TAKE STOCK PALM BEACH

7 Lessons for Better Sessions

2022-2023



- Nov: Boundaries
- Feb: Goal Setting
- Mar: Problem Solving & Self-Advocacy
- Apr: Diversity
- May: Mental Health

7 Lessons for Better Sessions

Discussion Schedule

- Oct: Relationship Building & Communication
- Dec: Growth Mindset



Oct: Relationship Building & Communication

How do you build a relationship with your mentee?

Think about how you've gotten to know your mentee over time. What activities helped your relationship grow?



Oct: Relationship Building & Communication

What have you tried that works when it comes to encouraging your mentee to open up?

Think about your meetings with your mentee - what gets them to open up and share? How can you encourage them to open up and share more often?



Oct: Relationship Building & Communication

How has your relationship changed over time?

What are the 3 phases of the mentoring relationship?



3 Phases of the Mentoring Relationship

1. Beginning Phase

- Get to know one another, share interests, discuss expectations
- Start to form norms & bonds that will shape the relationship

2. Challenging & Testing Phase

- Your mentee may stay testing boundaries to see how far your commitment really goes.
- Be sure to separate behaviors from who the mentee really is.

3. "Real Mentoring"

- The relationship has reached maturity- trust & closeness have been established
- Reflection, processing, and growth occur in this phase.
- The real impact of mentoring happens here.

Oct: Relationship Building 8 Communication



Reflect on your relationship with your mentee.

- Which phase(s) have you experienced?
- What phase are you currently in?

How do you communicate with your mentee?

Which communication platforms work best for you?

What have you noticed about your communication over time?



Boundaries

What are boundaries and how are they established?



Physical Boundaries

- Personal Space & Touch
- Violated when someone touches you or invades your personal space

Intellectual & Emotional Boundaries

- Thoughts & Ideas; Feelings
- Violated when someone belittles thoughts, ideas, or invalidates feelings

Time Boundaries

- How a person uses their time
- Violated when someone demands too much of another's time

Types of Boundaries



Boundaries Nov: How have you established boundaries with your mentee?

How have you and your mentee created boundaries? Were they easy to create?

Think about the boundaries your mentee has set-did you help them establish these boundaries?

Think about your personal boundarieswere they easy to set? How did you communicate them?



Barriers to Setting Boundaries

- Fear of rejection and/or abandonment
- Fear of confrontation
- Guilt
- We were never taught healthy boundaries
- Safety Concerns

Tips for Setting Boundaries

- Be clear, concise, and calm
- Use few words, but be respectful and firm
- Know that if you upset someone, that is
 - Remain firm- don't send mixed signals by apologizing.
- time
- Develop a support system of people who support your boundaries

Have you experienced any barriers with your mentee?

their problem, not yours.

• Learning to set healthy boundaries takes



Growth Mindset

December



What does "Growth Mindset" mean?

Dec: Growth Mindset



What is Growth Mindset?

In a Growth Mindset, people believe that their most basic abilities can be developed through dedication and hard work - brains and talent are just the starting point.

This view creates a love of learning and a resilience that is essential for great accomplishment.

Dec: Growth Mindset



Think About It

Can you remember a time when your mentee was thinking negatively about a situation?

 What was the negative thought?
How did you assist them with changing their mindset and working through the negativity?
What can you do moving forward?



How do you develop Growth Mindset?

Tip 1: Reflect on the Positives

Shift focus from "what's going wrong" to "what's going well."

Tip 2: Ask for Support

Self-advocacy is about creating solutions instead of struggling with challenges.

The point of Growth Mindset is to LEARN & IMPROVE, not to achieve.

Tip 3: Embrace the Process

Emphasize the steps that lead to a result, not the result itself.



Dec: Growth Mindset

How can you support your student in developing a Growth Mindset?



The Power of Yet Carol Dweck

https://www.youtube.com/w atch?v=hiiEeMN7vbQ

The Power of a Growth Mindset Surbhi Sachdev

https://www.youtube.com/watc <u>h?v=FpN1yQap is</u>

Growth Mindset TED Talks

Dec: Growth Mindset

The Mindset of a Champion **Carson Byblow**

https://www.youtube.com/ watch?v=px9CzSZsa0Y





Growth Mindset

Toolkit & Implementation Guide

https://www.mentoring.org/resource/growthmindset-toolkit-and-implementation-guide/

https://www.mindsetkit.org/growth-mindsetmentors



Goal Setting

February



Mentor Toolkit

Activity 6 SMART Goals

Activity 8 My Vision Board

Feb: Goal Setting

Activity 7 I Have SMART Goals

Activity 9 Looking Through the Crystal Ball



What is goal setting?

