

Grand Area Mentoring / 435-260-9646

Investing in Self-Worth

Strength-Based Mentoring

Charlie Applestein suggests in his book, There's No Such Thing as a Bad Kid, that we can help students become more comfortable when we carefully navigate our relationships. This approach is about cultivating feelings of self-worth and respect for everyone. Charlie suggests that people working with children should:

- Never use negative labels, such as “bad kid,” “trouble maker,” “lazy,” “manipulative,” or any other term that suggests a student is *inherently* difficult.
- Focus on strengths and reframe negative behavior in positive terms. “Praising a child’s coping strategy can counter the ill effects of negative labeling – a practice that erodes a child’s self-esteem and, along with it, the motivation to improve her level of functioning. In addition, it can help her understand why she acts the way she does. A youngster whose behavior has been reframed often discovers that her acting out has been serving a self-protective function.”

Example

Behavior: Rudeness

“You get your point across very well, and people react strongly to it. Can we think of ways for you to do this without getting them so mad at you?”

- Use helpful verbal responses with troubled children.

Supportive Comments

STUDENT: “I hate school!”

ADULT: “Seems like you’re pretty upset.”

STUDENT: “John was picking on me!”

ADULT: “No wonder you’re so angry.”

Supportive Comments & Feelings Update

STUDENT: “Sarah is always making fun of me. She does it every day.”

ADULT: “That’s too bad (supportive comment). How do you feel when she teases you (feelings update)?”

STUDENT: “It really makes me angry!”

ADULT: “Of course it does! I’d be angry too (supportive comment). Thank you for letting me know that. Let’s talk about it.”



Want to be a
mentor
but don't have the
TIME? 

Sponsor a match!

\$49 Level: The Giver – supplies & equipment for 1 year

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\$290 Level: The Benefactor – supplies, equipment, match support, and program infrastructure for 1 year

You get: a match profile, one photo (when permitted), certificate, & to make a difference in a child's life.

Mail checks payable to
Grand Area Mentoring, 264
S 400 E, Moab, UT 84532

Charlie Applestein’s book, There’s No Such Thing as a Bad Kid is available for checkout from the GrandAM library. Stop by the office to pick it up or to browse the other selections.

Tell your friends they can sponsor a match!

This Month in Mentoring

- **September 1: Labor Day (NO School/Mentoring)**
- **September 8: New Mentor Training. GCSDB Board Room, 5-7PM. Call 260-9646 to register. *Topics covered: Mentoring best practices, activity ideas, relationship building tips, and policy/ procedure information. Instructors: Dan and Megan, Program Director and Coordinator. Open to new and returning mentors. Please call Dan to register. 260-9646***
- **PLEASE NOTE: Brown Bag Lunches Cancelled!**



Grand Area Mentoring

433 South 100 East
Moab, Utah 84532
United States

Phone:
435-260-9646

E-Mail:
grandareamentoring@gmail.com

Moving Forward Together
www.grandschools.org/mentor
260-9646



Confidentiality Reminder

Mentors must follow the confidentiality guidelines set forth in federal and state law. As a mentor, you are not allowed to talk with any non-school district individuals about your mentee, their family, or any personally identifiable information. According to the Family Education Rights and Privacy Act (often referred to as FERPA), **you shall not share:**

- the student's name
- the name of the student's parent or other family members
- the address of the student or student's family
- a personal identifier, such as a social security number or student number
- a list of personal characteristics making student's ID easily traceable

However, you may speak to your friends and family in generalities about your mentoring experience. In fact, please try to recruit new volunteers by discussing the activities you pursue while mentoring.

Off-Campus Update:



1. You **MUST** be trained by GrandAM staff if you are planning to utilize the new off-campus privilege – *Double-Buddy Mentoring*. Mentors that have not attended the training or made arrangements to meet with Dan or Megan individually shall **NOT** be permitted to leave campus with their mentee. We have a list of people who attended the trainings. (Thanks for coming!) Again, if you haven't been trained, you cannot take advantage of this new policy. Contact Dan to schedule: 260-9646.

“There is a secret person undamaged in every individual.”

–Paul Shepard

2. Mentors can start Double-Buddy mentoring on October 1, 2008. Each parent must be contacted, be briefed on the new policy, and agree to the terms before mentors will be allowed to take students off campus.

3. Double-Buddy mentoring will **take the place** of most off-campus events that have previously been arranged by GrandAM. Help your mentee see this wider world by investing time in fun off-campus events.

Idea of the Month:



Use your first sessions to set the tone for mentoring this year. Think about the kind of changes you'd like to make from last year. Now is the time to set new expectations. Ask your mentee what he or she is looking forward to this year; share what you are hoping to do as well. Make a list of activities that you're both interested in doing. Keep it in your mentor log. Exude excitement about the start of another year together.



As we begin the school year, scheduling mentor/mentee meetings takes a considerable amount of time. Please be patient. We will get you going as soon as possible. If you haven't yet heard from Megan, please understand that she will be in touch shortly.

In the meantime, if you need anything, please don't hesitate to contact us. Remember, you are invited to attend the new mentor training to renew or rekindle your inspiration for mentoring and help inspire our newcomers! We're so glad to have you on board.

www.grandschools.org/mentor/toolbox.html

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