

## *The Value of Mentoring*

- Mentoring helps because it guarantees a young person that there is someone who cares about them. A child is not alone in dealing with day-to-day challenges.
- Think back. Did you know how to study for a test or make plans for college? Do you remember wanting your first car or looking for a part-time job? Simple things that seem easy or straightforward to you now may appear to be a complete mystery to a young person.
- Mentors provide their mentees with an experienced friend who is there to help in any number of situations.
- If you think you'd make a good mentor, we have lots of information about the many opportunities available. And because mentoring programs are concerned with the well-being and safety of youth and volunteer mentors, you should be aware that it may take some time to be matched with a youth.

In joining a formal mentoring program, you will be asked to go through an application process.

As part of that process, you will supply personal and professional references, and complete a personal interview. The role of a mentor has substantial responsibilities. You will be required to take part in an orientation and training. Throughout your mentoring relationship, be sure to seek support from the program coordinator.

If you have any  
Questions about our  
Mentoring Program,  
Please contact our  
Child & Family Services staff

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Mental Health  
Association of Columbia  
and Greene Counties

## *Mentoring Program*



**In Partnership With:**





*"Coming together is a beginning; keeping together is a process; working together is success." – Henry Ford*

## **Mentoring**

**Is a development strategy for a youth's successful path to adulthood. In a structured mentoring program, a supportive individual works with a youth to build a relationship by offering guidance, support, and encouragement to cultivate the youth's positive and healthy development. Often, mentoring programs are designed around specific goals, such as academic achievement, career preparation, and behavior modification.**



### **Being A Mentor**

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. Instead, a mentor echoes the positive values and cultural heritage parents and guardians teach. A mentor is part of a team of caring adults.

A mentor's main purpose is to help a young person define individual goals and find ways to achieve them. Since the expectations of each child vary, the mentor's job is to encourage the development of a flexible relationship that responds to the mentor's and the young person's needs.

By sharing fun activities and exposing a child to new experiences, a mentor encourages positive choices, promotes high self-esteem, supports academic achievement and introduces the young person to new ideas.

**Mentoring Programs  
have been proven to  
Support many Facets of Life:**

### **The Workplace**

*Mentors help young people set career goals and start taking steps to realize them.*

*Mentors can use their personal contacts to help young people meet industry professionals, find internships and locate job possibilities.*

*Mentors introduce young people to professional resources and organizations they may not know.*

*Mentors can help their mentees learn how to seek and keep jobs.*

### **Education**

*Mentors help keep students in school.*

*Students who meet regularly with their mentors are 52% less likely than their peers to skip a day of school and 37% less likely to skip a class (Public/Private Ventures study of Big Brothers Big Sisters).*

*Mentors help with homework and can improve their mentees' academic skills.*

### **Support Day to Day Living**

*Mentors help improve a young person's self-esteem. About 40% of a teenager's waking hours are spent without companionship or supervision. Mentors provide teens with a valuable place to spend free time.*

*Mentors teach young people how to relate well to all kinds of people and help to strengthen communication skills.*