



The Mentoring Project of the Upper Valley

Information for Students

Program Description:

- The Mentoring Project is a one-to-one mentoring program for youth in the Upper Valley
- Mentors and mentees may explore career and education options, share a common interest or hobby, or focus on a particular project or goal like learning photography or running a marathon.

Who Can Participate?

- Any student, in the Upper Valley, between the ages of 10 & 18, who wants a mentor can apply.

Who are the Mentors?

- Mentors come from all sorts of backgrounds. S/he could be a farmer, doctor, veterinarian, forester, mother, chef or just a big-hearted person that would like to spend time with you.

What would be my commitment?

- Students will spend about one hour per week (four to five hours a month) with his/her mentor during non-school hours.
- The minimum requirement is one year.

What would I do with my mentor?

- Almost anything you want. For example, just chatting, going for a hike, learning how to put a cast on a dog, prune a tree, play chess, etc.
- The mentor can just be someone to talk to other than your friends or parents.
- You can also use a mentor for advice and guidance on career/education options.
- We'll make every effort to match you with a mentor based on common interests and similar personalities. This will give you a foundation for your mentorship.

Do the program organizers stay involved once a match is made?

- Yes! We provide on-going support and monitoring.
- A mentoring coordinator will be available to deal with any questions or concerns that come up.

To Sign Up:

Mail application to: The Mentoring Project, PO Box 237, Bradford, VT 05033
For more information, contact Nancy Jones, Mentor Coordinator at 802 222-1624