

Grand Area Mentoring / 435-260-9646

“A candle loses nothing by lighting another candle.” – **Sharing Your Light**



Emma & Lisa



Jaz & Michele

Mentoring + Attitudes about School

Research from 2013 in the *Journal of Youth Development: Bridging Research and Practice* by MacArthur (et al) looked at the effects mentoring had on school-related variables such as attitudes toward teachers, classes, and school, “which can be linked to a person’s commitment to learn.”

The program examined in the study was structured much like Grand Area Mentoring. In one-on-one pairs, mentors and mentees met weekly for 1-2 hours. They occasionally participated in group activities similar to the off-campus outings GrandAM mentors and students pursue in small groups. The program provided support and ongoing training to its mentors and matches.

The Findings:

- “Youth in the mentoring group demonstrated *improvements on motivation and self-regulation concepts* compared to the waiting list group.”
- “Relative to the waiting group, *the mentored group showed improvement in academic self-perceptions, attitudes towards teachers/classes, and attitudes towards school.*”
- The mentored group “reported *more commitment to learning* in comparison to the waiting list group.”

Though this mentoring program was community-based, it may be reasonable to expect even greater improvements for those students taking part in a school-based program. As stated in the Chronicle of Evidence-Based Mentoring, “This information is consistent with existing theory and research that outlines mentoring programs as crucial interventions to promote developmental assets.”

<http://chronicle.umbmentoring.org/mentoring-associated-with-improved-attitudes-about-school/>



This Month in Mentoring

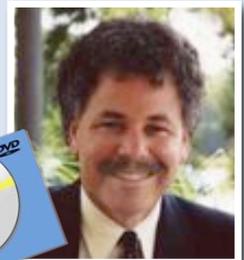
- **February 15: Presidents Day.** No school. No mentoring.
- **February 25: Charlie Appelstein DVD presentation.** Join us at HMK, Room 141, 4:30pm, to view his “Power of a Strength-Based Approach in Reshaping the Lives of Children and Youth.” Run time: 60 minutes. Light snacks provided during this excellent presentation. (See box at right.)
- **February 26:** Early out. No mentoring.
- **February 29:** Staff development. No school. No mentoring.

Charlie Appelstein DVD Presentation:

The Power of a Strength-Based Approach in Reshaping the Lives of Children and Youth

When? February 25, 4:30PM

Where? HMK, Room 141



You’re invited to 60 minutes of unrivaled video training from the nation’s best at-risk youth specialist, which will touch on: the power of a positive attitude; strength-based communication techniques including: reframing, asking solution-focused questions, and using inspirational metaphors; enhancing empathy and the need to avoid pejorative labeling; self-esteem building; how to use incentives; respectful limit-setting; and more.

Grand Area Mentoring

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Mentors, please accept this mug as a token of our appreciation. If you haven't gotten one already, stop by the mentoring office. ☺



Carol, Eric, & Megan celebrate National

Mentoring Month at Sweet Cravings!

National Mentoring Month a Success!

In January, Grand Area Mentoring trained nine mentor candidates, offered a volunteer celebration at Sweet Cravings sponsored by Wabi Sabi and Sweet Cravings, hosted a special training with Fifth Ocean Consulting, and provided mentoring mugs to its volunteers. Thanks to the dedication of its volunteers and donors, Grand Area mentoring has expanded quality mentoring service to a record 83 children in a single school year. With 20 students on the waiting list, Grand Area Mentoring is poised to far outstrip its annual best of 80 matches. To learn how to become part of this amazing team, call (435) 260-9646 or email grandareamentoring@gmail.com



Hannah,
Liam, Mike,
& Lanealah



Gabby & Megan

Idea of the Month: Santa came late to Grand Area Mentoring! Check out these NEW GAMES!

Grand Area Mentoring will provide several new games to all schools! Check them out!

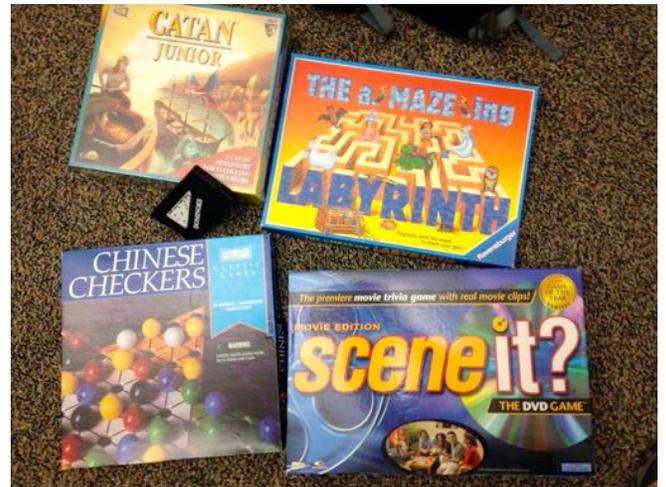
HMK

What a treasure trove of fun! We now have Moustache Smash, bubbles sticks, Rush Hour puzzle, Slinkies, Legos, Tumberrr, and Spot It. Try something new. Look up all the cool things you can do with a Slinky!



Middle School

Catan Junior, The a-MAZE-ing Labrynth, Chinese Checkers, Scene It?, and Dominoes! Already we've heard good things about Labrynth, and Catan is a modern classic game of strategy and luck.



Charter School

What more could you need when you have this pile of fun at your fingertips? Legos, a brand new Quick Cups game, The Wimpy Kid 10-Second Challenge, two lovely puzzles, a strategy game, a bubble stick, and a Slinky. Enjoy!

