



WHAT IS A MENTOR?

You might think you need to have all the answers to be a good mentor. You don't. You may feel inadequate in your knowledge and understanding of all things students are facing. If you're like most people, you have some questions, maybe even doubts of your own. That's okay. Healthy relationships don't happen as a result of one person knowing the correct answers and feeding them to the other person. A healthy mentor/student relationship involves two people growing to know and love each other, willing to ask honest questions and seek the answers together. Our kids are growing up in a complex world, but in many cases, what they need is simply to connect to a positive, caring adult. Most kids are tired of adults trying to "fix" them and their problems, so the pressure is off!

AS A MENTOR, YOU WILL G.R.O.W.:

GIVE

Give your time. Be there for the students unconditionally to help them succeed, even in the midst of hard circumstances.

REACH

Reach students by gaining their trust, meeting them where they are.

OPPORTUNITY

Have the opportunity to make a difference in the lives of students, to be a caring, positive voice in their life.

WALK

Walk with students on their journey to help them see more, want more and be more.

WHAT DOES A MENTOR DO?

- Meet with your mentee once a week for 30 minutes.
- Be a friend and guide, a companion for the journey.
- Be an example – Allow your student to watch you live out your life daily.
- Be open – Your student will be encouraged to know you had struggles as a teenager and how those struggles impacted your life.
- Be a listener – Sometimes students just need a listening ear, to know someone is hearing them.
- Be encouraging – All of us are more likely to grow when we receive positive affirmation. Don't just think a compliment, say it!
- Be caring – Help your student to become comfortable sharing with you.
- Be a judgement free zone – Don't judge the student or their situation. A lot of times the situation is out of their control, and their behavior is a reaction to a situation.

So, you see, it's not a difficult role. As a mentor, you have the opportunity to make a real and positive difference in the life of your student.

