

Grand Area Mentoring / 435-260-9646

Being Our Best

Strength-Based Mentoring a live training (via Zoom) with Charlie Appelstein!

“There’s no such thing as a bad kid.”

–Charlie Appelstein



This training will cover key concepts and strategies for helping your mentee thrive! In a world where bad luck and poor choices seem to proliferate in the lives at risk youth, this is a potent antidote.

Focusing on a child’s strengths and guiding each toward positive applications of those strengths are the hallmarks of Charlie’s approach. Rather than a cookie-cutter prescription, strength-based mentoring builds on natural talents and interests of individuals.

We can begin to help our mentees believe in a better future. That’s the kind of optimism that allowed you to find success, and it can empower your mentee too.

Join us for this important training by Charlie Appelstein, one of America’s most revered youth specialists.

Who: All mentors (+ GCSO staff & youth-serving professionals in Moab)

When: End of September or beginning of October, exact date and time to be determined. Details will be shared via email.

Where: Zoom, link to be shared via email and posted on Grand Area Mentoring’s website.



Grand Area Mentoring’s COVID-Safe Plan

Welcome to the 2020/2021 academic year! We face unprecedented times. Mentor health and the health of children and families are Grand Area Mentoring’s top priorities. The program’s plan to keep everyone safe includes:

- Health status requirements
- Symptom Checks
- Meeting protocols (for example: wearing masks, community-based mentoring for 6th graders, and meeting outside).

TRAINING

Training on COVID-safe mentoring will take place, via Zoom, on September 3rd @ 4pm, and it will be repeated on September 10th @ 6pm.

The training will cover:

- how mentoring will occur this year
- who is eligible to mentor
- and where mentoring will take place.

Please visit the program’s website for links to the Zoom meetings and to access the full plan in PDF format.

www.grandmentoring.org



This Month in Mentoring

- **September 3, 4pm, via Zoom: COVID-Safe Mentor Training.** See above.
- **September 8: First day of school.**
- **September 10, 6pm, via Zoom: COVID-Safe Mentor Training.** See above.
- **October 8-9: Mid-Term Conferences**

Grand Area Mentoring

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Lindsey & Caliegh
(pre-pandemic)

COVID Symptom Check

Mentors shall screen themselves prior to departure for mentoring. Mentors shall remind their mentees to screen symptoms at the start of each meeting. Mentors or mentees with any one of the following symptoms must not meet in person. Mentors and mentees with any of these symptoms should be immediately referred for testing.

Symptoms of COVID-19:

- Persistent cough (In the case of asthma, only if cough continues after using inhaler)
- Fever over 100.4°
- Sore throat
- Shortness of breath
- Muscle aches and pain (without recent physical activity)
- New decreased sense of taste or smell

If any of the symptoms above are present, mentor or student must isolate and be referred for COVID-19 testing.

Idea of the month: Survey your mentee!

This idea aligns with Charlie's training (see reverse for details). When we know our mentee's strengths, interests, and dreams, we can use this knowledge to bring about positive change.

For example, does your mentee like animals? Bring a book or story about animals to show that reading is fun. Together with your mentee, write a story about a zany critter that solves problems and learns important lessons. Share with your mentee a magazine about animals. Create an animal-themed art project together. Browse the internet to look up opportunities to help animals elsewhere and raise money to support worthy causes. Find art and craft materials to create an animal costume for Halloween.

Or does your mentee get bossy with other kids? First, help them to understand normal social expectations. Then, acknowledge their innate strength – the ability to affect others! “Wow, that’s a real gift!” Finally, squeeze that behavior into a safer direction. Like, maybe they could write an advice column for the school paper! Suggest they join the debate team. Or maybe they could practice presenting a persuasive speech to a principal, teacher, or parent on a topic meaningful to them.

It all begins with getting to know your mentee better. Use the following prompts to learn a little more about your special, unique mentee.

How do you like to spend your free time? _____

What is something that people don't know about you? _____

What makes you happy? _____

How do you most like to interact with others? (Prompts: Imaginary play? Reading together? Working on projects? Talking? Sports?)

What job do you want to do when you grow up? _____

When do you get excited and eager for something? _____

What's one of your favorite memories? _____

How would you describe your favorite place in the world? It could be real or imagined. _____

What is important to you? _____

Have you ever been proud of something? If so, when? _____

What comes naturally to you? _____

How is the coming year going to be better than last year? _____

What's a good habit that you'd like to have? _____