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Testimonials

"I feel more confident about myself and I also feel that I am doing something important in my life..."

—K. H. (student)

October

O hushed October morning mild,
Thy leaves have ripened to the fall;
To-morrow's wind, if it be wild,
Should waste them all.
The crows above the forest call;
To-morrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow,
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know;
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away;
Retard the sun with gentle mist;
Enchant the land with amethyst.

Slow, slow!

For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—
For the grapes' sake along the wall.

— Robert Frost (1874—1963)



Mini Jack O'Lantern Apple Pies

Ingredients

DOUGH

2 cups all-purpose flour
1/2 teaspoon salt
1/2 cup plus 1 Tbsp butter
4-1/2 tsp maple syrup
2 tsp cider vinegar
5 to 6 Tbsp cold 2% milk

FILLING:

2 Tbsp butter
3 cups chopped peeled apples
1/4 cup maple syrup
4-1/2 tsp sugar
1 Tbsp lemon juice
1/2 tsp ground cinnamon
4-1/2 tsp cornstarch
1 Tbsp cold water



Directions

- In a large bowl, mix flour and salt. Cut in cold butter until crumbly. Gradually add maple syrup, vinegar and milk, tossing with fork until dough holds together when pressed.
- Divide dough in half. Shape each into a disk. Wrap in plastic.
- Refrigerate 1 hour or overnight.
- In a large saucepan, melt butter over medium heat. Stir in apples, maple syrup, sugar, lemon juice and cinnamon. Bring to a boil. Cook until apples are almost tender, about 3-4 minutes, stirring occasionally.
- In a small bowl, mix cornstarch and water until smooth; stir into apple mixture. Return to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened.
- Remove from heat. Cool to room temperature 30 minutes.
- Preheat oven to 350°.
- On lightly floured surface, roll each portion of dough to 1/8" thickness. Cut with a floured 3-1/2" pumpkin-shaped cookie cutter. With sharp knife, cut out pumpkin faces from half of the cutouts.
- Place about 2 tablespoons filling on each of the uncut pastries. Moisten pastry edges with water. Place remaining cutouts over filling. Press edges with fork to seal. Transfer to greased baking sheets.
- Bake 22-24 minutes or until lightly browned.
- Remove from pans to wire racks.

Yield: 10 mini pies.

10 Things to Give Up to be Successful

Sometimes, to become successful and get closer to the person we can become, we do not need to add more things — we need to give up on some of them.

There are certain things that are universal, that will make you successful if you give up on them, even though each of us may have a different definition of success.

You can give up some of these today; while others might take a bit longer to give up.

GIVE UP ON THE UNHEALTHY LIFESTYLE

"Take care of your body. It's the only place you have to live." — *Jim Rohn*

If you want to achieve anything in life, start here: you have to take care of your health. And there are really only two things you need to keep in mind: 1) healthy diet and 2) exercise every day. Small steps, but you will thank yourself one day.

GIVE UP THE SHORT-TERM MINDSET

"You only live once, but if you do it right, once is enough." — *Mae West*

Successful people set long-term goals. Simply put: these aims are the result of short-term habits done every day. These healthy habits are not something you do—they should be something you embody. For example, there is a difference between: "Working out to look good in a swimsuit" vs. "Working out because that's who you are."

GIVE UP MAKING EXCUSES

"It's not about the cards you're dealt, but how you play the hand." — *Randy Pausch, The Last Lecture*

Successful people know that they are responsible for their life, no matter their starting point, weaknesses, and past failures.

Realizing that you are responsible for what happens next in your life is both frightening and exciting. Excuses limit and prevent us from growing personally and professionally.

Own your life; no one else will.

GIVE UP THE FIXED TRAITS MINDSET

"The future belongs to those who learn more skills and combine them in creative ways." — *Robert Greene, Mastery*

People with fixed mindsets think intelligence or talents are fixed traits, and that talent alone leads to success. They are wrong.

Successful people know that hard work is required to be successful. They invest an immense amount of time on a daily basis to develop a growth mindset — to acquire knowledge, learn new skills and ultimately change their perception so that it benefits their lives. Remember, who you are today does not have to be who you are tomorrow.



GIVE UP MULTI-TASKING

Successful people know this. That's why they choose one thing and get it done and then move on to the next item—no matter what it is — a business idea, a conversation, or a workout. Being fully present and committed to the task at hand is indispensable.

GIVE UP BELIEF IN THE "MAGIC BULLET."

"Every day, in every way, I'm getting better and better" — *Émile Coué*

Overnight success is a myth. Successful people know that making small continual improvements every day will add up over time and give them desirable results. Focus on the day ahead of you and improve just 1% every day.

GIVE UP YOUR PERFECTIONISM

"Shipping beats perfection." — *Khan Academy's Development Mantra*

Nothing will ever be perfect, no matter how much we try. Fear of failure, or even fear of success, often prevents us from taking action and putting our creation out there. But, a lot of opportunities will be lost if we wait for the things to be just right. So "ship," and then improve (that 1%).

GIVE UP YOUR NEED TO CONTROL EVERYTHING

"Some things are up to us, and some things are not up to us." — *Epictetus, Stoic philosopher*

Differentiating these two is important.

Detach from the things you cannot control, and focus on the ones you can, and know that sometimes, the only thing you will be able to control is your attitude towards something. Remember, nobody can be frustrated while saying "Bubbles" in an angry voice.

GIVE UP SAYING YES TO THINGS THAT DO NOT SUPPORT YOUR GOALS

Successful people know that in order to accomplish their goals, they need to say NO to certain tasks, activities, and demands from their friends, family, and colleagues. When your goals come to fruition, it will all be worth it.

GIVE UP ON PLAYING SMALL

"There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine... And as we let our light shine, we unconsciously all others to do the same. As we are liberated from our fear, our presence liberates others." - *Marianne Williamson*

If you never take great opportunities, you will never unleash your true potential. Voice your ideas, don't be afraid to fail, and certainly don't be afraid to succeed.

— Edited excerpt from December 2016 article by educator and writer, Zdravko Cvijetic

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Academic & Career Studies

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Our training programs are relevant to today's high demand jobs and are offered at eight campuses across southern Ontario. Our students succeed because of our learning-centred model powered by humanist principles that respect every person as a whole. Accordingly, our unique teaching approaches are customized to optimize learning and increase your chances for success in the workplace and in life.

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