



MENTORING

Mentors are friends and role models, supporters and guides. When paired one-on-one with youth, they help their mentees develop social skills, academic skills, and enhance self-esteem and self-confidence.

Appropriate goals include:

- Providing experience, encouragement and support.
- Providing academic assistance that will increase personal competency.
- Providing enrichment activities or ideas that will expand horizons.

Mentors demonstrate:

- An ability to establish trust and build rapport.
- An interest in youth and an understanding of youthful concerns.
- A willingness to make a long-term commitment.
- An understanding that mentors become role models.
- An ability to work cooperatively with school personnel.

What mentors gain is the recognition that they can make a difference, a sense of community with others, and a feeling of personal satisfaction that they have shared their strengths, abilities, and time in a very positive way.

Mentors are not:

- A mentor is not a parent.
- A mentor is not a social worker.
- A mentor is not a playmate.

Mentors should not:

- Break promises.
- Condone negative behavior.
- Talk down to a mentee.
- Force a mentee into anything.
- Expect too much or too little.
- Be inconsistent.