



## The Mentoring Project of the Upper Valley

### Mentor Job Description

Updated September 28, 2017

The Mentoring Project of the Upper Valley (TMP) helps to empower youth in our community to make positive life choices that enable them to maximize their potential. TMP engages adult volunteers to commit to supporting, guiding, and being a friend to a young person for a period of at least one year. By becoming part of the social network of adults and community members who care about the youth, the mentor can help youth develop and reach positive academic, career, and personal goals. The Mentoring Project strives to promote Resiliency, Pro-Social Skills, Connectedness to Community and Future Aspirations among its mentees.

#### **Mentor Role**

- Take the lead in supporting a young person through an ongoing, one-to-one relationship
- Serve as a positive role model and friend
- Build the relationship by planning and participating in activities together
- Strive for mutual respect
- Build self-esteem and motivation
- Help set goals and work toward accomplishing them

#### **Time Commitment**

- Make a one-year commitment
- Spend a minimum of five hours per month one-to-one with a mentee
- Communicate with the mentee weekly
- Complete the on-line DCF training regarding child abuse prevention
- Attend an initial two-hour training session and additional two-hour training sessions twice during each year of participation in the program
- Attend optional mentor/mentee group events, mentor support groups, and program recognition events

#### **Participation Requirements**

- Be at least 24 years old
- Reside in the greater Bradford Area
- Be interested in working with young people
- Be willing to adhere to all program policies and procedures
- Be willing to complete the application and screening process
- Be dependable and consistent in meeting the time commitments
- Attend mentor training sessions as prescribed
- Be willing to communicate regularly with program staff, submit activity information, and take constructive feedback regarding mentoring activities
- Be willing to complete the Annual on-line Survey Evaluation

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- Have access to an automobile, auto insurance, and a good driving record
- Have a clean criminal history
- No use of illicit drugs
- No use of alcohol or controlled substances in an inappropriate manner
- Not currently in treatment for substance abuse and have a non-addictive period of at least five years
- Not currently in treatment for a mental disorder or hospitalized for such in the past three years

### **Desirable Qualities**

- Willing listener
- Encouraging and supportive
- Patient and flexible
- Tolerant and respectful of individual differences

### **Benefits**

- Personal fulfillment through contribution to the community and individuals
- Satisfaction in helping someone mature, progress, and achieve goals
- Training sessions and group activities
- Participation in a mentor support group
- Mileage and expenses are tax deductible
- Personal ongoing support, supervision to help the match succeed
- Mentee/mentor group activities, complimentary tickets to community events, participant recognition events

### **Application and Screening Process**

- Written application
- Driving record check
- Criminal history check: state, child abuse and neglect registry, sexual offender registry
- Personal interview
- Provide three personal references
- Attend two-hour mentor training
- Complete DCF on-line training regarding child abuse prevention

For more information, contact The Mentoring Project of the Upper Valley  
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