



## **BENEFITS OF MENTORING**

### Take Stock in Children Mentor Guidelines

1. A mentor is a caring, adult friend who devotes time to a young person. Goal: *to help young people achieve their potential and discover their strengths.*
2. Mentors should understand they are not meant to replace a parent, guardian or teacher. A mentor is not a disciplinarian or decision maker for a child. A mentor is part of a team of caring adults.
3. A mentor's main purpose is to help a young person define individual goals and find ways to achieve them. The mentor's job is to encourage the development of a flexible relationship that responds to both the mentor's and the young person's needs.
4. A mentor encourages positive choices, promotes high self-esteem, supports academic achievement, and introduces the young person to new ideas.

A Mentor may help a young person:

- Plan a project for school;
- Set career goals and start taking steps to realize them;
- Make healthy choices about day-to-day life, from food to exercise and beyond; and
- Think through a problem at home or school.

### **Mentor Guidelines**

#### **Do's**

- Register as a Volunteer on a school computer (**mandatory**)
- Meet for 30 minutes every week at student's school during the student's lunch time
- Sign in and out on school office computer as a volunteer
- Wear the school printed name tag and Take Stock in Children Badge
- Exchange contact information/Designate meeting day, time and location
- Log in your mentor hours on a weekly basis to ([www.takestockpalmbeach.org](http://www.takestockpalmbeach.org))
- Communicate with student's College Readiness Coach, guidance counselor and Parent on a regular basis
- Contact Take Stock if you can no longer mentor
- Keep Student's information confidential, as long as they are not planning on hurting themselves or others.

#### **Don'ts**

- Meet with your mentee outside of the school
- Transport your mentee in your vehicle
- Skip a meeting without notifying the student or school
- Lend or give money to your mentee
- Try to handle difficult issues on your own. Communicate consistently with Take Stock in Children staff and/or school officials.