

January BE CONNECTED

January is National Mentoring Month

Benjamin Franklin once said, "Tell me and I will forget. Show me and I may remember. Involve me and I learn." Mentoring relationships can be formal or informal. Strong mentoring relationships are caring, empathetic, consistent, and long-lasting. Effective mentoring involves role-playing, modeling, teaching, and advising. In celebration of this month's theme, below are 6 simple strategies for creating strong mentoring relationships with either students or colleagues that make every interaction count.



1 Be **reliable**

- Commit to long term support
- Be on time for events and conversation

2 Build **relationships** and get to know your mentee by asking questions

3 Give constructive and timely **feedback** that builds capacity

Don't say, "What you need to do is..."

Say, "What is a strategy you might be comfortable using?"

4 Be **forthcoming** about mistakes you've made

- Share that talking about mistakes helps one grow
- Remember that discussing mistakes builds trust

5 Lead by **example**

- Act in a way that show others how to behave
- Provide opportunities for role playing or modeling as a way of teaching

Don't assume anything about your mentee.

Say, "What are you interested in? What are your dreams for the future?"

6 **Celebrate** your achievements together

- Set small goals and celebrate accomplishments by doing something you both enjoy



Students at Martin HS participating in a buddy lunch every Thursday.

The group was formed by student Cole D. This is an excellent example of mentorship and modeling how to treat others with respect.

Six Simple Strategies

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