

if you have a dream, never let go

When Mya was in her final year of high school, she had a clear vision for her future: she wanted to pursue a diploma in the Child and Youth Care program at Sault College. But her path wasn't straightforward. She hadn't taken college-stream English courses in high school, so she didn't meet the English credit entrance requirement.

Rather than letting this obstacle deter her, Mya took action. She discovered two programs that could help her move forward: the Community Integration through Cooperative Education (CICE) program and Academic Upgrading (AU). Upgrading provided a pathway to earn the ACE Communications credit she needed to qualify for full-time entry into the Child and Youth Care program.

Mya's journey through AU began at the foundational level of English. She found the program empowering and supportive and appreciated the flexibility of the self-paced structure, which allowed her to balance her upgrading coursework with her other classes. The manageable deadlines, clear course content, and responsive faculty created an environment where she could thrive.

"If I needed help with anything," she says, "they would do their best to help me."

For Mya, the biggest benefit of Academic Upgrading was the opportunity it provided to reach her educational goals. It helped her build the skills and confidence needed to succeed in college-level courses.



"Academic Upgrading helped me get closer to my goal," she says, "and showed me that I could do it."

Her advice to others who may be unsure about college or missing entrance requirements is simple but powerful: "Just do it. Don't let anyone or anything get in your way. If you have a dream or a goal, never let go of it — you have it within you to get it done."

Mya's story is a testament to resilience, determination, and the life-changing impact of Academic Upgrading. Her journey reminds us that with the right support and unwavering commitment, anything is possible.

— Heather Ferguson, Sault College