



MENTOR ONE CHILD, CHANGE TWO LIVES.

A mentor is a member of the community willing to volunteer time with a young person to assist in achieving academic, career, and personal goals.

A mentor is a role model and guide who provides support and encouragement, offers friendship, listens, shares life experiences, and gives caring advice. Our mentoring program has become an increasingly important part of the organization.



HOW OUR PROGRAM WORKS

Children in grades 2 through 12 are recommended by school staff as those that might benefit the most from the one-on-one caring relationship of a mentor. Youth, known as mentees, declare their interest in becoming involved in the program. Parents/guardians give written permission for the involvement of their child. They are invited to participate in family events throughout the life of the grant.

MENTORS ARE RECRUITED FROM THE GENERAL COMMUNITY

Volunteers are sought that are willing to spend 60 minutes a week with a youth

from our community. These individuals have certain common characteristics. They are nurturing, reliable, committed, positive role models and each serves in the role of advocate for a child in the program. Mentors are recruited, interviewed and participate in a thorough screening process which includes a criminal background check. Mentors are then trained prior to being matched with their mentee.

MENTEES:

- receive support and guidance
- improve academic performance
- improve school attendance
- reduce risky behavior(s)
- improve self-esteem & social skills

WHAT DO MENTORS AND MENTEES DO TOGETHER EACH WEEK?

Mentors and mentees decide together what they are going to do each week. Popular activities include reading, arts and crafts projects, homework help, playing sports, games and research on the computer, setting goals or just listening and talking. Consistency is the most important ingredient in a strong mentoring relationship.



When mentors and mentees meet regularly and develop trust and friendship, the benefits are tremendous.

THE BENEFITS TO MENTORS

Mentors benefit as much, if not more, than the youth. For many, this is the best thing that happens to them all week.

Mentors report that mentoring:

- benefits mentors as much as youth
- mentors report they have fun, learn more about themselves, get a fresh perspective on life and feel more satisfied.

Companies find that mentoring:

- helps with employee retention
- improves employee health and well-being

Mentoring programs have a powerful impact on the community, not only from the perspective of the young people being mentored, but also on the adults who share their time with them.

THE BENEFITS TO MENTEES

Youth in the program are

- raising their grades
- getting along better with their peers
- improving their attitudes toward school and home
- making better decisions

Young people are having fun with their mentors and think that spending time with them weekly is really cool. Many of the mentees report that they want to be just like their mentor!

DOES MENTORING WORK?

Most of us can recall individuals in our personal and professional lives who have supported us in a non-judgmental way, guided us through some difficult times and stood by us no matter what. In order to be successful, it is hoped that all of us will have not one but multiple mentors in our lives.

Mentoring has become a movement all across America. It is positively changing the lives of both mentors and mentees and it is an approach that is clearly making a difference for our youth.

Striders is doing its part to deliberately provide mentors for youth in area schools. Currently, dedicated members of the community including: business, social, civic and fraternal organizations, municipal employees, retirees, school employees, college youth and non-profit organizations are serving selflessly as mentors.

YOU CAN HELP!

We are looking for community-minded citizens who are willing to help. There are many ways in which you can assist:

- 1) Sign up to become a mentor and select the age level of the child from grades 2-12 that you want to mentor for an hour a week. You will be matched with a student of similar interests and you can meet during the school day, in the after school program or in our community-based program. Just tell us your preferences.
- 2) Support Chautauqua Striders with financial donations to help sustain our program.
- 3) Offer to volunteer time to help with the program's operation and/or its numerous enrichment activities.
- 4) Provide donations of food, new and used equipment or the use of your facility for events and celebrations.



For more information about how you can get involved visit www.chautauqua-striders.org
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