- Goal setting directs the decisions we make, the actions we take, and ultimately influence the direction of our lives.
- Goals are an object or "aim of action".
- Goal setting helps plan for the future.
- Goal setting allows us to identify something we want to accomplish and the steps we need to take to accomplish the goal.

Fe Ö Goal Setting



Why does mentor support matter?

Engagement

Goal setting is one of the most important activities you could engage in with your mentee.

Relationship Strengthening

Helping mentees set and pursue their goals strengthens your relationship with them.

Wellness

Goals give meaning & direction to life and are linked to well-being, health, and success.

Performance

The ability to set & pursue goals is linked to higher grades, career achievement, motivation, empowerment, and contribution.



Tips for Goal Setting

Tip 1: Select & prioritize a set of meaningful, realistic, and specific goals.

Tip 2: Make & stick to a detailed, step-by-step plan; keep track of goal progress. Tip 3: Stay focused & show persistence with using strategies; substitute strategies when first-choice strategies are not working well.



Feb: Goal Setting

The mentor's aim is to assist mentees in uncovering what they like and then help them achieve those things.



Activities for Goal Setting

1. Vision Board

• Collection of images/words to illustrate goals.

2. Three Wishes

• Write down 3 things you want for yourself & your future.

3. The Tree that is Me

• Ground: Foundation

• Roots: What nourishes you & gives meaning to life?

• Trunk: What is your biggest strength?

• Branches: What are the directions you're thinking of going?

• Leaves: What do you do for fun/to relieve stress?





SMART Goals

Specific Measurable Achievable Realistic Timely

This model is most widely used for choosing goals, but not achieving them.

CHAMP Goals

<u>Challen</u> Hurdles <u>A</u>chieve <u>M</u>entor

Goal Setting Models

- **<u>C</u>**hallenge or Goal
- Hurdles; what's stopping you?
- Achievement; what will you get/feel?
- Mentor; who might help you?
- **P**lan; what are the steps?



How do we curb low enthusiasm to goal setting?

• By developing a student's motivational intelligence.

What is motivational intelligence?

 A person's ability to identify and manage negative thoughts and self-limiting beliefs in order to overcome obstacles and accomplish goals.

How can I develop my student's motivational intelligence?

• Implement activities that allow youth opportunities to recognize, reflect, and manage emotions- activities that challenge youth to think critically.

Developing Motivational Intelligence

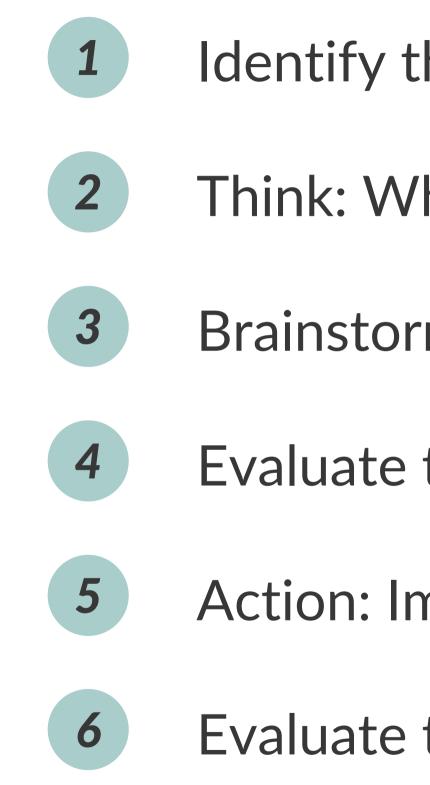


Problem Solving & Self-Advocacy

March



6 Steps to Problem Solving



Identify the Problem

- Think: Why is it a problem?
- **Brainstorm Possible Solutions**
- **Evaluate the Solutions**
- Action: Implement the Solution
- **Evaluate the Outcome**



Tips to Support your Mentee

01

Listen without arguing or debating. 02

Offer suggestions or insight. 03

Avoid telling your mentee what to do.

04

Allow your mentee to work through the process.



Mar: Problem Solving & Self-Advocacy

How can you offer support or advice without solving the problem for your student?

What can you say?



Mentor Toolkit Activity

Activity 22: How do I decide?

- Connected to Decision Making
- Activity Outlines Problem Solving Process
 - Describe the Problem
 - Possible Solutions (List 4)
 - Possible Outcomes- Short & Long Term (List 4)

Great resource to guide conversation!

Mar: Problem Solving & Self-Advocacy



What is Self-Advocacy?

Knowing your Rights & Responsibilities

Reaching out to others when you need Help & Friendship

Learning about Self Determination

Learning to Speak Up for Yourself

Making your own Life Decisions



6 Tips for Teen Self-Advocacy



Get to know yourself.

