



## Students Engaged in Mentoring Improve:

- School Attendance
- Self Esteem
- Peer and Family Relationships
- Career Awareness
- Self Awareness
- Social Skills



**For just one hour each week  
you can make a difference  
that can last a lifetime.**

**For More Information Contact:**

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Mentoring Program

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Participating Schools:

Niantic Center School

Lillie B. Haynes School

Flanders School

East Lyme Middle School



Brochure design inspiration from the  
Shelton Mentoring Program!



## East Lyme Public Schools Viking Mentoring Program



**In collaboration with  
East Lyme  
Youth Services**



## What is Mentoring?

Mentoring is an opportunity to empower youth in our community to make positive life choices that enable them to maximize their potential!

Youth mentoring is the process of matching mentors with young people who need or want a caring, responsible adult in their lives.

The goal of youth mentoring programs is to improve the well-being of the child by providing a positive role model that can support the child academically, socially and/or personally.

Statistics prove that school-based mentoring increases student engagement, attendance, peer relations and attitudes. The school-based approach reveals improvement in the classroom and socially. Mentors from the community are matched with a student and they work one on one throughout the school year. As a mentor, the expectation is to be a friend and positive role model that is supportive and encouraging. This relationship will help motivate the student, known as the mentee, to be successful in school, community and life.

## Characteristics of Mentors

- Good Listener
- Committed
- Positive Role Model
- Leader
- Communicator
- Caring
- Patient
- Advocate

## Mentoring Sessions

Mentors and Mentees decide together how they will spend their time. Favorite activities can include:

- Playing games and cards
- Reading together
- Arts and crafts
- Sports
- Computer
- Career exploration
- Goal setting
- Just talking
- Having fun!



## Mentor

### Commitment

Mentors are asked to spend one hour each week during the school year with their mentee. Staff provides support to the match. This is a school based program. All mentoring sessions take place at the school only.

### Steps to Become a Mentor

- Recruitment
- Completion of application
- Screening including background checks
- Orientation and training
- Matching
- Mentor and Mentee session
- Staff support

***No prior experience necessary***