

## FAQ on Mentoring

### What is my role as a mentor?

Roles of a mentor include but are not limited to:

- Building trust with your mentee
- Be someone your mentee can count on
- Actively listen to your mentee
- Help your mentee identify goals and plans for the betterment of their future.
- Encourage your mentee to accomplish any goals they have identified
- Have FUN with your mentee!!

### What do mentors and mentees do together?

Mentor and Mentee activities vary upon the pair, but some of the most common activities are listed below:

- Setting and prioritizing goals
- Attending workshops, college tours and conferences
- Volunteering
- Job shadowing
- Recreational activities

## Contact Connecting Youth Program to become a mentor today!

Schedule an appointment to come in and meet our staff

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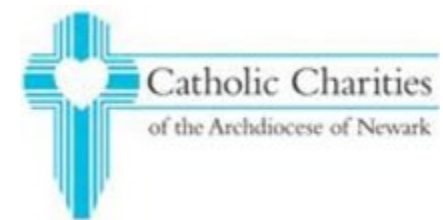
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"We make a living by what we get, but we make a life by what we give."

-Winston Churchill

## Connecting Youth Programs



Making a difference one youth at a time.



### **What is a mentor?**

- An experienced and trusted advisor
- A person who exemplifies that lifelong learning can lead to happiness and success
- Provides advice and guidance

### **What a mentor is not:**

- A Social Worker
- A Therapist
- A Parent
- A Solution to all problems

## Benefits of successful mentoring

### For Mentees:

- Increased high school graduation rates
- Lower high school dropout rates
- Healthier relationships and lifestyle choices
- Better attitude about school
- Higher enrollment rates and higher educational aspirations
- Enhanced self-esteem and self-confidence
- Improved behavior, both at home and at school
- Stronger relationships with parents, teachers, and peers
- Improved interpersonal skills
- Decreased likelihood of initiating drug and alcohol use
- Enhanced psychological and behavioral well-being

### For Mentors

- Giving back to the community
- Personal development
- Sharing knowledge with a young professional
- Professional development through mentor training
- An ability to watch your mentee grow and develop
- A feeling of fulfillment knowing you made a difference in your mentee's life

## Want to become a mentor?

The connecting youth program is looking for mentors who are natural leaders and are willing to devote the time and energy to the development of our youth, ages 14-21.

Some of the basic requirements include but are not limited to:

- Devoting a few hours per month (arranged by you and the youth)
- Call/text contact between outings
- Mentor must be willing to participate in monthly supervision updates with the mentor coordinator.
- Mentors will also participate in agency provided mentor training.

