

Grand Area Mentoring / 435-260-9646

Balance



Providing the Right Mix

As a GrandAM volunteer, you have signed up to play an important role in a student's life. By showing up each week, you are role modeling responsible behavior and acting as a supportive friend. Naturally, each meeting offers opportunities to support your mentee with respect, care, and praise – the staples of effective mentoring.

However, because the students with which we work can be sad, lonely, or lack positive self-esteem, sometimes mentors can forget that students truly need both positive reinforcement and **reasonable boundaries**. Feel free to let your mentee know that you are not there to meet his or her every whim. You're not there to allow your mentee to treat you disrespectfully or to be rude. Rather, you participate in this program to provide a well-balanced experience to a student that may lack such balance in his or her everyday life.

Part of being an effective mentor is having the confidence and perseverance to lay out some sensible ground rules that you and your mentee will follow. Even if you haven't done so already, it's never too late to clearly explain the rules to your mentee and why they are necessary.



Mentoring is a balance of support and leadership.

In another approach, you can solicit input from your mentee about which mentoring rules to choose. By doing so, your mentee will naturally have more buy-in when a situation crops up where rules have been broken, and redirection is necessary.

You will see a sample set of rules below. Feel free to use this set of rules as a

springboard in a discussion with your mentee about your needs and our program guidelines.

If you are feeling disrespected by your mentee, it may help to set higher expectations for his or her behavior. Mentoring is not a time for abandoning decorum or respect, and you can explain this to your mentee. Even while you praise and respect the student with which you work, maintain high expectations that he or she can achieve. They will thank you for it someday.

See the box on the next page to review some of GrandAM's "Useful Sentences" that might help you draw boundaries without drawing resentment.

This Month in Mentoring

- November 1: Arches National Park Field Trip
- November 27-28: Thanksgiving Holiday – NO SCHOOL. NO MENTORING.

**PLEASE NOTE:
Brown Bag Lunches Cancelled!**



7 MAGIC RULES OF MENTORING

1. TREAT OTHERS AS YOU WANT TO BE TREATED.
2. FOLLOW SCHOOL AND PLAYGROUND RULES.
3. IN CASE OF AN EMERGENCY, FOLLOW YOUR MENTOR'S INSTRUCTIONS.
4. BE SAFE.
5. SPEAK AND ACT RESPECTFULLY AT ALL TIMES.
6. COMPROMISE.
7. CHOOSE ACTIVITIES THAT YOU WILL BOTH ENJOY.

Grand Area Mentoring

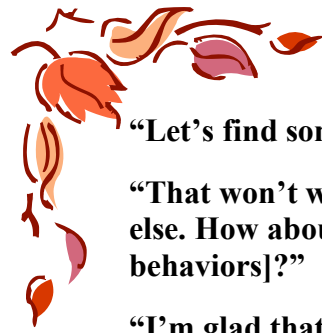
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Moving Forward Together
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Useful Sentences



“Let’s find something that both of us will enjoy.”

“That won’t work for me. We could do something else. How about...[list several alternate activities or behaviors]?”

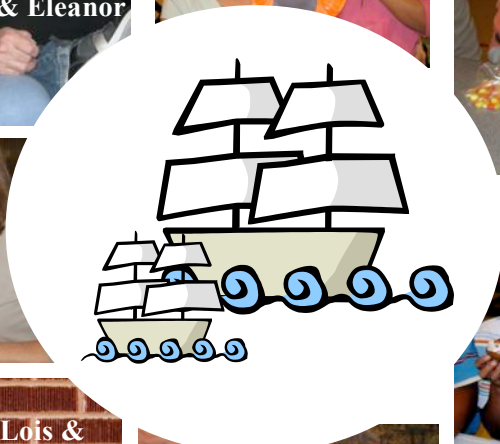
“I’m glad that you’re able to express your feelings, but we need to be respectful when communicating with each other.”

“We can make a choice to be upset about this or we can choose to do something else that’s fun.”

“Let’s review the GrandAM meeting rules.”



October Gallery



Idea of the Month:

<http://www.highlightskids.com/>
Visit this website for some **hidden pictures**. You can print one per week and bring it to your mentoring session.

HMK Volunteers: Please leave the key in the mentoring room after school until all mentors are finished.

During this season of thanks, we offer you our gratitude. We are lucky enough to work with the best group of Moab citizens ever gathered. We are proud to serve you. We hope you're proud of what you're doing.

www.grandschools.org/mentor/toolbox.html

Dan & Megan

