

MENTORSHIP

Parent Resource

What is mentorship?

Mentorship means giving or asking for support, guidance, training or expertise.

As your child gets older, he or she will begin to understand how mentors can help him or her achieve his or her goals.

In grades six through eight, children begin:

- ✓ Understanding how learning from a mentor leads to personal growth.
- ✓ Developing a sense of responsibility through supportive interactions with others.

Below are ways you can help your child learn, practice and demonstrate mentorship:

DISCUSS MENTORING CHARACTERISTICS

Looking to effective leaders as mentors can help your child develop strong leadership skills. Discuss with your child the characteristics of a strong leader or mentor, and ask your child to identify a leader or mentor who exemplifies these characteristics. How can your child display these characteristics with others?

IDENTIFY WAYS TO MENTOR OTHERS

Ask your child how he or she can mentor others. The roles of mentorship include guiding, serving, building trust and cooperation. For example, tutoring other students, supporting a teammate during practice, or giving helpful advice to a younger family member.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF ASKING FOR HELP AND HELPING OTHERS **CAN POSITIVELY IMPACT HIM OR HER NOW AND IN THE FUTURE.**



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying the importance of volunteerism and mentorship in positively affecting the community and nation.



Discussing the importance of taking constructive feedback from mentors and applying this feedback to his or her life.



ACTIVITIES FOR YOU AND YOUR CHILD

Explore local mentorship opportunities with your child. Examples of this may include mentorship programs within the community or peer tutoring.

Have your child create a list of goals he or she wants to accomplish for the school year. Discuss what role a mentor can play in helping your child achieve these goals.