

YOUTH SUCCESS! MENTORING

A PROGRAM OF THE
SNOQUALMIE VALLEY COMMUNITY NETWORK
IMPORTANT UPCOMING DATES!



FALL 2019

Prepare Students for the Road of Life How can mentors help build resilience in the students that they mentor?

What is resilience?

It is each of our ability to cope with and bounce back to life's demands and challenges. It is our capacity to recover quickly from setbacks or difficulties. We often describe it by our ability to weather the storms of life.

As a mentor you can contribute to building resilience in your mentee by helping them learn how to respond to setbacks and challenges and weather the storms of life that they are facing. As mentors, we can not rescue our mentees, but we can help prepare them for the road of life that they face now and in the future.

Here are some great ways to help your mentee build resilience:

- Show them what they have the power to change and can't change. When talking with your mentee about different situations that they have been through (positive and negative), ask them questions to help them identify how their actions could or couldn't change the outcome.*
- They can learn from past experiences. Ask them to talk about situations they have been involved in where they would have liked a different outcome. And, then help them to think about what they could have done differently to change the outcome. (This is a great opportunity to share some of your own ideas and similar experiences as well).*
- Encourage positive self-belief. When topics come up help your mentee to see what they are good at and how working at what they are not good at can pay off over time. Remember the word "YET" and share how you have worked hard to overcome challenges. Challenges and failures help us to grow. Help your mentee to see what is right and when they have achieved things, worked hard and handled situations well. (For example, Ask them to share what they have done recently that made them feel good about themselves. When they share what made them feel good make sure to give them affirmation).*

Thank you for all you do,

Heather and Karla

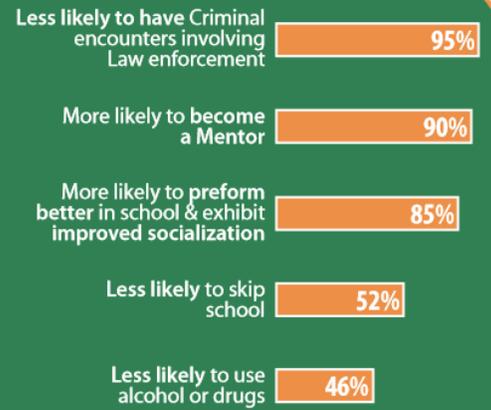


Mentor Tips

3 tips to help your mentee build resilience.

- 1 Work with your mentee to set achievable goals that are set by the mentee.
- 2 Talk about dealing with disappointment. We can learn valuable lessons from failures & mistakes as they help us grow. They can keep working or re-evaluate goals.
- 3 Sometimes things go wrong. We may not always be able to control things but we can control how we react.

A Student with a Caring Mentor is ...



KEY DATES!

- Dec 4** Mentor Appreciation Breakfast, 9:30-11:00 am
- Dec 9** New Mentor Training, 10:00 am - 12:00 pm
- Dec 14** Youth Mental Health First Aid Class 8:00 am - 5:00 pm
- Jan 27** Mentor Roundtable 3:30-5:30 pm
Guest Speaker: Behavioral Health Program
- Feb 8**  Heart of the Valley Gala and Fundraiser, 5:30 pm

To register for any of these events [click here!](#)

Need some mentoring advice? Have a friend that wants to learn more about mentoring? Come to a Mentor meet-up!

12/12 9:00 -11:00 am at Bindlestick in Snoqualmie

1/9 9:00 -11:00 am at Grateful Bread in Duvall



Remember to check the schools calendar for school closures and call the school before your weekly mentoring session to confirm your mentee is available.
Thank you!

Riverview School District



Snoqualmie Valley School District



10 Ways to Build Relationships with Kids

- 1 Talk to them about non-school related subjects
- 2 Let them teach you about their interests.
- 3 Remember things about their lives.
- 4 Share about your own life.
- 5 Engage in activities with them.
- 6 Tell hilarious (and even embarrassing) stories.
- 7 Share inspirational stories from your life.
- 8 Do crazy things.
- 9 Use their interests in your lessons and activities.
- 10 Apologize when you mess up.

We want to remind you that YSM is a school-based mentoring program and all meeting and communication may only take place during the school day, on school property. No outside communication is allowed, which includes text, phone, email, online or in person. To get a message to your mentee, please contact your Site Coordinator or leave a message for your student at the school office. These boundaries are for the safety of mentors and mentees.
If you have any questions please contact heather@svcn.info