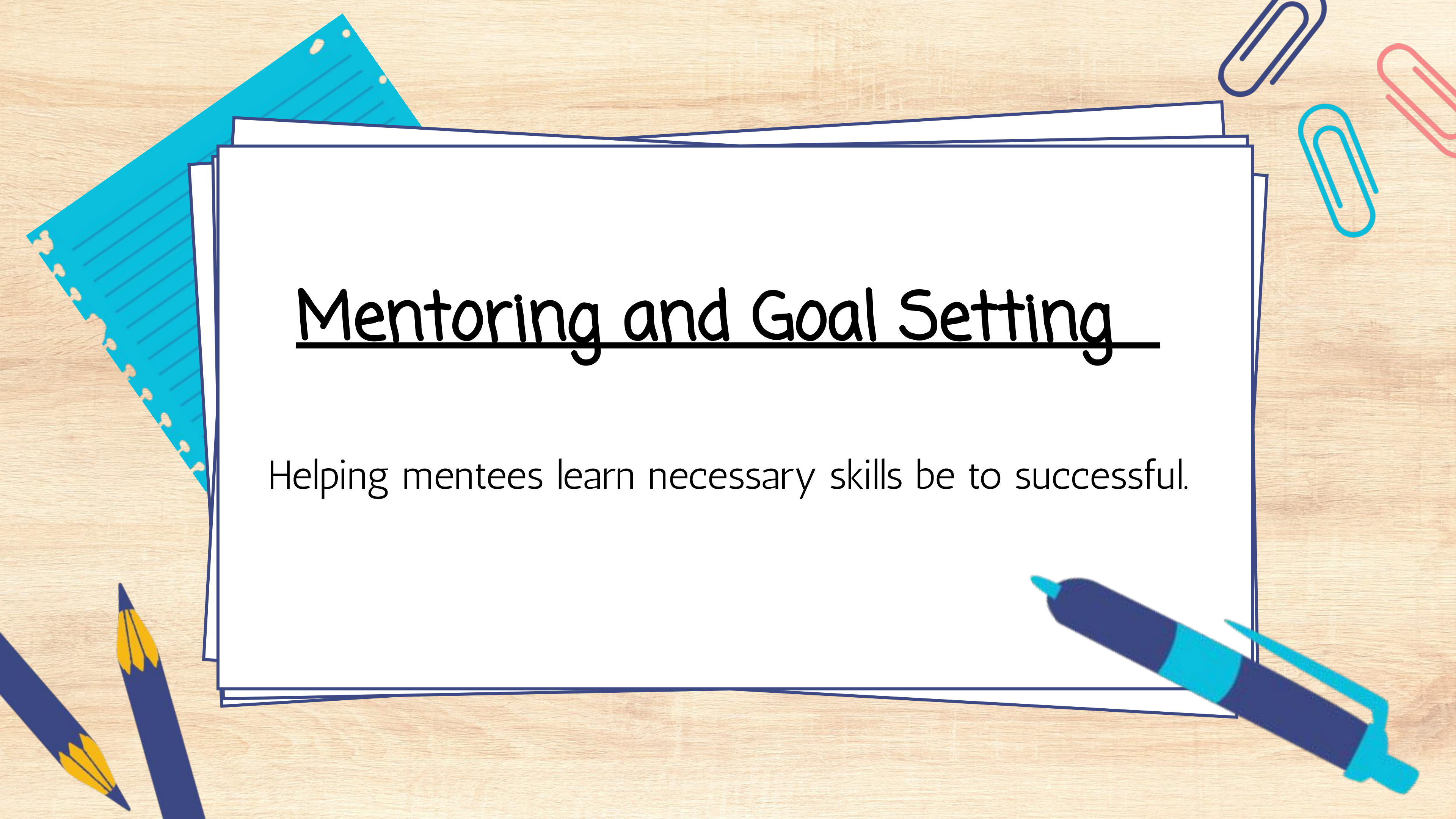


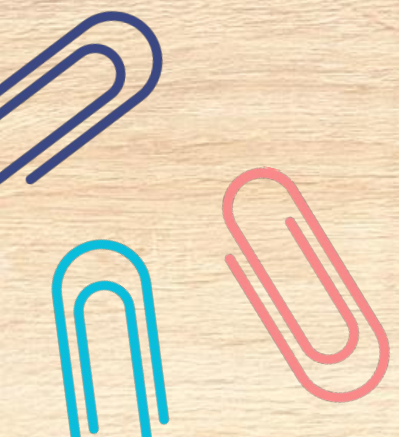
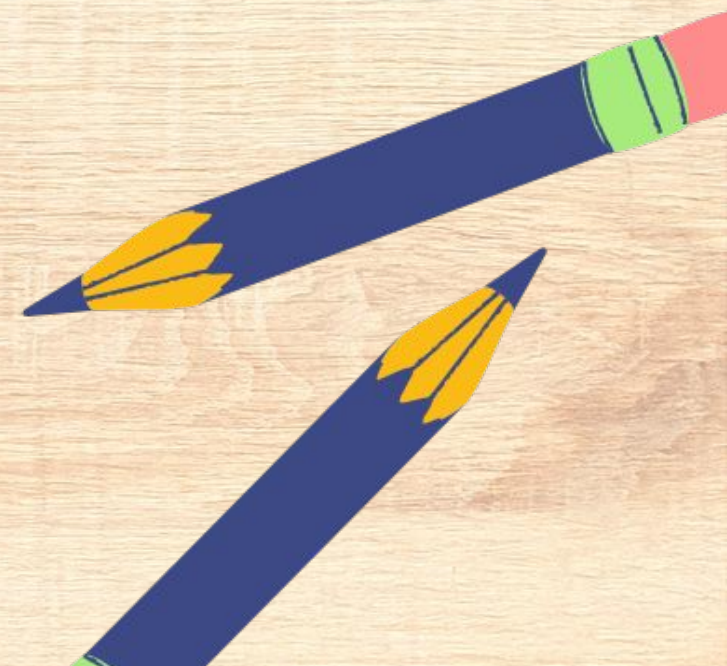


Mentoring and Goal Setting

Helping mentees learn necessary skills be to successful.

