

Competence

- Ask your mentee about her interests. Engage in active listening and ask follow-up questions that demonstrate your understanding of and interest in the things about which she is excited.
- Ask your mentee to discuss or list her strengths. Does she excel at math? Is she good at basketball? Is she a loyal friend or sister? Think about what skills your mentee uses for these activities. Talk about ways to connect these strengths to other tasks about which she may feel less confident.
- Engage your mentee in decision-making activities. Let him choose the activity you will do during your time together.
- Talk to your mentee about his mistakes. Ask him what he would now do differently in the same situation. Suggest that he and you generate a list of ways to act differently in problem situations.

Confidence

- Be supportive of your mentee, recognizing the difference between his behavior and the person he is. Let him know that you may not always like the decisions he makes, but you still like him as a person.
- Disclose any appropriate issues or challenges that have happened in your life and give your mentee an opportunity to share her thoughts with you. She will appreciate your openness!
- Engage in activities that your mentee likes to do. Ask him to show you how to do something that you have never done before.
- Be perceptive about any obstacles your mentee faces in her confidence such as body image or intelligence. Let her know she is not alone in feeling this way and remind her that these features do not define her as a person. Ask her to list and discuss how these obstacles discourage her from reaching her goals or keep her from having solid relationships.

Connection

- Be respectful of your mentee's privacy. However, be sure that he is safe and remind him that you are there for him if he needs you.
- Ask your mentee about his friends, relationships, or what he likes to do outside of your time together.
- Let your mentee know if she has done something you don't agree with. Make sure to do this in a constructive way—offering your explanation for how this behavior may be in conflict with some important values.
- Give your mentee an opportunity to be heard and to express herself freely and appropriately. Make sure she has the chance to tell you what she values and what is bothering her.

Character

- Practice what you preach. Be sure to role model the importance of character for your mentee. For example, ask your mentee about her experience with issues of peer or family pressure. Discuss with her how she makes her own decisions based on her own values and beliefs.
- Keep a sense of humor when your mentee does something you may not agree with.
- Let your mentee make decisions for your time together. Respect these decisions.
- Discuss the importance of respect for yourself and respect for others with your mentee.

Caring

- Remember that when your mentee treats you badly, she may need you the most. Be clear that her behavior or words are hurtful and that she needs to develop constructive ways to express her emotions. Continue to support her and make sure she knows you are there for her if she needs to talk about anything.
- Model caring behavior. Show your mentee that you treat others with respect. Because of your actions, your mentee will be more likely to do the same. Practice "random acts of kindness" with your mentee when you are out. For example, plan a visit to a nursing home or cook a treat for a sick relative.
- Encourage your mentee to demonstrate that he cares about the welfare of his community. This could mean helping him get involved at his church, or starting a recycling campaign.

Contribution

- Encourage your mentee to get involved in a service club at her school or in the community. Discuss with your mentee the strengths she has that she can use to make positive contributions in her school or community. Allow her to think about where her skills may be best put to use.
- Write a letter together to an organization to encourage them to welcome participation from youth. You and your mentee can brainstorm together about the specific strengths and skills youths like him could bring to the organization.
- Allow your mentee to experience failure and be sure to talk with her about how her failure can ultimately lead to success.
- Act as a champion for your mentee, advocating for his involvement in community service and social change organizations. Discuss with him how small contributions of time and skills can promote positive change.

Mentor Reflection Sheet: Building Positive Youth Development

As a mentor, you play an essential role in supporting the positive development of your mentee. You can use this worksheet to write down all the activities and conversations you have had with your mentee that fostered competence, confidence, connection, character, caring, and contribution. An important thing for you to remember—each activity you write down gives your mentee access to a healthier adolescence.

You may be surprised at how much you and your mentee have done together!

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