

## WHAT MENTORS ARE SAYING

*"Each child has expressed joy over the relationship with their mentor; The staff involved were extremely invested in the children they worked with."*

*-Mentor Program Coordinator*

*"I really want to help her (mentee) and I feel that I can make a difference in her life. She's going through a lot and I know that I can help support and encourage her."*

*-Mentor, Visitation Valley Middle School*

*"My mentee's participation has been very positive. Up until this point, I have not seen him be involved in any After School activities. Now, he looks forward to Play practice and has made many new friends."*

*-Mentor, Willie Brown College Preparatory Academy*

*"The training was well designed. The depth and quality of the information was excellent. One of the best workshops, everything could be applied to not only my mentee but to classroom applications as well."*

*-Mentor, Aptos Middle School*

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School Health Programs Department  
1515 Quintara Street  
San Francisco, CA 94116  
415-242-2615  
[www.healthiersf.org](http://www.healthiersf.org)

## HOW YOU CAN HELP

### *Become a Mentor!*

- ◆ *Volunteer just one hour per week*

### *Other Ways to Help*

- ◆ *Your Department or Corporation may sponsor a Middle School and mentor a group of students*
- ◆ *Sponsor a Career Day or Service Learning Activity*
- ◆ *Recruit your colleagues to become a mentor*
- ◆ *Make a financial contribution for supplies and extracurricular activities*
- ◆ *Make an in-kind contribution for program activities*



*For more information and to get involved please contact*

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# Mentoring for Success



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## MENTORING FOR SUCCESS

### Building Student Assets to Promote Healthy Development

Mentoring has been a source of developmental support to youth for over a thousand years. Used in ancient and modern societies, references to mentoring relationships are found in Homer's *Odyssey*, Martial arts, American Indian cultures, and apprenticeship programs.

**Mentoring For Success** is a school-based mentoring program designed to build student assets. The program creates high-quality mentoring relationships that result in 1) sustained relationships, improvements in academic performance, and decreased absenteeism and 2) enhances the school environment, promotes pro-social norms, and reduces high risk behavior.



### What is Mentoring?

Mentoring is a structured, consistent and purposeful relationship between a young person and a caring adult who provides acceptance, support, encouragement, guidance and concrete assistance to promote healthy child/youth development and student success



### Research\* shows that mentoring:

- Enhances Academic motivation and achievement
- Improves School Attendance
- Strengthens Communication Skills
- Improves attitudes towards school and the future
- Increases bonding at school and at home
- Reduces classroom behavior problems
- Reduces the likelihood of drug use
- Reduces the likelihood of violence

\* Watershed Study, Big Brothers Big Sisters, Public/Private Ventures, 1995

### Who are Mentors?

Mentors are adult volunteers who want to make a difference in a child's life. Any employee of SFUSD with proper clearance and a background check may serve as a student mentor. Administrators, Teachers, Paraprofessionals, After school program staff, Security Guards, Nurses, Secretaries, and other support staff are encouraged to participate.



### What is the role of a Mentor?

Mentors provide a consistent and caring relationship at school by:

- Meeting with a Mentee every week for an hour
- Attending organized group community building activities
- Engaging in activities to build a personal relationship and enhance students' life skills

### Benefits to Mentors

- Training and support to promote healthy youth development
- Direct connection to the mission of SFUSD
- Increased job satisfaction\*
- Improved morale and increased feelings of self-worth\*
- Fresh perspective on life\*
- Enhanced self awareness\*
- Health benefits such as greater longevity, higher functioning ability, lower rates of depression, and less incidence of heart disease\*

\* The Health Benefits of Volunteering: A Review of Recent Research Corporation for National and Community Service, May 7, 2007