

The Roller Coaster Ride

“Accept challenges, so that you may feel the exhilaration of victory.” -George S. Patton

Dealing with the ups and downs of mentoring.

The mentoring relationship is like any other relationship in life: there are highs and lows. Some of you may be feeling enthusiastic that your mentee is finally opening up to you after a year of hanging out, while others may feel frustrated by a lack of progress.

It's important to recognize that all the ups and downs of mentoring are normal. You are not alone! If you are on a mentoring high, enjoy the ride! If you are currently experiencing challenges, there is a good chance that another mentor has struggled with the same issue. Even the most enthusiastic mentor will encounter setbacks, frustration, and uncertainty.

It's also important to recognize the positive aspects of any mentoring session, no matter how small the achievement. Perhaps your student used the word “thank you,” shared a story of success in their classroom, or did an excellent job negotiating an activity you both enjoyed. Look for the little signs of success and stay positive. Remember that progress takes time and occurs in small steps. Give yourself a pat on the back for having the courage to embark on this challenging and rewarding ride of volunteerism.



Off Campus Adventures!



David and Joan

Off campus trips are a great way to add new life and diversity to your mentoring sessions. So far this year, mentors and mentees have enjoyed trips for ice cream at Kaleidoscoops, lunch at Milt's, Halloween costume shopping at Wabi Sabi, hiking to Morning Glory Arch, bowling at the local alley, and exploration of the museum.



This Month in Mentoring

- **April 6-10:** Spring Break. **No Mentoring!**
- **April 16:** Mid-term conferences. Grades K-12 early out. No mentoring unless you make special arrangements with students and parents.
- **April 17:** Mid-term conferences. Grades 7-12 no school, no mentoring. Grades K-6 Early out (12:45). No mentoring unless you make special arrangements with students and parents.
- **April 20:** Grand County RSVP Volunteer EXPO (see reverse for details).

Grand Area Mentoring

GrandAM
264 South 400 East
Moab, Utah 84532

Phone:
435-260-9646

E-Mail:
grandareamentor-
ing@gmail.com

www.grandschools.org/mentor

Moving Forward Together

You are Invited,

What: Grand County RSVP Volunteer Expo

Where: The Grand Center

When: Monday, April 20th 5:00 – 8:00 PM

Why: The volunteer expo has been designed to recognize and recruit volunteers in the Moab Community. Local non-profits will share information about their missions and the impact their volunteers have made. Appetizers and refreshments will be served. Come and see the great accomplishments that have taken place because of **your** efforts!



★ Thank you Half Marathon Aid Station Volunteers! ★

Pictured in group photo (from left to right): Michael Kirkham, Ron Olsen, Judy Carroll, Sue Kirkham, Joan Gough, Cathy Birsfield, Dan McNeil, Forest, Megan, Beth, Danette Johnson with Robin Willscheidt, and Karen Hostetter.

Idea of the Month:

Scavenger Hunt!



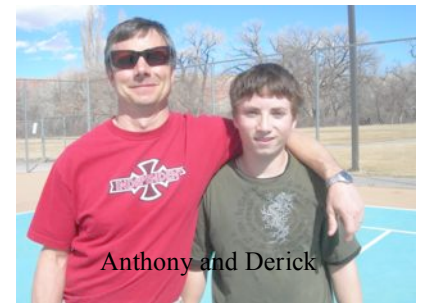
An active springtime activity, you can do a scavenger hunt at school or as an off-campus field trip. Create your own scavenger hunt or use one of the ideas from the GrandAM website (see address below). We have included directions and worksheets for the ABC Scavenger Hunt, the Nature Scavenger Hunt or the Photograph Clues Scavenger Hunt.

Have fun!

www.grandschools.org/mentor/toolbox.html



Christian, Karen, Merrit, and Hillary at the museum!



Anthony and Derick



Natasha and Karen

Your dedication and generosity inspire us every day. Please let us know if there is anything we can do to assist you. Let's work together to make the last two months of school a positive experience for our mentees!

Dan (260-9646) and Megan (260-9645)