

# HOW DO I BECOME A MENTOR?

- CONTACT THE MENTORING COORDINATOR IN YOUR AREA.
- FILL OUT THE ONE ON ONE MENTORING PROGRAM APPLICATION.
- ATTEND A TRAINING SESSION TO PREPARE FOR YOUR MENTORING EXPERIENCE.
- RECEIVE SATISFACTORY BACKGROUND AND PERSONAL REFERENCE CHECKS.
- GET MATCHED WITH AN AREA YOUTH!



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THE ONE ON ONE MENTORING PROJECT HAS BEEN OPERATING SINCE 1998. THIS PROGRAM SERVES YOUTH IN CERRO GORDO COUNTY.

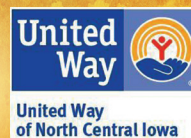


THE PURPOSE OF THE ONE ON ONE MENTORING PROJECT IS TO PROVIDE MENTORING RELATIONSHIPS FOR YOUTH THAT PROMOTE RELATIONSHIP BUILDING AND SOCIAL SKILL DEVELOPMENT.

CONTACT A MENTORING COORDINATOR TODAY!  
**641-421-2708**

*Mason City - Jessica Prazak*  
*Clear Lake - Amanda Korenberg*

Funded in part by:



ONE  
— on —  
ONE

*Mentoring Project*



**MENTOR ONE CHILD...  
CHANGE TWO LIVES.**

*Making a difference*



*one by one!*

## QUALITIES OF MENTORS

- BE A POSITIVE ROLE MODEL
  - PROVIDE SUPPORT
- OFFER ENCOURAGEMENT
- BE FLEXIBLE AND OPEN
- BE AN ACTIVE LISTENER
  - BE RESPECTFUL
  - BE A FRIEND!

## COMMON BENEFITS OF MENTORING

- MENTORS AND MENTEES MAKE A DIFFERENCE IN EACH OTHER'S LIVES.
- MENTORS AND MENTEES LEARN MORE ABOUT THEMSELVES THROUGH THE MENTORING RELATIONSHIP.
- MENTORS AND MENTEES ARE ABLE TO EXPERIENCE NEW ACTIVITIES TOGETHER.
- MENTORS AND MENTEES HAVE FUN TOGETHER!



Mentoring provides a young person with a wealth of benefits and has been proven to help young people enhance their self image and improve their grades. Mentoring provides significant benefits to mentors as well. Experienced mentors report they feel like they get more out of their mentoring relationship than they give!

## HOW DO PAIRS SPEND THEIR TIME TOGETHER?

**One on One mentors are able to spend time with the mentee either at school or in the community.**

Mentors have the option of meeting on a one-on-one basis or take part in team mentoring. Team Mentoring matches 2-3 mentors with 2-4 youths.



## Possible mentoring activities

- PLAY BOARD OR CARD GAMES
- PREPARE & EAT A MEAL TOGETHER
- TALK ABOUT FRIENDS, SCHOOL, AND HOBBIES
- ATTEND COMMUNITY EVENTS
- PARTICIPATE IN OUTDOOR ACTIVITIES
- VISIT LOCAL PARKS
- VISIT THE LIBRARY AND MUSEUM
- VISIT THE YMCA
- VOLUNTEER AT A LOCAL ORGANIZATION