academy
Advanced Technology Academy
Beecher Community Schools
Center Line High School
César Chávez Academy High School
Cornerstone Schools
Detroit Academy of Business and Technology
Detroit Leadership Academy
Detroit Public Safety Academy
Detroit Public Schools Community District
Dundee Community Schools
Lincoln Consolidated Schools
Melvindale High School
Monroe Public Schools
River Rouge School District
Wayne-Westland Community Schools
Ypsilanti Community Schools

Our collaboration is dedicated to the success of future educators.

www.emich.edu/pathways
734-487-1060



Aleah Robinson

Aleah Robinson's inspiration to teach came from a compassionate 1st grade teacher who made it known she cared for her students and wanted everyone to succeed. The significance of this tender teacher inspired Aleah to want to help other children "because of my love of children and desire to help others." A native of Westland, Michigan and graduate of Wayne Memorial High School, Aleah is a Senior at EMU majoring in Children and Families with a minor in Psychology. While her future career goals include continuing to work with children, she is looking forward to graduating in April 2021.

Austin Neikirk is a native of Dundee, Michigan and a Sophomore at EMU majoring in Vocal Music Education. He aspires to be an astounding choir conductor for a high school or college. Austin's main goal is "to help share the beauty in music and why it is important to have music in people's lives." He dedicates his time tutoring and supporting other learners to be successful.



Austin Neikirk