Steinmetz College Prep

Peer Mentor Sessions

These activities help improve team building and promote social skill development in helping to establish a strong, positive relationship between both mentor and mentees. These activities will help matches work together in finding a common goal, or mutual interest, and learn about each other’s identity outside of school such as family, hobbies, sports, life goals, etc.

**ASCA Standards**- Personal/Social

**Standard A**: Students will acquire the knowledge, attitudes and inter-personal skills to help them understand and respect self and others.

PS: A1 Acquire Self-knowledge

PS:A1.2 Identify values, attitudes and beliefs

PS:A1.5 Identify and express feelings

PS:A1.6 Distinguish between appropriate and inappropriate behavior

PS:A1.9 Demonstrate cooperative behavior in groups

PS: A1.10Identify personal strengths and assets

**Peer Mentoring Session 1: Introduction**

* Mentees will find the table with their name tent
* Mentors will greet and meet with their mentees
* Counselors will initiate a brief overview of the program such as purpose, length, meeting days etc.
* **Structure Activity-** groups will be directed to build a structure as tall as possible using only marshmallows and straws. Group with the tallest structure wins a prize.
* **M&M Ice Breaker Activity**- students will take a handful of skittles or M&Ms and share something about themselves based on the color-coded question.

**Peer Mentoring Session 2: Life Journal Scrapbook**

* Mentors and mentees will work on a journal or scrapbook together to create a pictorial life journal. Each person will create their own scrapbook using photographs, pictures from magazines, construction paper etc. The Scrapbook will contain events, hobbies, interests, people, and memories of their life including activities and other fun events done with their mentor/mentee in previous sessions.
* Each student will continue working in their scrapbook every session and include future goals, plans, and events they see themselves doing in the future.
* Mentors and mentees will share with each other their scrapbook pertaining to the topic of activity.
* First session will begin with mentors and mentees creating an **“about me”** page in their scrapbook using words and pictures from magazines.

**Peer Mentoring Session 3: Jar Activity**

* After break Ice-breaker
* Mentors and mentees will create a word jar or box. Students will use magazines and fill the jar with interesting words to cut out and keep in the word jar.

Ex: BRILLIANT, SECRET, SPORTS, COLLEGE, UNIQUE

* Students will take turns picking out a word from the jar without looking and share something about themselves, an experience, and/or idea of what the word means to them. Students will go around 3-5x.
* Afterwards, mentors and mentees will select one of their chosen words, and create a page in their scrapbook about that word.
* For example, if someone were to choose sports, they will create a sports related collage. If someone were to choose brilliant, they will create a collage of people, things, or objects they consider to be brilliant.

**Peer Mentoring Session 4: Lunch Outing**

**Peer Mentoring Session 3: Stress Ball Activity**

* Counselors will briefly greet mentors and mentees and provide an overview of the session.
* **About Me Activity:** Mentors and mentees will write 5 facts about themselves and share with group.
* Mentees will provide their mentees with a stress awareness assessment and explain the purpose of assessment**.**
* Students will create stress balls

**Peer Mentoring Session 4: Thursday (5/1/14)**

* Counselors will briefly greet mentors and mentees and provide an overview of the session. \*\*\*Don’t forget journal exchange
* **Two Truths and a Lie Activity-** Mentors will give 3 post-it notes to their mentees, including 3 for themselves. Students will write something true about themselves on 2 post-it notes, and something false on the third. Students will share their notes with their group and try to guess which statement is a lie. (If time permits)
* **Stepping Stone Activity:** Mentors and mentees will each receive a stepping stone template (sticky sheet) and create their own stepping stone using colored tiles. These stones will be placed in school garden once they are finished!

**Peer Mentoring Session 5: Garden**

**Peer Mentoring Session 6: Lunch Outing**

**Peer Mentoring Session 7: Closure/Reflection/Scrap book**