

## WHY IS MENTORING SO EFFECTIVE?

The mentor's commitment of only an hour or 2 per week represents a very small amount of time. However, research exploring the positive effects of mentoring suggests that there is something very powerful in the role modeling that a mentor can provide:

- The mentoring relationship provides a model of what a healthy, supportive and consistent relationship looks like.
- Mentoring "leverages" each child's own resilience and coping ability by providing social-emotional tools for handling conflict and anxiety.
- The mentoring relationship can generate a sense of self-confidence and optimism that can carry into other domains.

### Research\* shows that mentored students are:

46% less likely to begin using illegal drugs

27% less likely to begin using alcohol

53% less likely to skip school

more confident of their performance in schoolwork

less likely to be physically aggressive

get along better with their families

\*Public/Private Ventures for Big Brothers Big Sisters of America

## MENTORS BENEFIT TOO

Mentoring is a collaborative effort between the mentor and the student. The growth process that occurs for both can be very gratifying.

Mentors can benefit both academically and professionally. Participation in this program can be undertaken as part of supervised independent study and count for credits toward graduation.

Moreover, volunteering as a mentor is a significant step in acquiring experience that will be highly relevant to future careers in education, social work or psychology. Such experience is highly regarded by graduate school admissions committees.

### To Become A Hall School Mentor Please Contact:

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or

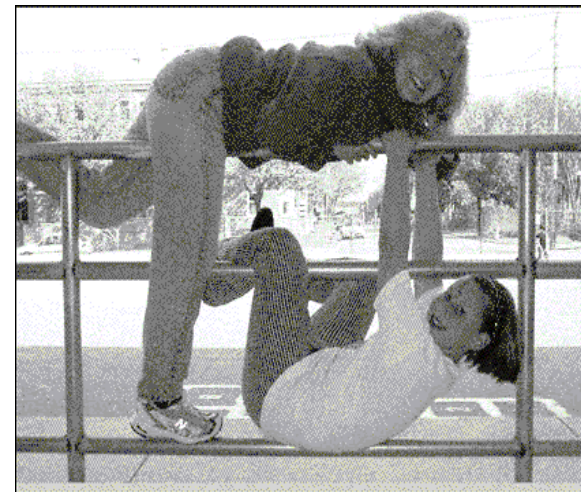
Dr. R. Bruce Thompson  
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or

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*Make a difference  
in a child's life...*

## BE A MENTOR At



## Hall Elementary School

*A partnership between*

*Hall Elementary School*

*The University of Southern Maine*

*Big Brothers Big Sisters  
of Southern Maine*

***Mentor: (n.) a wise and trusted guide and friend.***

### **OUR MISSION**

*The Hall School Mentoring Program is designed to bring committed university students together with children in need of positive role models.*

Our mission, supported by research, is based on the belief that children are socially and intellectually resilient. They can experience profound, positive change when provided models of care, consistency, self-discipline and respect. Specifically, our program has the following aims for each child:

- To help each student experience trust in a positive role model.
- To help each student develop a sense of self-reliance and confidence in his or her own abilities.
- To help each student develop social skills for handling peer and authority conflict.
- To foster intellectual excitement and to support each student's academic aspirations.

### **THE MENTORING PROCESS**

The primary commitment that mentors make is to meet regularly with a Hall student, typically once or twice a week for 1 or 2 hours.

The individual goals and structure for meeting times are highly flexible, but typically involves quality, one-to-one time discussing school work, social life and other issues that are important to the student.

The mentor's greatest aim is to simply provide the student with a safe and supportive social space where she/he can explore ideas, troubles and aspirations.

### **BECOMING A MENTOR**

Prospective mentors will submit a Big Brothers Big Sisters application.

Routine reference and background checks will be completed.

An interview will be scheduled.

Mentors will be accepted on the basis of demonstrated maturity, consistency and the ability to make a commitment of 1 to 2 hours each week that school is in session.

Prior to being matched, mentors will receive training in areas essential to their involvement in the program. They will also visit Hall School as part of their orientation.

Mentors will be matched to students on the basis of shared interests, student needs and mentor's level of experience.

#### **Support, Supervision and Evaluation**

Once matched, mentors will receive individual support and direction through regular meetings with the program staff from Hall School, U.S.M. and Big Brothers Big Sisters.

Program staff will provide mentors with ongoing feedback to help each mentor direct their energies with his/her student.

At regular intervals mentors will receive candid assessments of their aims and approaches to the mentoring process.

Mentors and students will have an opportunity to provide feedback on their experiences at the end of each semester.

### **What are we looking for in a mentor?**

What has proven to be essential is a set of qualities that make a student feel appreciated, understood and supported:

*Consistency and reliability*

*Good listening skills*

*Patience*

*Sensitivity and perceptiveness*

*A sense of humor Good judgment*