

## **FAQ- Mentoring**

### **Q. Do I have the skills to mentor?**

Mentors go by many names and they all have one thing in common—**they care**. If you have a sincere interest in the success of our youth and a caring attitude, you are perfect! Mentoring programs will provide you with the support and knowledge you need to have a successful relationship with your mentee.

### **Q. Why should I mentor?**

Being part of a mentoring program can make an **important difference** in a child's life. Research shows that young people involved in mentoring programs increase their chances of high school graduation and college attendance, and decrease likelihood of substance abuse and other risky behaviors.

Think back to your own life, chances are there was a caring role model that helped to shape your future. Can you imagine your life without those role models? That is why mentoring is so important.

### **Q. What do you do when you mentor?**

This depends on the program you are mentoring with. In a community-based program, the activities are typically determined by you and your mentee; simple things like visiting a local museum, teaching a young person a hobby you enjoy, or checking out a new movie are all perfect activities! For other more structured programs, like a school or site-based program, guidelines and activities are usually provided by the program. Mentoring programs will provide you with guidance and support on things to do with your mentee.

### **Q. What is the time commitment?**

Each mentoring program is different and you should check with the programs you're interested in. For reference, in most community-based programs, mentors are asked to spend 6-8 hours each month for the duration of one year. In a school-based program, mentors and mentees meet on site during a school calendar year (typically 9 months).

### **Q. Where are the mentoring programs located?**

Mass Mentoring works with over 160 mentoring programs across the state. We can connect you with a program close to home, work, or anywhere else in Massachusetts that is convenient for you.

### **Q. How old is the kid I'll be mentoring?**

Each mentoring program serves youth of different ages. The majority of our mentoring programs work with youth somewhere between the ages of 5 -19.

### **Q. I want to volunteer with a mentoring program. What's next?**

Fill out Mass Mentoring's [online form](#), and a staff member will be in touch within three business days to help connect you with a mentoring program. Or feel free to check out our [online directory of mentoring programs](#) to search for programs in your area and contact the programs directly yourself.

If you have questions you can always contact Mass Mentoring directly: [info@massmentors.org](mailto:info@massmentors.org)

Once you have contacted a mentoring program, they will ask you to complete a brief application and come in for an interview. This allows the program to get to know you a bit and complete a background check. The information gained in the application process ensures that all Massachusetts youth are being served by safe mentoring relationships, and helps program staff make the best possible mentoring match.