



The Mentoring Project of the Upper Valley

Information for Mentors

Program Description: The Mentoring Project is a one-to-one encouragement program for young people (currently serving grades 6 – 12) who reside in the Upper Valley. It is available to all students who wish to have a mentor, but especially those kids experiencing academic or social challenges. Mentors and students can 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 10K race.

Who can volunteer? You can! Any adult male or female, with some energy and enthusiasm for working with youth, may apply. There is no maximum age limit, as long as the volunteer is in good health and maintains an active lifestyle. We have volunteers that come from a variety of backgrounds and all walks of life. There are not special skills required – only a willingness to spend some time with a young person.

What is the commitment of a mentor? A mentor spends about *one hour per week or four to five hours a month* with his/her student during non-school hours for one year (running through the summer). *All mentors must pass a background check and complete a training session.*

How old are the students? Students are approximately 12 – 18 years old.

What are their backgrounds? Our program is friendship-based and is not designed as a form of intervention for serious individual or family problems. The students are not experiencing any significant emotional or behavioral difficulties.

What do they like to do? Some students just need someone to talk to other than their friends or parents. Some of the students want advice and guidance on career/education options. We'll make every effort to match volunteers and students based on common interests and similar personalities. This will give you a foundation for your friendship.

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. Regular phone contact is an expectation of the program, as are regularly scheduled meetings to discuss the progress of the match.

For more information please contact:

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