Get a job or volunteer.

Team up with others.



Tips to Support your Mentee

01

Encourage them to speak up.

Give opportunities for them to

practice.

02

03

Help them explore the things they want.

04

Help them practice asking for what they want.



Mar: Problem Solving & Self Advocacy

Has your student needed assistance with learning selfadvocacy skills?

What did you do to help them learn & support them?



Diversity

April



Diversity refers to the many factors that make people different - race, religion, culture, ethnicity, gender, etc.

Diversity involves respecting people's differences to maintain individuality.

Diversity supports not changing how a person lives, speaks, looks, or thinks so as to be more like the majority.

What is Diversity?





Types of Diversity

Cultural Heritage

Determines what beliefs, learned behaviors, and language pass through the generations to each individual.

Language

The native language that an individual speaks. Be aware of native language differences to avoid miscommunication.

Religion

The religious beliefs that an individual or family practice. Be aware of specific religious events and/or celebrations.



Tips to Promote Diversity

01

Explore Differences

Show patience in communicating & understanding.

02

03

Show Respect 04

Ask Questions & Be Open to Learning



April: Diversity

What's their background?

Directions: With your group, answer the following questions based on the photo.

- 1. What is the individual's highest level of education?
- 2. What do you think this individual's hobbies are?

3. Do you think this individual works full time or part time? 4. What career field do you think this individual works in?



Group 1



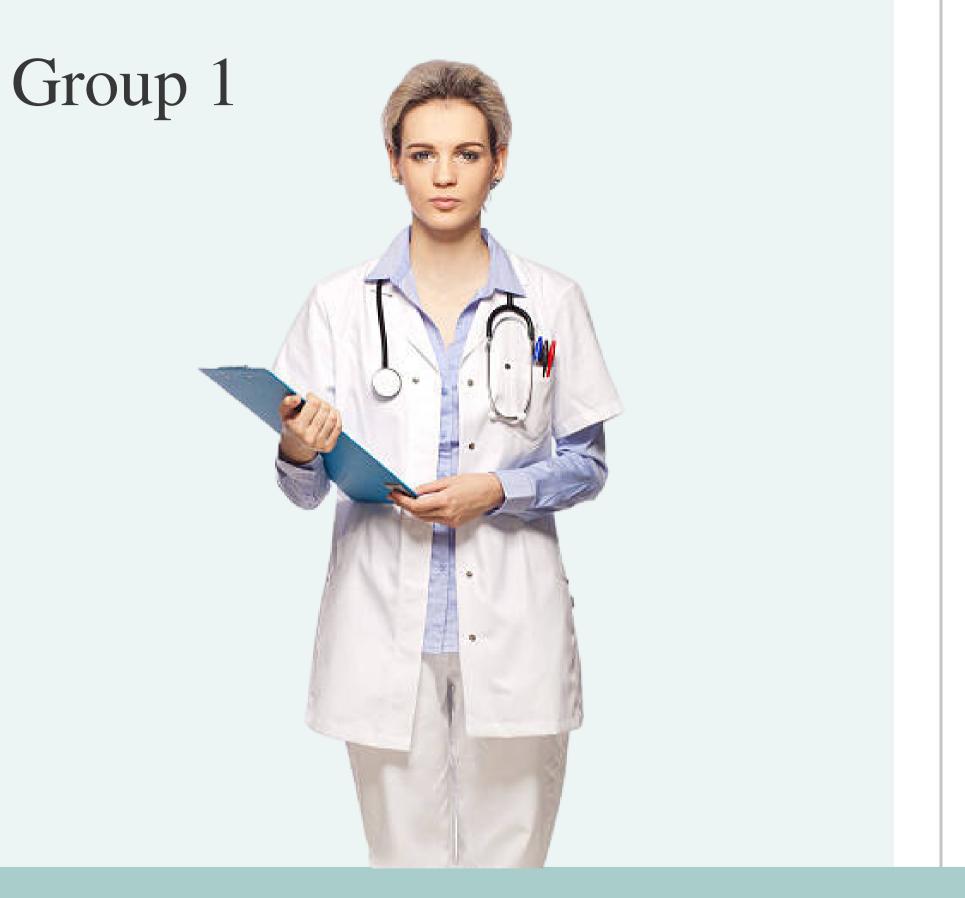
Group 2

- What is the individual's highest level of education?
- What do you think this individual's hobbies are?
- Do you think this individual works full time or part time?
- What career field do you think this individual works in?



ducation? es are? ne or part time? dual works in?





Group 2

Let's talk about your assumptions!





April: Diversity

Questions?

Thank you! See you in May!



