

Mentoring News



For mentors, and those who would like to become one.

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Mentoring Sites Almost Ready to Open

- Jackie Abel-Stravropoulos, Program Manager

The excitement has been building and we are now ready to begin opening mentoring sites. We have a wonderful and growing group of volunteer mentors who are committed to helping youth in our local communities. A lot of groundwork has been done and we have a solid foundation to build upon. The framework has been established but each group will take shape based on the needs and the interests of the youth in that particular group. Last week Nic and I met with a small group of youth and after a lot of discussion around their likes and dislikes and some possible career interests they had two requests: pizza and board games. Much to my surprise, they asked specifically for Monopoly and Scrabble. So next week when we meet as a



mentoring group we will be sure to take in some board games. Are you wondering how board games fit into our mentoring plan? Board games will create a wonderful opportunity to talk in a comfortable, friendly environment while playing. Youth find it easier to talk to “new adults” if they are engaged in an activity. This is one of the many reasons service learning projects are so successful;

everyone is busy working at the activity and conversation just naturally flows. I am sure the youth will open up as the games progress. We will be sure to casually slip some career focused conversation in as we play. You should be hearing within a few weeks about getting your mentoring site up and running. It is an exciting time and already I am looking forward to the next newsletter to hear how your group is doing!

“Be the change you wish to see in the world” - Gandhi

Brief History of Mentoring

- Nicolas Jaramillo, Mentoring Specialist

The term mentor is over three thousand years old and has its origins in Greek mythology. When Odysseus went off to fight the Trojans, he left his trusted friend Mentor in charge of his household and his son’s

education. Mentor’s name has been attached to the process of education and care by an older, experienced person. Don’t believe it? Try researching it at wikipedia.com!

Dr. Beverly Kaye pronounced that ‘behind every successful person, there is one elementary truth: somewhere, somehow, someone cared about their growth and development, this person was a mentor.’

Additional Mentor Training

“Additional mentor trainings offered”

In an effort to become EVEN BETTER mentors, there are a couple additional upcoming mentor trainings offered by The Mentoring Partnership of Southwestern Pennsylvania that might interest you. The first is entitled “Mentoring 101” and is designed to be an introductory course on what to expect as a mentor. This is a two and

a half hour training and will be offered Saturday, August 7 from 9:30 in the morning to 12:00 noon. The Mentoring Partnership of SWPA also offers a three hour “Mentoring 102” training that is specifically designed to help facilitate communication within the confines of a mentoring relationship. This training is offered Wednesday, May 19 from 5:30 to 8:30

in the evening. These trainings are absolutely free and will both be at the Mentoring Partnership’s main office, which is located at 2934 Smallman Street, 2nd floor, Pittsburgh PA 15201. If you and/or someone else are interested in attending one or both of these trainings please let Nic or Jackie know so they can get you registered.

Featured Ice Breaker - Drum Jam

This game was suggested on About.com by Deb Peterson. Ideally this game is best in groups of 10-12, but could potentially work for groups of up to 30. The main purpose of this ice breaker is to build a shared experience and to demonstrate that the group can have fun working together.

Instructions: Start your group by practicing a few

rhythms. Tap a simple beat, repeatedly, and have the class follow you. A 3- or 4-beat measure works best. When ready, you start with a simple beat. The next person adds something different to your beat, and so on around the room. Encourage creativity, fun, syncopation, and a mixture of techniques. You might start with a slower beat to practice

Here are some options to explore...

- Tapping with fingers only.
- Slapping with whole palm.
- Tapping with finger nails only.
- Knocking with knuckles.
- Banging with soft side of fist.
- Three quick taps in one beat.

“We make a living by what we get, we make a life by what we give.”

~ Winston Churchill

International Evening of Music & Dance, May 7th

Come one come all! Goodwill is hosting a fun filled evening of activities and food from all over the world to celebrate our diversity of cultures, ways of life, and tastes for edible delights! Everybody is invited! There will be ethnic dances, musical

performances, and acrobatic presentations from a multitude of individuals and groups representing the diversity we share in Pittsburgh. The time is Friday, May 7th beginning at 6:00 p.m. and the event will be held at Goodwill

headquarters in Southside on the corner of 26th and East Carson. We would like to invite our mentors to be our guests at no charge as a thank you for your commitment to our mentoring program.

Mentoring Tips...

Sometimes the will to do good things in this world is not enough. Having the wisdom to accomplish the task you set out to do is also important. It is hard to create a relationship out of thin air and it takes time. Establishing a meaningful human connection and building relationships are the foundation for building effective mentoring partnerships.

Here are six tips for success taken from www.leadsevs.com.

1. Invest time and effort in setting a climate for learning. Be mindful of your surroundings when mentoring.
2. Be sensitive to the day to day needs of your mentee.
3. Identify and use multiple venues for communication.
4. Set a regular contact schedule but be flexible.
5. Check frequently on the effectiveness of communication and spend some time self analyzing.
6. Keep in mind that shared experiences is a necessity in order to connect with your mentee.



Service Learning – What is that?

Service Learning is a teaching method that combines service to the community with the goal of broadening a point of view. It also allows youth to learn about what they can do rather than what they know. A key component of this type of learning is reflection on the project once it is complete. Thinking about the completed project

ensures the participants understand the amount of positive change they can make. The youth decide the community service project to work on and this creates this interest for the project and encourages lifelong civic participation. Service Learning improves workplace skills and enhances personal development among youth by relating “learning” to

real world experiences. Learning by volunteering in the community gives youth a sense of purpose, they will see themselves as active members of their community and in control of their own learning experience. Compare this model of learning with classroom learning and you may see why Service Learning has so much potential.

Career Focus

The overall goal of the GoodGuides™ program is to help youth build career plans and skills while preparing for school completion, post secondary training and productive work.

This will be accomplished through structured and supportive relationships with our adult mentors. Mentoring groups will occasionally have guest speakers who bring firsthand knowledge career experience and a

realistic view on a particular job or work field. The youth will be able to ask questions and get answers from people who know what the work is actually about.

“GoodGuides™ helps youth build career plans and skills while preparing for school completion...”



Goodwill of Southwestern Pennsylvania

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Goodwill of Southwestern Pennsylvania is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities 412-390-2132 or e-mail accommodations.request@goodwillswpa.org

www.goodwillswpa.org

Future Mentor Sites May Include...

Southside
McKees Rocks
Bloomfield-Garfield
Northside
Hill District
Shadyside

Wilkinsburg
Downtown
Pittsburgh
Hazelwood
McKeesport
Lawrenceville

Baldwin
Cranberry
Duquesne
Millvale
East Liberty
Carnegie
Homestead

As a GoodGuides™ Mentor you are not alone. For additional help, resources, and support contact:

Youth Mentoring Specialist
Nicolas Jaramillo
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TEAM = Together Each Achieves More

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