



**COMMON STAGES AND SOURCES OF SUPPORT FOR THE MENTORING RELATIONSHIP**

Stage 1: Forming First Impressions

Key Strategies for the Mentor	Key Sources of Support
<ul style="list-style-type: none"> <li>▪ Be consistent and reliable.</li> <li>▪ Show that you are willing to learn.</li> <li>▪ Focus on doing things <i>with</i> rather than <i>for</i> your mentee.</li> <li>▪ Be aware of your own feelings about age, cultural, and lifestyle differences.</li> <li>▪ Be nonjudgmental.</li> <li>▪ Reach out; be available.</li> <li>▪ Be open and honest about what you can, can't, or have to do.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Program staff or match support</li> <li>▪ Experienced mentors</li> </ul>

Stage 2: Making a Connection

Key Strategies for the Mentor	Key Sources of Support
<ul style="list-style-type: none"> <li>▪ Enjoy each other's company.</li> <li>▪ Initiate and encourage open communication.</li> <li>▪ Continue to be consistent and reliable.</li> <li>▪ Continue to treat your mentee as capable.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Program staff or match support</li> <li>▪ Experienced mentors</li> <li>▪ Your mentee's parent(s)/caregiver(s)</li> <li>▪ Healthcare workers and mental health professionals</li> </ul>

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**Stages 3 and 4: Navigating Through Challenges and Growing the Relationship**

Key Strategies for the Mentor	Key Sources of Support
<ul style="list-style-type: none"> <li>▪ Know where to look for support when challenges occur.</li> <li>▪ Expect setbacks.</li> <li>▪ Don't take challenging or testing behaviors personally.</li> <li>▪ Reinforce boundaries and limits as necessary.</li> <li>▪ Continue to treat your mentee as capable.</li> <li>▪ Stay committed to the relationship.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Program staff or match support</li> <li>▪ Experienced mentors</li> <li>▪ Your mentee's parent(s)/caregiver(s)</li> <li>▪ Juvenile justice or law enforcement personnel</li> </ul>

**Stage 5: Celebrating the Relationship and Coming to Closure**

Key Strategies for the Mentor	Key Sources of Support
<ul style="list-style-type: none"> <li>▪ Point out the positive changes you have observed in your mentee.</li> <li>▪ Continue to support your mentee.</li> <li>▪ Don't take it personally if a mentee is ready to move on or distances him- or herself from you.</li> <li>▪ If appropriate, make a plan for staying in touch.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Program staff or match support</li> <li>▪ Experienced mentors</li> <li>▪ Your mentee's parent(s)/caregiver(s)</li> </ul>