

Ideas for Mentoring Sessions-6-12th grade

Below is a list of some ideas for your mentoring sessions. Remember to ask youth what they would like to do. Plan together. Don't be too structured, though... spontaneity is important! Add some good ideas of your own. Make a list of the ideas that you really like and share them with other mentors. Good Luck!

1. Discuss with youth the reason you decided to become a mentor.
2. Engage in games-board games such as chess, checkers, monopoly or crossword puzzles.
3. Select books you like and read and/or discuss them together.
4. Research a topic and learn something new.
5. Teach the beginning alphabet, words and phrases of a foreign language.
6. Create a scrapbook of memories that last the entire year.
7. Write a story; create a calendar, poem or website together.
8. Discuss personal hygiene, health, exercise, and healthy habits. Manage a diet plan together.
9. Teach how to give a good handshake. Practice makes perfect!
10. Create a holiday, get well, or greeting card for a special occasion.
11. Discuss proper etiquette and social graces. Connect with the community. Discuss community service opportunities and interests.
12. Encourage youth to try out for school activities.
13. Explore what to do in an emergency. Create a contact list.
14. Plan for a sound financial future. Discuss opening a savings and checking account and the concept of good credit and the meaning of plastic credit cards.
15. Plan for future careers. Conduct mock interviews for a job, read the want ads, discuss dress codes and fill out a sample application for a job.
16. Discuss opportunities for secondary education. Research two and four year colleges, technical schools and the meaning of financial aid. What does it take to get to college and succeed? What high school courses should be taken? It is never too early to begin.
17. Take a career inventory. Discuss entry-level positions.
18. Talk about friends-those that youth have and those they would like to have.
19. Discuss career goals and ideas.
20. Discuss the positive activities youth can get involved in during school year and summer.
21. Research and talk about famous people who use their abilities to get ahead.
22. Read the newspaper and magazines together.
23. Share your life experiences.
24. Share your career experiences. How did you get to where you are today?
25. Remember their birthday with a card.
26. Ask to read a report or story they've recently written or a drawing they've done. Make positive comments, mention at least one thing you learned from it, and ask questions related to the material.
27. Develop a list of questions and prompts for discussions with your mentees. End a meeting by saying: "Next time we get together, I'd like you to answer the following question . . ."
28. Develop a list of questions and prompts for discussions with your mentees. End a meeting by saying: "Next time we get together, I'd like you to answer the following question . . ."
29. Come up with some "What If . . . ?" questions for discussion at one of your sessions. What if you saw someone steal something at the store? Your friends offered you drugs? A classmate wanted to cheat off your paper?