

SHIFTING TO HIGH SCHOOL



Welcome Seedling Mentor!

Please put yourself on mute while we wait for others to join us. We will be starting shortly.

WE'VE GOT THIS!



WELCOME TO HIGH SCHOOL!

Today We Will highlight:

- What's different about mentoring a high school student
- Your role as a supportive adult friend
- Getting started



..... Seedling Mentor!

Your mentee is starting high school and so are you! To support you with this shift here are a few key things to consider as your mentoring relationship continues,

- We rely on the kindness of high school staff who agree to share the mentee's schedule and assist with the initial mentor visit. Your Mentor Director will support you as you are reconnected this year.
- It is in your best interest to call the front office to inquire if your mentee is present the day of your visit. Please call after 10 a.m, identify yourself as a Seedling Mentor and share your mentee's name and grade. Inform them that you plan to visit today. Be sure to confirm they are running on the regular bell schedule.
 - However, this practice is not foolproof! Interesting thing about HS students, sometimes they leave campus after school has started. If this happens, let your mentee know you missed them.
- Because you will be on a larger campus with many more students, who also drive their own vehicles, it is important to arrive at least 15 minutes early to find parking.
- You will sign-in at the front office in the school's visitor log. You will be asked to present your I.D. The school staff will scan it and you will be given a visitor sticker.
- To aid in connecting with your mentee, please sign up for Seedling's SMS messaging, for the purpose of texting with your mentee, to confirm your mentor visit day/time and meeting location. This is not mandatory, but very helpful. Ask your Mentor Director!
 - A helpful tip from mentors; get in the habit of sending an SMS to your mentee the evening before your visit, to remind them of the time and place for your visit the next day.
- On most campuses, classes begin at 9 am in the morning, and end at approximately 4:25 pm. Lunch time can start as early as 10:45 and as late as 1:30 p.m.
- Lunch periods can be very short and difficult to get through the food line.
- Schedules vary! Some schools have 7 classes a day, some have an A/B day or some even have an A/B/C day, so check your mentee's school website for specifics. Flexibility is helpful, sometime the lunch periods may not be the best time to meet with your mentee. Be open to meeting at other times in the day that could work for both of you.
- Students have a lot more freedom, but also have more expectations put on them from their teachers, administration and friends. It will be helpful to create a mentoring schedule that works for both of you.





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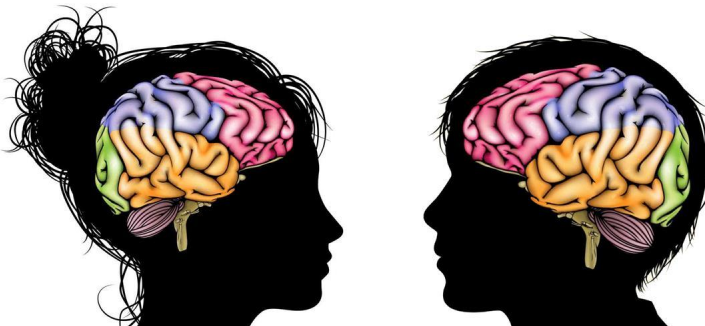
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DEVELOPMENTAL HIGHLIGHTS

Emotional/Social Changes:

- May have more interest in romantic relationships and sexuality.
- More independent from parents.
- Deeper capacity for developing intimate relationships.
- Spends less time with parents, more time with friends.
- Can be more moody.



Thinking and Learning:

- Learns more defined work habits.
- Show more concern about future plans.
- Better able to articulate their own choices.
- Thinks more abstractly and improved problem solving skills.

QUESTIONS?



ASKING THE RIGHT QUESTIONS

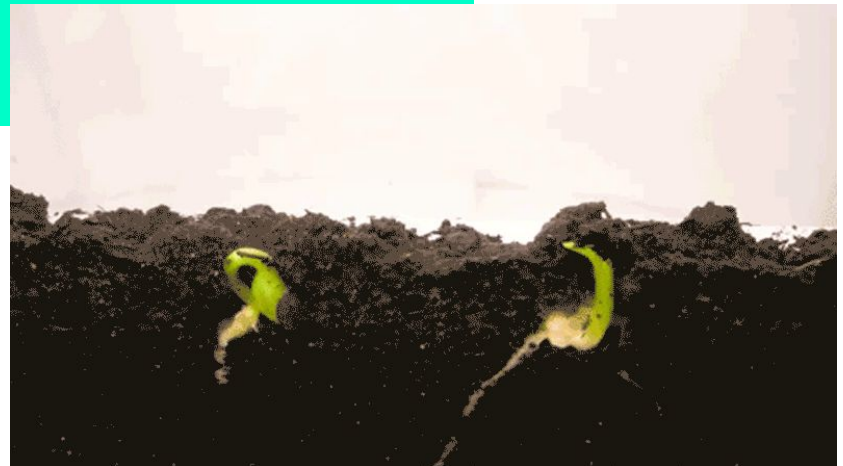
How Would you like to spend our time together this year?

What types of things would you like to **talk about or learn** this year?

I want to be sure you are getting what you need from our time together, do you want to change anything about our visits?

CONSIDER PLANTING SEEDS

- Talk about how to find clubs they are interested in.
- Talk about good communication skills.
- How to implement planning and organization skills.
- Honing critical thinking skills and life skills.
- Familiarize mentees with the college and career center, gear up labs.
- How to find peers they enjoy spending time with.



MENTOR BUZZ VERBS



- Patience
- Breathe
- Flexibility
- Cheer
- Empathy
- Listen
- Curiosity

NEXT STEPS...



Important

Your Mentor Director will be in touch with you about how to reconnect with your mentee. The following information will be shared with you:

- ▶When your mentee's school will be open to visitors.
- ▶The school helper's name and contact information.
- ▶The process for checking into front office.
- ▶Places you and your mentee can meet, when you are at the school.

We encourage you and your mentee to take advantage of our SMS option.

QUESTIONS?

[HTTPS://WWW.SEEDLINGMENTORS.ORG/](https://www.seedlingmentors.org/)