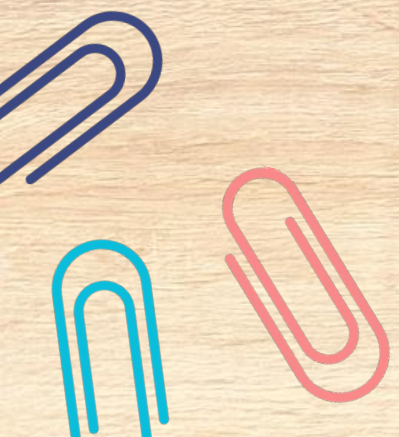
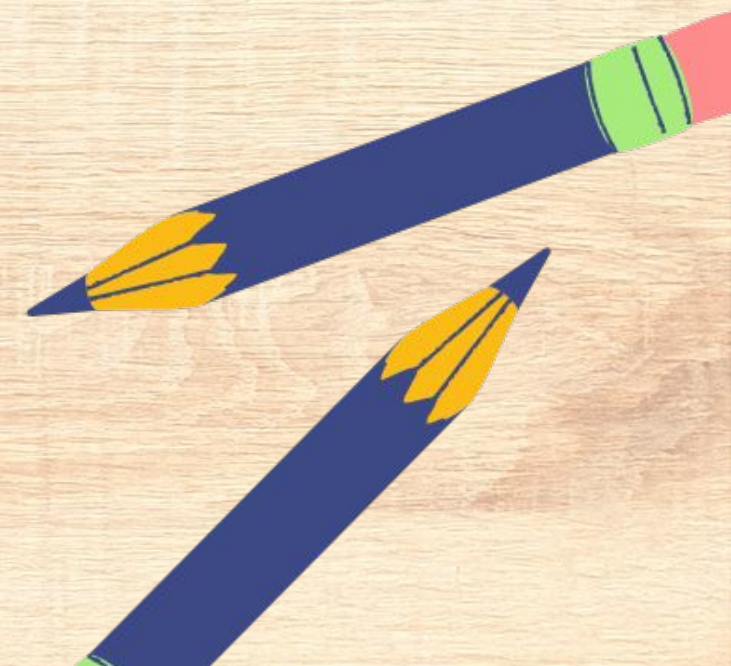
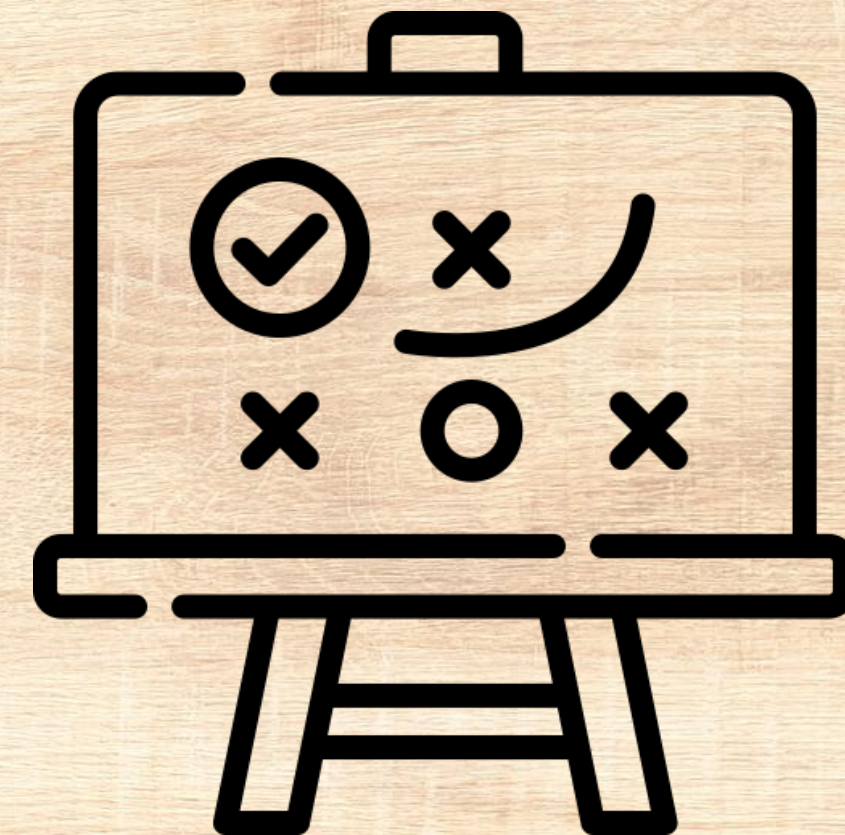
Why is helping our mentees set goals important?