Mental Health

May



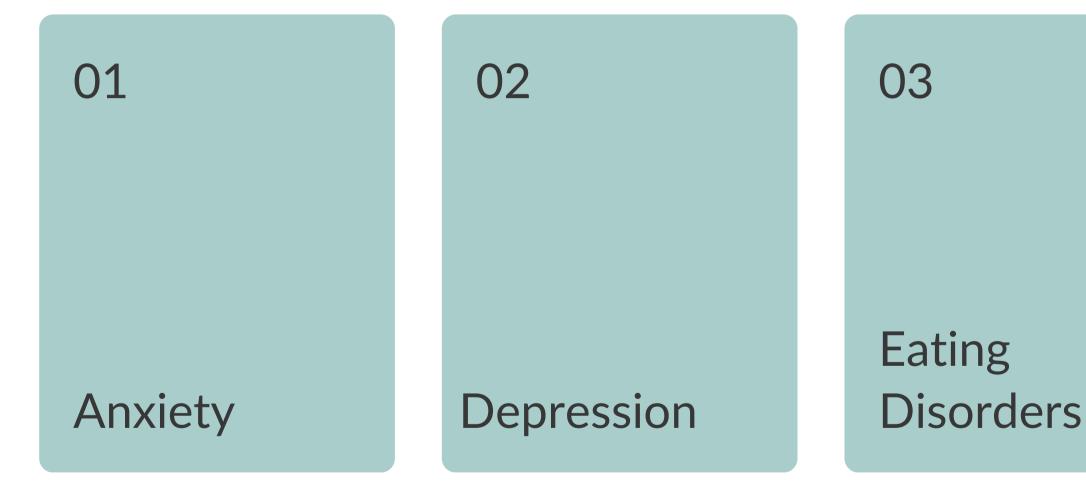
What is student mental health?

- Student Mental Health refers to the overall well-being and psychological state of students.
- Mental Health issues can affect students of all ages and backgrounds.
 - It is essential to address the unique challenges that each individual faces.

May; Mental Health



Common Mental Health Issues



04

Substance Abuse



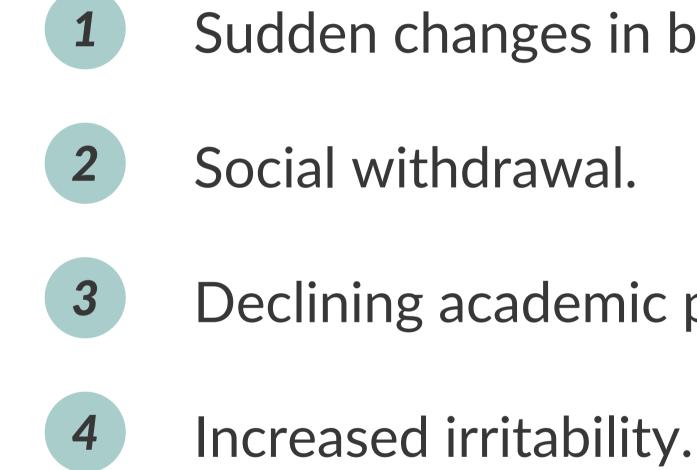
Mental Health Statistics

16.39% of youth (age 12-17) reported suffering from at least one major depressive episode in the past year. 11.5% of youth (or over 2.7 million youth) are experiencing sever major depression.

59.8% of youth with major depression did not receive any mental health treatment over the past year.



Warning Signs



Sudden changes in behavior.

Declining academic performance.



Risk Factors

Academic Pressure

Social Isolation

Family Problems

Trauma

Genetic Predisposition







Open & Non-judgmental Communication:

- Create a safe space for the teen to talk.
- Be an active listener and offer empathy.
- Encourage open and honest conversations, but respect boundaries.

Validate their Feelings:

- Let them know their feelings are valid and understandable.
- Avoid dismissing or downplaying their emotions.

Encourage Professional Help:

- Suggest and encourage the teen to seek help from a mental health practitioner, therapist, or counselor.
- Offer assistance with finding resources.

May: Mental Health

Supporting Students



V: Validate

Validate their feelings; let them know that what they're feeling is okay and that you believe them.

"That makes sense." "That sounds difficult." "I hear you."

A: Appreciate

Appreciate their courage; speaking up can be challenging- let them know you care.

"Thank you for sharing." "I'm here for you." "You are not alone."

V-A-R Tips from Active Minds

May: Mental Health

R: Refer

Refer them to skills and support; let them know that help is available and refer them to appropriate resources.

"What makes you feel truly cared for?" "Do you think it might be helpful to talk to someone?"



May: Mental Health

Questions?

Thank You!

