Mentoring

**Courage Zone**
To grow in maturity and confidence, we must expand our comfort zone and move into the courage zone. How? Through pushing ourselves, taking positive risks/chances, failing and then risking again and again.

**Integrity**

Integrity is a state of being whole, complete and unimpaired. Being honest and sincere.

**List values we see in others - Example: Honesty,**

Choose 4 people you look up to - list 10 values that you admire in them:

1).
2).
3).
4).

List 5 values of integrity that you identify with:

1).
2).
3).
4).
5).

List 5 values of integrity that you need to work on personally:

1).
2).
3).
4).
5).

These are my standards of integrity. I know these are mine because I see them in others.
We also test them on the material before they are allowed to mentor, and we do a full class review before we start mentoring. There is a letter that our leadership students give to the mentees on the first day that allows them to opt out of the program if their parent signs it.

We mentor once a week on Thursdays during our leadership class 1st period. Students are pulled out of their regular class for 30 minutes to meet with their mentor.

At the end of the year we see huge results!

If you would like any of these documents please email me and I will give you access to my google drive on Mentoring:

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