

*“It is never too late to change your path”*



“My name is Shelby and I am currently a student in the Academic Upgrading (AU) program at Humber Polytechnic.

My dream is to pursue a career in psychology.

For many years, that dream felt out of reach. Due to personal challenges, I was unable to complete high school. Instead, I entered the workforce and spent years working in a variety of roles. While these experiences helped me grow and develop valuable skills, the dream of studying psychology never fully left me.

After an accident, I began struggling with manic severe depressive disorder. This was one of the most difficult periods of my life.

Despite those setbacks, something inside me kept pushing me to try again. After researching my options and speaking with friends, I learned about the Academic Upgrading program. Entering the AU program became a turning point for me.

The courses were manageable and designed to help students build the skills needed for college and the workforce. I was also connected with support services that helped me stay on track during difficult times.

Now, as I approach the end of my final semester, I am proud of how far I have come. My next goal is to continue my studies and move closer to my dream career in psychology.

I can proudly say that the Academic Upgrading program helped me rediscover both my confidence and my path forward.

To anyone considering returning to school, my advice is simple: do not let fear or self-doubt hold you back. It is never too late to change your path.

Keep going, even when it feels difficult. With the right support and determination, you can achieve more than you may think possible.”

— *Shelby, Humber Polytechnic*