



## Mentors' Frequently Asked Questions

### 1. What exactly is my role?

As a mentor, you're an additional presence of a caring, consistent and committed adult friend in the life of your student. You build and maintain a one-to-one relationship to provide non-judgmental listening, empathy and encouragement.

### 2. What do I need to do to become a mentor?

- a. Attend a mentor workshop.
- b. At the workshop, you will fill out a volunteer registration form and provide a copy of state issued identification, like a driver's license.
- c. Select a school and the school's Family & Community Liaison will contact you to be matched to a student.

### 3. Who are the students, and how are they identified?

Each student is identified by school personnel as a child who could especially benefit from a mentoring relationship. Sometimes they are facing social, family and/or academic challenges, or are just at a point in their lives where they will especially benefit from an additional positive and encouraging adult who spends time with them.

### 4. Will I know why the student was referred to this program?

Only if the parent/caregiver gives permission.

### 5. How do you decide which student to match with each mentor?

Each mentor is paired with a student based on a good match of time availability and the student's lunch time, similar interests and the mentor's preferred student age.

### 6. How often and when do I meet with a student?

Mentors and mentees meet during the student's lunch time for 30 minutes each week throughout the school year.

### 7. What if I cannot be there for my mentoring date and time?

#### a. Who do I call or email?

Our students look forward to seeing us each week and wonder where we are if we don't make it to our meeting with them! If you are unable to be there at your agreed upon mentoring date and time please communicate as soon as possible with your school contact, the Family and Community Liaison. They will be sure to let your student know.

#### b. Can I come another day?

Most times it's possible to mentor on another day that week. Please communicate with the Family and Community Liaison to determine what will work for the school and student. Whenever possible, please try to be at the school at your agreed upon date and time to provide as much consistency for your student as possible.

### 8. How does Lunch Pals help a student?

Your involvement as a Lunch Pals mentor provides your student with the consistent presence of an additional positive and caring adult in their lives. It allows them the chance to develop a trusting

relationship with someone who is there to listen and encourage them to grow in their academic and social engagement.

**9. Where will I meet the student and can we meet after school?**

- a. You can only meet during the school day or at school sponsored events, always on school grounds.
- b. The school staff will determine quiet but public places where your meetings can take place, like the media center, conference room or in the court yard, weather permitting.

**10. Should I bring my lunch to eat with the student?**

Though you don't have to, you can bring your lunch to eat with the student if you'd like. The students usually really enjoy eating lunch together with their mentor.

**11. Should I bring my student food?**

It's not necessary to bring any food for your student. If you'd like to as an occasional treat or reward, only bring pre-packaged store bought items. Important: Check with the School & Community Liaison to note whether the student has any food allergies.

**12. Can I communicate with my student outside of school?**

You can only communicate with your student when you meet with them on school grounds. You cannot use social media, phone calls or texting to communicate with the student. It is against school board policy.

**13. Can I meet with the parents or caretaker?**

No.

**14. What do I do if the child seems agitated or stressed and doesn't want to be there?**

- a. To prevent this from happening, try and come ready with an activity to distract the student.
- b. If it does occur, talk with the staff at the school as they will provide support.
- c. If behavior becomes disruptive, a child can be sent back to class.

**15. What do I do if I'm concerned about the child's well-being?**

Immediately talk to the Principal or Family & Community Liaison at the school.

**16. What if the child needs support in an academic subject?**

Talk with the Family & Community Liaison and/or teacher about getting a tutor for the student. If you'd like, you can also incorporate an activity that will help support the student academically while you're mentoring the student.

**17. Can I bring my student gifts?**

It's not necessary to bring gifts for your student. If mentors really want to, it is permissible to bring something low cost and educationally related, to acknowledge an accomplishment. A book, notebook and pen or pencil, drawing materials for artistically minded students, flash cards, or a game are a few examples.

**18. What kinds of things will I do each week with the student?**

That will depend upon the relationship that is developed between you and the student as well as their interests. It will take some time to find things that you have in common. Use some of the resources to

help this occur, like the “Tell Me All About Yourself” or “My Favorite...” sheets found on the website. Have fun and take your time in building the relationship.

**19. Where can I get more discussion or activity ideas?**

- a. Go to [pcsb.org/mentorsources](http://pcsb.org/mentorsources)
- b. Talk with other mentors about ideas and resources they use.
- c. Books from the library and online Google searches of different grade appropriate topics by subject provide great ideas.

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