



Activities for Middle and High School Students

Borrowed and adapted from "The Mentor Toolkit" via Take Stock in Children

For New Matches

1. *Goal Setting: Mentor-Student Agreement (Activity 1)*: This activity is a great way for mentors and students to reach a common understanding about what they want and expect from the mentoring relationship
2. *Discovering Your Interests (Activity 9)*: An activity for you to find common ground with your scholar.
3. *What I think (Activity 10)*: These are great conversation starters. Not all of them have to be completed at once. Learn more about your scholar's personal values, personal history and experiences.
4. *Conversation starters (Activity 11)*: Great to weave into conversations or written communications.

Self-Awareness/ Self- Discovery

1. *Weekly Reaction sheet (Activity 3)*: This worksheet can be used on a weekly basis to keep students focused on their short-term goal
2. *My Vision of Success (Activity 4)*: This worksheet is a good tool to help mentors discover how their students view themselves and the world. What does your student consider "success" and "failure"? What things does he/she fear most? These are very important questions because they enable you to see things from the perspective of your student.
3. *Problem Solving (Activity 19)*: Use this worksheet to help your student solve a problem they have been struggling with.
4. *Are You a Creator, a Doer, a Helper, an Influencer, an Investigator or an Organizer? (Activities 23-28)*: These quick yes/no checklists will help you and your student understand more about their personality.

Getting Into the College Mindset

1. *Imagining the Future (Activity 5)*: Getting young people to focus on their dreams is another great way to get them to think positively about their futures.
2. *My performance goals (Activity 7)*: Work with your student to identify their goals and how they will achieve those goals.
3. *Being Responsible (Activity 14)*: This exercise is an easy way to get your student to realize that "the simple things in life can be the most important."
4. *Do You Know Your Values (Activity 18)*: This worksheet gives students a chance to "evaluate their values." In so doing, they will be forced to reflect upon what is most important to them