

CHANGE  
WON'T  
HAPPEN  
WITHOUT  
**YOU**  
CLICK HERE  
TO BECOME  
A MENTOR



## HOW CAN VOLUNTEER MENTORS HELP STUDENTS SUCCEED?

Children and youth need more than academic supports to make it through school successfully. Mentors provide emotional support that enhances a child's self-esteem and fosters self-control. They also provide guidance and advice that many teens may be uncomfortable seeking from their parents.

Mentoring can take a number of forms and include varying goals and outcomes. Some mentoring takes place within schools (such as Communities in Schools), while other mentors work with students in the community, through programs such as Big Brothers Big Sisters. Objectives run the gamut and may include improving academic achievement, school retention and job preparation, substance abuse prevention and avoiding socially inappropriate behaviors. Community-based mentoring and school-based mentoring have similar objectives around student success, achievement and self-esteem.

With only 20% of a student's time spent in school, out-of-school time serves as an integral part of a child's education. Here are a few tips for becoming a successful volunteer mentor:

- Decide how you will spend your time together.
- Be consistent and dependable. Make a commitment to maintain a steady presence in your mentee's life.
- Don't be put off if the relationship is fairly one-sided at first. As a mentor, you are responsible for keeping the relationship alive and part of your job is to seek your mentee's trust and involvement. This takes time.
- Call your mentee before each meeting or appointment to confirm their attendance.
- Pay attention to your mentee's need for fun.
- Respect your mentee's opinions and beliefs.
- Allow your mentee to make mistakes and learn from the experience.
- Leave your personal agenda behind. Separate your own goals from those of your mentee.
- Do not focus on the negative aspects of your mentee's life, neighborhood, or caregivers – leave it alone.

FOR ADDITIONAL RESOURCES PLEASE VISIT  
[National Mentoring Partnership](#)

<sup>1</sup> Be a Mentor, Inc. adapted from. Training Guide for Volunteer Mentors

[LIVEUNITED.ORG/VOLUNTEER](http://LIVEUNITED.ORG/VOLUNTEER)

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