Steinmetz College Prep

Mentor Training Sessions

**Training Session 1:**

* Counselors will meet with student ambassadors prior to the first session
* Model and review expectations
* Discuss activity (Icebreakers- first session)
* Pass out journals, 2 per mentor**.** Explain purpose of journals. Mentors will be responsible to communicate with their mentees through a personal journal. Mentors will have a journal for each one of their mentees and write a reflection after each session.
* Reflections can include check-ins with their mentees, how they felt about the activity, what they want to know about them, and/or what their mentees may want to discuss in the next session.
* Mentees will take their journal after each session and write back to their mentor.

**Training Session 2:**

* Discussion and reflection of first session
* Review and model expectations
* Discuss scrapbook activity. Explain to mentors that they will be creating a life journal/scrap book with their mentees using the materials provided (construction paper, hole punchers, ribbon, magazines, art pad) Mentors may bring their own supplies
* Explain “about me” activity (used in scrapbook)
* Remind mentors to write to their mentees weekly

**Training Session 3:**

* Discussion and reflection of second session
* Review and model expectations
* Discuss Jar Activity. Explain to mentors that they will be creating a word jar. (mentors will bring in their own jar or box and decorate or label it)
* Explain “chosen word” activity (used in scrapbook)
* Remind mentors to write or reply to their mentees weekly

**Training Session 4: Lunch Outing**

**Training Session 3:**

* Discussion and reflection of first session
* Review and model expectations
* Discuss Ice Breaker-**Getting to know you**. Mentors will be provided with post-it notes
* Train and explain purpose of stress awareness to mentors.
* Explain stress awareness assessment and how to tally “score”
* Model how to make a stress ball
* Remind mentors to write or reply to their mentees weekly

**Training Session 4:**

* Discussion and reflection of first session
* Discuss Ice Breaker-**Two Truths and a Lie** (model)