



Mentorship: Opening Doors to A Beautiful Intersection of Friends, Family, and Professional Connections



O U R M I S S I O N

Agenda

Introductions & Icebreaker

Understanding Mentorship

- What is Mentorship and what responsibilities & expectations does it entail
- Building Rapport
- Getting to know your students

Contact Information

Community Agreements

Today...

- **Come as you are**
- **Everything is an invitation**
- **Welcome new experiences**



Community Agreements

Mood Meter Icebreaker

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

Ice Breaker

- Think of someone who was instrumental in your youth development and who was not your parent/guardian or teacher.
- What was the gap or challenge that they helped fill?

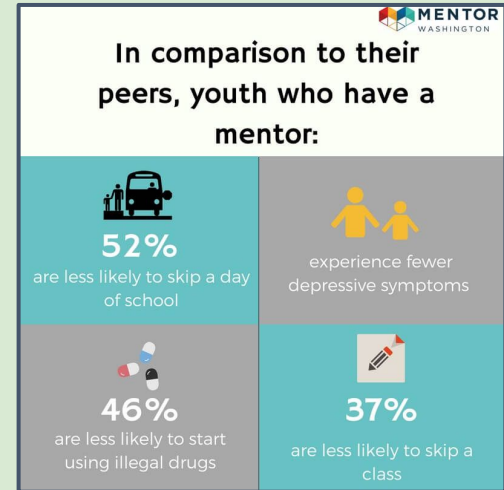


She Is The Music



Why Mentor?

- Quality mentoring relationships **have powerful positive effects** on people in a variety of personal, academic, and professional situations
- Mentoring **improves student self esteem** and confidence, personal growth and development
- Mentors **model positive relationship skills** and help students strengthen communication skills
- Mentors help students expand career interests and **encourage** steps to achieve their goals



What is a Mentor?

- “Mentoring” occurs when a mentor provides information, advice, and emotional **support** to a student.
- The nature of a mentoring relationship varies with the level and activities of both the student and the mentor.
- The relationship must be based on a common goal: ***to advance the educational and personal growth of the student.***
- Characterized by *mutual trust, understanding and empathy*

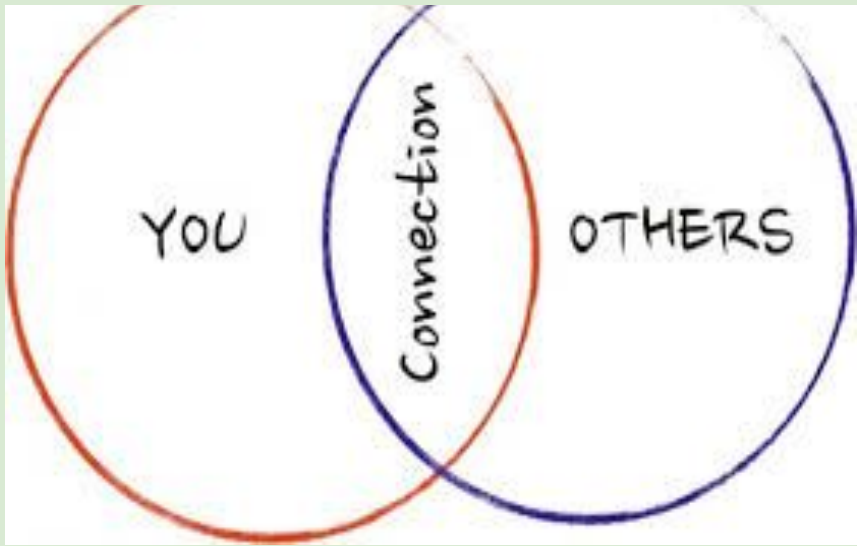


Build a positive relationship with your mentee, and create opportunities for building resiliency and a positive sense of self.



Mentors who received early training had longer-lasting relationships with their mentees. Youth whose mentors received training also reported higher-quality relationships.

Herrera, Carla, David L. DuBois and Jean Baldwin Grossman. 2013. The Role of Risk: Mentoring Experiences and Outcomes for Youth with Varying Risk Profiles. New York, NY: A Public/Private Ventures project distributed by MDRC.



Rapport Building

- Discover and share personal and professional connections
- Be fully present in the conversation
- Be aware of your body language
- Listen impeccably
- Communicate acceptance

Case-Based Scenarios



Turn to the person to the left of you and pick one scenario that you would most like to act out.

Rapport Building: Let's Practice



1. Role play a conversation with each other assuming you **don't know each other well**.
2. Have a **personal conversation** in which you attempt to **build rapport**.

Rapport Building: Let's Practice

NAEOP Mentorship

1/1

Share

Open on a Jamboard

Set background Clear frame

Tell us about a time when your family caused you stress

Tell about something in your life you regret

Tell a story of a challenge you felt during your childhood

Share about a time you felt proud about learning something challenging or difficult

Tell a story that you accomplished something that felt great

Add your own questions as well ;)

The image shows a Jamboard interface with a white background and a light gray border. At the top, there is a header bar with the text 'NAEOP Mentorship' on the left, a navigation arrow and a '1/1' indicator in the center, and a 'Share' button and a profile icon on the right. Below the header, there is a toolbar with icons for undo, redo, search, and zoom, along with the text 'Set background' and 'Clear frame'. On the right side of the toolbar, there is an 'Open on a Jamboard' button. The main area of the Jamboard contains six colorful sticky notes with the following text: a yellow note on the left, a green note at the top center, an orange note in the middle right, a pink note on the far right, a cyan note at the bottom center, and a light green note at the bottom right. A vertical toolbar on the left side of the Jamboard contains icons for drawing, erasing, moving, text, image, shape, and lasso.

Rapport Building Conversation Debrief

Discuss what happened in the conversation:

- What was interaction like?
- How did you interact?
- What did you talk about?



Rapport Building Conversations



Share your answer out loud by raising your hand or making really strong eye contact with me!



Thank
you!

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