

Detailed information about being a mentor for the YWCA.

Students are assigned a mentor at the beginning of the Future Leaders programme. This person acts as the 'community parent', and assists the young woman to move through her programme by meeting regularly with her and providing support and direct assistance where necessary.

The mentors are selected, screened by Police and receive thorough training to work alongside the young women.

What is a mentor? Mentors are ordinary people. A mentor is someone who cares, who listens and who offers encouragement. Mentors help develop students' strengths and talents. Mentors provide support and offer assistance and guidance at a crucial stage in a young person's life.

What skills does a mentor need?

- good listening skills
- trustworthiness
- ability to motivate and inspire
- cultural sensitivity
- empathy
- patience
- non-judgmental attitude

What is expected of the mentor?

- provide positive life choices and skills
- help improve self-esteem and self-image
- help improve school study skills
- provide new experiences
- assist with goal setting

What is the commitment?

- one day of mentor training
- attendance at the activity day for mentee/mentor match up
- visit with family at beginning
- fortnightly phone call
- monthly visit
- monthly feedback to your Future Leaders Coordinator
- group activities – approx. every three months
- assist with 12-month goal setting development plan for the student
- complete an annual evaluation survey

Training will require a commitment of one full day. Upon completion you will receive a certificate in mentoring.

The trainings are held on Saturdays, the next two are on 6th November 2010 and 22 January 2011.

The Venue is Yarnton House, Royal Oak.

Ongoing support

Support will be offered on a regular basis by the Future Leaders Programme Coordinators, who can be contacted on any mentoring issue. There will also be regular follow-ups and activities. Mentors meet every few months for ongoing training.

Mentor Guidelines

A mentor can:

- Clearly define goals and objectives for the relationship
- Be a caring adult in the life of a young person
- Provide new experiences
- Help improve grades
- Provide academic support e.g. researching an assignment together
- Provide informal counseling opportunities
- Provide positive life choices
- Provide life skills
- Help improve self-esteem and self-image
- Teach mentee to set personal and academic goals
- Help improve study skills
- Teach time management
- Share the value of open communication
- Lend a willing and non-judgmental ear

Mentoring has been shown to have positive effects in school studies, attendance and behaviour. These benefits can be reaped by nurturing the formation of a trusting relationship. With friendship and trust as a foundation, mentors are more likely to make a difference.

Steps for Development:

Arrange an initial visit:

- meet on neutral ground e.g. park, café
- or at mentee's home if you feel comfortable

Meet with the caregivers/parents within one month

Develop and foster the relationship, The following are the minimum requirements:

- fortnightly phone call or email
- monthly visit or outing
- monthly feedback to Mentor Co-ordinator via email
- six-weekly mentor support meeting, usually in the evening
- Attendance approx. every three-four months at a group activity
- Attendance at the annual Leadership Forum
- Attendance at the end-of-year Annual Celebration ceremony
- Participation in the annual programme evaluation.

You will be asked to assist with developing a 12-month activity plan for your mentee. This sets out the goals that you will have discussed with your mentee for the next 12 months. These will include leadership, academic, sporting, family, church and personal goals.

This will be the foundation that you will work from over the next 12 months.

Ideas for meetings/activities with your mentee

Outline of a visit could be:

15 minutes talking

- What did you do at school this week?
- What did you do at home this past weekend?
- Do you need help with anything? Homework? Assignment?

15 minutes reading

- Share a book, newspaper, sports magazine etc
- Have the mentee read to you

And then

- Play a game - take one with you, board game, cards, draughts etc
- Go for a walk, jog, bush walk, bike ride, horse ride
- Play basketball in the school gym, at the park
- Practise netball shooting, softball throwing etc.
- Go to the movies, zoo, museum, theme park, a concert, MOTAT, Art Gallery
- Go to the beach

- Picnic lunch in the park, beach
- Draw a picture, sketch each other
- Write a poem
- Do something new to you both
- LAUGH and enjoy yourself

To discuss being a mentor please contact Kerry-Ann Stanton at the YWCA on 375 9247 and arrange a meeting.