

FAQ's: QUESTIONS FROM MENTORS:

1. Parent is dominating my time. What do I do?
 - a. Don't try to be the parent's friend. Set a limit and stick to it.
 - b. You are going to "make an enemy" either way; displease the parent or burn yourself out
2. Parent does not convey messages to mentee
 - a. Come to the school, help in the classroom, have lunch, sit outside, sit in on P.E. class
 - b. Catch mentee after school and (with parent's permission) give them a ride home
3. Parent does not answer the phone and is ashamed of home; parent changes plans at the last minute
 - a. In this particular case, the child is being expected to have adult responsibilities in the home
 - b. Persist seeing the child at school
 - c. Assume that the child always wants to spend time with you; pursue contact; it is not about you failing or not; School counselor will help you get with the child
4. When does my persistence become too much? I feel like an annoyance! I call, I leave messages; I can't see her at school (my schedule); Should I just stop calling? Mom makes me feel like an inconvenience.
 - a. The program director or the school counselor should intervene with the parents
5. Where do mentee candidates come from? Why do parents change their minds? What's up with that??
 - a. BCYMP hates to eliminate a kid because of an unhealthy parent
 - b. Some referrals come from teachers, some from parents, some from counselors: See Chart in Training Note Taking Guide
 - c. Often, parents are not grateful; they do not hold the same values we might. They may disappoint us, but we are in it for the child.
 - d. We have to find other ways to keep our emotional tanks full. We cannot expect this from the mentee's family.
 - e. Families are often emotional resource vacuums and will "suck you dry". You need to arrive at ways where you are "filled up" (recharged) emotionally; enter into times with mentee "filled up"; realign expectations. The family may never thank you; find other sources that help you feel appreciated and affirmed. The program supports you, and believes in you whole heartedly! Ask the program director for reassurance!
6. I make plans with my mentee but she doesn't show up. She forgets.
 - a. May be a legitimate need to go through parent until 11-years old or until child has their own phone and can maintain a calendar
 - b. When communicating directly with older mentee, use "I care" language. Never discipline or reprimand mentee (this undermines trust) but you can express "I

feel a little disappointment when we have plans and you are not there.... Is there something we can do to change that?"

7. Mentee is asking to meet mentors' friends. Mentee was rude to friends. How to respond?
 - a. Understand it is about an image.
 - b. Express that it was not appropriate, and why.
 - c. Understand that social skills may be lacking.
8. Ideas for things to do: See Mentor Activities link on BCYMP website
 - a. Guys – drive around car lots – talk about cool cars
 - b. Scrapbook
 - c. Do nails, hair
 - d. Art museum free activities – make your own valentines, craft things
 - e. Plays, concerts in school system
 - f. Plays, Bobcat Games
 - g. Open Gym; ultimate; matball
 - h. See activity sheets on website
9. Please make sure you communicate with your mentee (and to the Administrator at bcymentoring@hotmail.com) about changes in your mentoring status; summer schedules, moves, etc. You are far more important than you can possibly know!!
10. Leave the choice to your mentee as to when he or she opens up.
 - a. Plan ahead – even mention ahead – topics you'll want to talk about. Give them a heads up: "Next week I'd like to talk about...."
 - b. Can always ask about (note the acronym – FORM)
 - i. F amily
 - ii. O ccupation/School
 - iii. R ecreation (what do they like to do in spare time; for fun; for recreation)
 - iv. M otives ("I noticed you really like sports cars/that movie/that game/my friend Alex. What is it about the person/activity that you like so much....?")