- Helps mentees make better sense of their world around them and promote positive development and outcomes
- Making progress towards goals is also linked to positive mental health.



Three abilities of youth who achieve goals successfully:

1. Set, prioritize and commit to goals.
2. Pursues goals with resources and strategies.
3. Know how to bounce back from failure and show resilience.



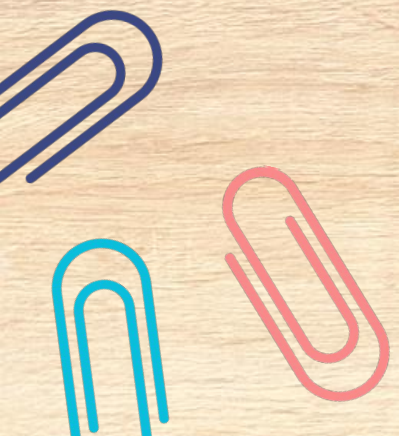
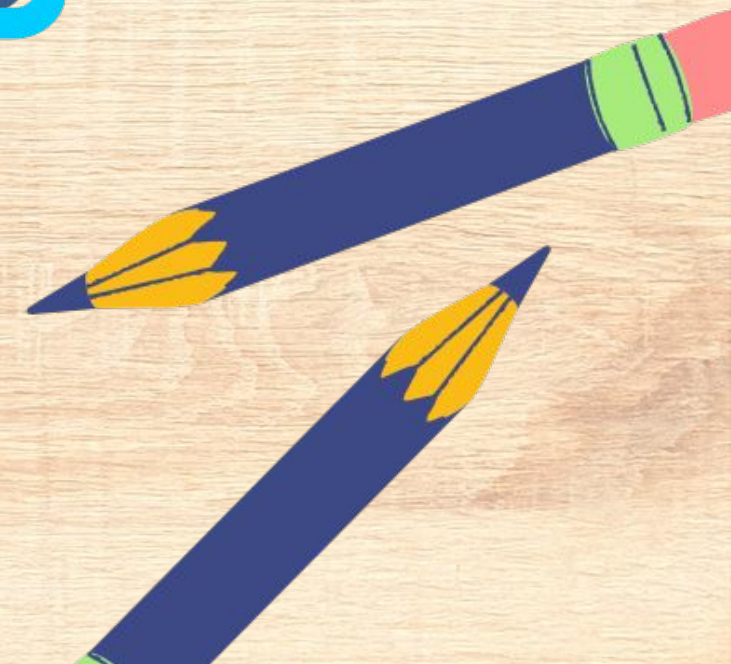
What does helping mentees with goal setting look like?

Think of G.P.S.

G: Goal Selection

P: Pursuit of Strategies

S: Shifting Gears



Putting it into Practice...

Goal Selection

- Introduce the S.M.A.R.T. method to your mentees.
- Find what activities or interests "sparks" or brings them joy.

Pursuit of Strategies

- Introduce and explore connections and resources.
- Assist mentees with help seeking and self advocacy.

Shifting Gears

- Help mentees navigate redirecting strategies.
- Help them process failure and build resiliency.

As mentors we need to be intentional with helping our mentees achieve goals.

Setting yourself up for success: Help your mentee set goals

- Learn what your mentee's interests are, what "sparks" their joy.
- Practice cultural humility and understand the different impacts that can affect mentees achieving their goals.
- Consider their age, maturity, and ability to achieve goals.
 - For younger mentees, focus on what "sparks" their interest
 - May need short term goals.

Final Thoughts

The key is finding balance
between helping your mentee
set goals and general
spending time with them.

Six goal directed skills that are important for youth to learn:

1. Select and prioritize a set of meaningful and realistic goals.
2. Make a plan and stick to it.
3. Stay focused and show effort with using strategies.
4. Keep track of goal progress and how strategies are working.
5. Seek help from others.
6. Redirect strategies when first choices aren't working.

