



SOAR Mentoring Program

TRIO Upward Bound

TRIO Student Support Services

Overview

SOAR Mentoring is a peer mentoring program designed to provide support and guidance to TRIO Upward Bound (UB) Bridge students as they transition from high school to college. Bridge students are recent high school graduates who will be enrolling in a postsecondary institution in the upcoming fall semester. The purpose of the program is to give UB's recent high school graduates greater assistance and resources to make decisions regarding his/her academics and college life. The UB students are paired with a TRIO Student Support Services (SSS) student during UB's six-week summer program starting June 5 and runs until July 7. During the summer mentors will be required to meet with their mentees at least once a week on the University of North Texas campus. SSS mentors will use their personal experience, knowledge, and resources to provide guidance and feedback while helping to support the personal growth and development of their mentee. Once the summer is completed, SSS mentors will continue to help their mentees navigate their first year of college by having monthly check-ins either in-person or virtually.

Criteria

Can you agree to these criteria?

- I will commit to meeting with my mentee once a week during TRIO UB's summer program.
- I will commit to contacting my mentee monthly during the 2017-2018 academic year via virtually or in-person.
- I do not foresee any moves or events that would prevent me from mentoring.
- I will be available to mentor at UNT during June 5 – July 7.
- I have reliable transportation to campus for mentoring.

Qualities of a Mentor

A mentor-mentee pairing requires work, commitment, and follow-through on both sides to succeed. So, what abilities should you demonstrate to make sure that the mentoring you offer is effective and has lasting value? Consider the following qualities that can help you become an effective mentor.

- A role model - someone who leads by example

- Honesty
- Good communication skills: the ability to listen, understand, question, clarify and give constructive
- Understand the importance of writing down and setting specific, measurable, intentional, limited, extending and realistic goals, while making goal-getting a fun experience
- A sincere interest in the well-being of their students
- The ability to motivate and inspire
- The desire to make a positive difference in another's life
- Being approachable, tolerant, flexible and open-minded
- Empathy i.e. the willingness to put oneself in another's shoes, trying to see things from their perspective
- Respect (self-respect and respect for others)

Mentor Roles and Responsibilities

Development of your mentee depends on exploring career aspirations, strengths, weaknesses, and collaborating on means to “get there,” implementing strategies and evaluation along the way. You as a mentor provide the “light” for the mentee to follow. Sharing your wisdom and past experiences is what the mentee looks for from you.

Here are a few roles and responsibilities to help you in the process:

- Support the mentee's development of professional and interpersonal competencies through strategic questioning, goal setting, and planning
- Create a supportive and trusting environment
- Stay accessible, committed, and engaged during the length of the program
- Actively listen and question
- Give feedback to the mentee on his/her goals, situations, plans, and ideas
- Openly and honestly share “lessons learned” from your own experience
- Respect your mentee's time and resources
- Seek assistance if questions arise that you cannot answer
- Get to know your mentee. Try to really understand how things are for him or her now.
- Encourage, praise, and compliment – even the smallest of accomplishments
- Be straight, honest, and sincere
- Help your mentee use mistakes as learning experiences
- Tell your mentee about yourself, especially what you remember from your freshman year in college
- Help them identify the significance for their own lives of the information you are discussing (e.g. possible future profession, similar experiences, etc.) – tell them how they can use the information



Mentor Application

Name:		Date:	
Address:		City:	Zip:
Phone:		Email:	
Classification:	Sophomore <input type="checkbox"/>	Junior <input type="checkbox"/>	Senior <input type="checkbox"/>
Major:		Future Career Goal(s):	

Are you a participant in the UNT's TRIO Student Support Services program? Yes No

Will you be able to meet with a student at least once a week during June 5 – July 7? Yes No

How would you describe your personality? Check all that apply.

- | | | | | |
|---|--|---|--------------------------------------|---------------------------------------|
| Encouraging
<input type="checkbox"/> | Outgoing
<input type="checkbox"/> | Talkative
<input type="checkbox"/> | Funny
<input type="checkbox"/> | Laid Back
<input type="checkbox"/> |
| Serious
<input type="checkbox"/> | Motivational
<input type="checkbox"/> | Life of the Party
<input type="checkbox"/> | Reserved
<input type="checkbox"/> | Quiet
<input type="checkbox"/> |

Short Answers

Your answers will be used to match you with a mentee.

Please describe any special interests that may be helpful in matching you and your mentee (i.e. stamp collecting, roller skating, computers, football, music, painting, etc.):
Please briefly explain why you would like to become a mentor:

Mentoring a young person is a big responsibility and can change the lives of both the mentor and the mentee. What do you hope to gain from the experience? What do you hope the mentee will gain?

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What experiences have you had as a mentor/positive role-model?

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Describe the world you came from and how that shaped who you are.

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What are you passionate about inside and outside of education? (i.e. inside education: Business, Sociology; outside education: Helping Children, World Hunger)

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Describe an experience where you were unsuccessful in achieving your goal. What lessons did you learn from this experience?

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References

List two people who can serve as character references for you.

Name:		Relationship:		Years Known:	
Phone:		Email:			

Name:		Relationship:		Years Known:	
Phone:		Email:			

I certify that the information I have supplied is correct to the best of my knowledge. I grant permission for you to contact the references provided. I understand the SOAR Mentoring Program reserves the right to deny acceptance to any mentor and to terminate a mentor from the program. I also understand and agree to the duties and requirements described in the application packet.

Signature: _____

Date: _____