



# NATIVE MENTORING

## Media Toolkit

## MENTORING FREQUENTLY ASKED QUESTIONS

### Q: Do I need experience to mentor?

**A:** Not necessarily! But there are several traits and qualities a mentor should possess that will have the most impact on a mentoring relationship. Consider the following characteristics of successful mentors:

- Strong interest in being a mentor
- Committed; feelings of care for the community
- Non-judgmental, good listener
- Patient, trustworthy, humble, and supportive
- Geographic proximity
- Experience in teaching or advocacy
- Culturally competent/aware
- Life experiences relevant to mentoring skills

For Native and minority youth in particular, cultural competency and an understanding of social identity is critical. Knowledge and experience with these topics will be especially useful when it comes to understanding the worldviews and perspectives of your potential mentees and their families, as culture and identity play major roles in youth's sense of belonging, their self-esteem, and overall determination.

### Q: What role will I play as a mentor?

**A:** As a mentor, you will be there to guide youth, engage in one-on-one meetings, and assist with Club activities. This may, on occasion, entail helping youth navigate through challenging situations in both their personal and academic lives. This does not mean taking on the duties of a social worker or therapist, but rather serving as an ear to listen and provide support. Often times it may entail assisting your mentee with schoolwork, reading, writing, or creative activities/projects. Think of yourself as an advocate for your mentee!

### Q: How will I be matched with a mentee?

**A:** You will have the opportunity to interview with a Club program coordinator to discuss your personal interests and goals as a mentor. After your interview, you will undergo a background check, screening, and subsequently be matched with a mentee based on mutual interests and/or specific needs. Depending on your experience, you may serve as a mentor for up to five (5) youth.

### Q: How often and for how long do I have to commit?

**A:** A minimum of one hour per week for 12 months.

### Q: Can I continue the mentoring relationship longer than a year?

**A:** Absolutely! While you are not obligated to re-apply as a mentor past the 12 month mark, many mentoring relationships do continue on past one year. We highly encourage it!