



## **A message to brand new mentors in a digital environment.**

Being a mentor is being a trusted friend who supports and listens to someone who needs to know that they are not alone and there is someone there valuing them.

Being your best mentor is looking back at the mentors that you had growing up. Those mentors who listened and nurtured your social emotional development when you most needed someone to be present in your life.

A mentor/mentee relationship can last for years, or it can be a short-term relationship. When you mentor someone long-term, you really get to know and understand their personality, learning style, and goals, which can set you up to offer richer, more relevant support over time.

### **Remember every child is unique and every relationship can be approached differently.**

- Try not to have expectations on your first meeting. It is awkward and can be a bit challenging in a digital environment. Spend as much time listening, and looking for body cues as you ask questions, and share who you are. How you build rapport with the student during your first few meetings will set the tone for a trusting relationship.
- Try to set expectations in the beginning. Be that active listener. Meetings don't have to be the full 30 minutes to be meaningful. Try not to force a conversation, let the student dictate your time together.
- Don't assume anything about your student. Keep an open mind.
- Celebrate and validate your student during your meeting and at the end of your meeting. You are their biggest advocate and coach.
- Most importantly HAVE FUN with your student.

### **Conversation Starters...**

- Tell me the 5 best things about you?
- If you could have the following superpower, which one would you pick?  
The ability to fly Super Strength Could turn invisible
- If you were trapped on a deserted island and could pick one famous person to be with, who would it be?

- If you could tell your parents to never serve two vegetables again, which would you choose?
- Which of your friends do you like the most? Why?
- If a genie could grant you any 3 wishes, what would they be?
- What profession do you want to be when you're older?
- Who was the best teacher you ever had? Tell me why?
- What would the ideal teacher be like?
- If you are feeling sad, what meal would be the one that would cheer you up?
- Do you ever have a dream that comes back over and over? If so, what is it like?
- Is there anything you pretend you understand, but you really don't? What is it?
- Which of the following choices do you think would be best, and why? Dinner with everyone at the table and the TV on with your favorite program. Dinner in which everybody took what they wanted from the fridge and no one had the same thing. Dinner with the whole family together and no TV on.
- If a genie would give you only one wish, which would you pick, and why? Being world-class attractive Being a genius Being famous for doing something great
- Tell me who you think are the 3 greatest musicians in the world? Why?
- If you could change 3 things about yourself, what would they be?
- If you could keep your room anyway you wanted, how would it look?
- What kinds of lies do your friends tell their parents?
- What are the qualities that make a good friend?
- What do you say to comfort yourself when something scares you (like when a plane is bumpy, or when you are in a scary place?)
- Ice cream sundae or banana split? If split, what 3 flavors would you choose?



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