

Effective Mentoring

A mentor is a reliable adult who consistently provides young people with support, counsel, friendship, reinforcement and constructive examples.

Mentors are good listeners, people who care, people who want to help young people bring out strengths that are already there.

Your role as mentor is:

Reader
Reliable Friend
Listener
Motivator
Companion
Supporter
Advocate
Role Model

Your role as mentor is not:

Teacher
An ATM
Social Worker
Parent
Cool Peer
Nag
Savior
Baby-Sitter

Qualities of a Successful Mentor

A Sincere Desire to be Involved with a Young Person

Mentors have a genuine desire to be part of other people's lives, to help them pursue their interests and achieve their goals.

Respect for Young People

Mentors do not have preconceived notions that youth need to be "rescued." Mentors convey a sense of respect and equal dignity in the relationship. They win the trust of their partners.

An Ability to Listen Actively

It is relatively easy to give advice or express opinions. It's much harder to find a person who will suspend his or her own judgment and really listen. Mentors often help simply by listening, asking questions, and giving participants an opportunity to explore their own thoughts.

See Solutions and Opportunities

Mentors balance a realistic respect for the real and serious problems faced by their mentees with optimism. They are able to offer a nonjudgmental ear. If there is a serious problem please contact the school coordinator or program coordinator immediately. They are aware of the proper procedures and resources.

Flexibility and Openness

Good mentors recognize that relationships take time to develop and that communication is a two-way street. They are willing to take time to get to know their mentees and to learn new things that are important to their partners (music, styles, sports).

Thank you for being a mentor!