Supporting Children and Youth: Mentor Training for Senior Corps Volunteers

Mentoring and Tutoring Services Provided by Volunteers

Trainer:

Date:
LEARNING OBJECTIVES

By the end of the session, participants will better understand:

- The variety of services that Senior Corps volunteers provide to children and youth;
- The range of different types of tutoring and mentoring services provided; and,
- The skills, qualities, and traits that will help volunteers providing these services be successful.
Who was an important adult in your life?

What made that person special?
What **qualities** did that person have?
Helpful Qualities

- Flexibility
- Kindness and Patience
- Ability to see the individual
- Sense of humor
- Warm and caring demeanor
- Sensitive
- Good listening skills, sincerely interested
- Nonjudgmental
- Maintains confidentiality
Volunteer Services

Examples:

- Tutor students in a particular subject
- Provide homework assistance in different subjects
- Read to children/listen to children read
- Mentor a youth in school or in the community
- Care for infants
- Help preschoolers get ready for Kindergarten
- Assist children with arts and crafts
- Be a “pen pal”
- Advocate for youth in the court system
In need of a caring adult role model for guidance, academic help, and other assistance

Military families

Special needs (examples):
- Abused or neglected
- Living in poverty
- Learning disability
- Mental health issues
- Developmental disabilities
- Foster children
## Child/Youth Risk Levels

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Mentor needs to be...</th>
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<tbody>
<tr>
<td>“Low”</td>
<td>Caring, committed</td>
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<tr>
<td>“Moderate”</td>
<td>Caring, committed, patient, willing to get involved in youth’s life</td>
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<tr>
<td>“High”</td>
<td>Extremely caring, committed and patient, may need to play several roles</td>
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<tr>
<td>“Very high”</td>
<td>Extremely caring, committed, patient, like a family member, always on call</td>
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“Classification of Mentoring Relationship Types,” The Mentoring Center, 2000.
Types of Mentoring Services

School-based mentoring programs
- Meet in school or at school facilities
- Regular meetings, one-on-one or in small groups, during the school year
- Benefits: improvement in school attendance, connectedness to school, overall academics, self esteem

Community-based mentoring programs
- Meet in the community or at program facility
- Regular meetings, usually one-on-one, for at least a year
- Benefits: improvement in school attendance, better peer and family relationships, less likely to use drugs
Academic Assistance

- Programs may offer 1:1 assistance or small group
- Students may “drop in” or sign up for ongoing help
- May be school-based or community-based

Tutoring
- May focus on one subject (reading)
- Uses a curriculum
- Tutor may work with same student regularly
- Tutor works with teacher or program staff

Homework Help
- Assistance in different subjects
- Help students develop organization and study skills
Additional Programs

- **Out-of-School Time**
  - Before or after school, summer, weekends
  - K-12 students
  - Constructive activities in a safe supervised place
  - Recreational, academic, service projects, arts

- **Preschool**
  - Children ages 3-5
  - School-readiness: children build age-appropriate skills (e.g. language, literacy, mathematics, social and emotional development)
Exercise: Helpful Volunteer Traits and Abilities

Instructions

- Choose a type of service you are interested in.
- Get into groups of 3-4 according to your interest.
- Choose someone to take notes for the group.
- Take 15 minutes to discuss and answer the questions under that activity type.

What kinds of abilities or characteristics would help a volunteer serving in this area?
Getting to Know the Child or Youth

How will you start building a relationship?
Those who can, do.
Those who can do more, volunteer.

Author unknown