

SUCCESSFUL MENTORING GUIDELINES

- Makes mentee's needs the centerpiece of the relationship
- Identify common interests or shared like/dislikes
- Establish where to meet
- Make contact on a consistent basis
- Show up on time for visits
- Ensure you can make the commitment before you begin with your program
- Be sensitive to the backgrounds of the youth – mentees may come from environments which include risk factors for alcohol and other drug use, social & economic status
- Promotes successes – show youth many alternative forms of activities and life choices which provide opportunities to feel successful where sometimes academics may be the only measurement of success
- Minimize failures – allow them. Don't compare, criticize, or be judgmental
- Engage in a positive relationship
- Demonstrate positive self-esteem
- Safety is paramount – create a comfortable environment where your mentee can concentrate on learning new things and taking positive risks. Start small.
- Build mutual respect –promote trust
- Communicate that you have high expectations
- Be flexible
- Don't ignore problems – ask for help
- Don't become discouraged – behavior patterns take a long time to develop and permanent changes come slowly. Be patient
- Do not engage in alcohol or drug use
- Listen well
- Communicate on a level the mentee can understand
- Provide leadership
- Care about helping the mentee
- Accept responsibilities
- Reinforces mentee's success
- Respect confidentiality
- Be respectful
- Ask open-ended question
- Establish the ground rules of your relationship. How do you wish to be addressed? Is it okay for your mentee to call you? Under what circumstances is it okay for you to be called and when? Know what your mentee expects from you?
- Show compassion
- Be dedicated – don't give up on your mentee