

"There is no such thing as other people's children"—Hillary Clinton

"Every kid is one caring adult away from being a success story"—Josh Shipp

STRATEGIES & ACTIVITIES FOR THE FIRST MEETING

This packet includes suggestions and activities for your first meeting with your student. Please use these documents as you see fit. Feel free to print and store hard copies of these in your student's academic folder at the school where you mentor.

STRATEGIES FOR THE FIRST MEETING

1. Introduce yourself to your student in a respectful way.
2. If you participated in a match process, ask the student why they selected you as their mentor.
3. Find out about the student's interests and share yours.
4. Share what your role is as their mentor and establish expectations and boundaries that are comfortable for the both of you. Add class and work schedules, afterschool activities, and other important dates to a calendar.
5. Ask open-ended questions and take notice of the student's verbal and nonverbal cues as you get to know each other.
6. Give compliments and specific praise to reinforce behaviors you want to see more often.
7. Together, set at least one goal and define what success looks like once the goal is achieved. Feel free to use the goal setting worksheets provided in the *Goal Setting Worksheet* packet.
8. Be Yourself!

PERSONAL SNAPSHOT

This is an exercise you can use to get to know your student better. Take time to complete this for yourself and be willing to share honestly with your student.

1. What are my **top 5 strengths** as a person? Five things I feel good about and I am proud of.
2. What are my **top 5 weaknesses** as a person? Five things I want to work on to improve myself.
3. What are the **top 5 opportunities** available to me at this moment that I could do or act upon that would help me develop and reach my potential?
4. What are the **top 5 challenges** I am facing right now? Things that hinder me from achieving my dreams?
5. What are the **top 5 things I'm grateful for?**

Sharing and answering these questions will help you and your student develop a plan of action to build on your their strengths and opportunities. You could also bring 5 photos that represent you and ask the student to do the same and then discuss them. Picture images could include:

- Favorite place
- Person/place/thing that makes you the happiest
- Favorite food/snack
- Favorite pastime
- Family

Ask you student what are **5 important things we can do together** over the next few months to build on your strengths and get you closer to attaining your goals?



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PERSONAL INTERESTS

Below are some topics you can utilize to discover more about your mentee and determine areas of common interest. Ask them to identify their favorite and feel free to add additional items to the list:

[illegible]

OPEN ENDED QUESTIONS

Ask your student to complete the following statements as quickly as possible to get their initial response. You may choose to ask multiple questions per week, or even just one to stimulate conversation. Feel free to add additional questions to the list.

- On weekends, I wish my family would
- If I had \$100, I would
- I think my parents should
- The thing that scares me the most is
- If I could go anywhere in the world for a week, I would choose...
- People I like always
- I cry when
- I'm afraid to
- I'm happy when
- I'm proud that I
- When I graduate I want to
- The funniest thing I ever saw was
- The most important quality in a family is
- I like people who
- Twenty years from now, I would like to
- If I saw someone shoplifting, I would
- If I saw someone dealing drugs at school, I would
- When I become a father or mother, I
- I am best at
- I get angry when
- My friends think I am
- I am loneliest when
- I feel most loved when
- If I could meet anyone, I would choose
- People know I'm upset when I
- The thing I don't like about school is
- When I have leisure time, I like to
- When I don't do as well in school as I can, it is because

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OPEN ENDED QUESTIONS CONT'D.

Ask your mentee's opinions on any or all of the following topics:

- Alcohol/Drugs
- Clothes
- Gossip
- Love
- Manners
- Current Events
- Peer Pressure
- People Who are Different
- Relationships
- Responsibility
- School Environment
- School Rules
- Social Justice Issues
- Social Media
- The Future
- Violence on TV / Music