

MENTORSHIP

Parent Resource

What is mentorship?

Mentorship means giving or asking for support, guidance, training or expertise.

As your child gets older, he or she will better understand how mentorship can help achieve his or her goals. High school students are often presented with various opportunities to serve as a mentee or mentor.

In grades nine through twelve, children begin or continue:

- ✓ Demonstrating leadership skills in the school and the community.
- ✓ Exhibiting effective and respectful communication skills and strategies.
- ✓ Identifying opportunities to support, guide or train others.

Below are ways you can help your child learn, practice and demonstrate mentorship:

DISCUSS LEADERSHIP SKILLS



Through mentoring others, such as by tutoring younger students or leading a club activity, your child can develop strong leadership skills. Discuss leadership skills he or she currently exhibits and areas that your child would like to show improvement.

HELP YOUR CHILD HEAR FIRSTHAND FROM EXPERTS



Your child may have a career interest where a local mentor is not readily available. Consider listening to a podcast, reading a book, or watching an online presentation with your child to hear firsthand from experts in that field.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF ASKING FOR HELP AND HELPING OTHERS CAN POSITIVELY IMPACT HIM OR HER NOW AND IN THE FUTURE.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying benefits of volunteering, mentoring and seeking leadership positions.



Analyzing ways a mentor can inspire confidence and motivate others.



ACTIVITY FOR YOU AND YOUR CHILD

Have your child seek out a mentor from his or her school or community who has demonstrated success in a career that is interesting to your child. Interacting with this mentor can provide your child with support, training or expertise that will make his or her goals more approachable.