

Mentoring & Coaching Monthly

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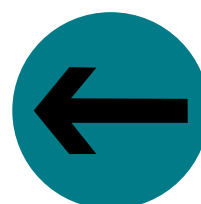
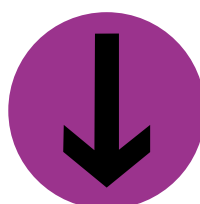
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**“Spoon feeding,
in the long run,
teaches us nothing
but the shape
of the spoon”
—E.M.Forster**



In This Issue

Welcome back to the July 2021 issue of Mentoring & Coaching Monthly. We will discuss Big Brothers Big Sisters Mentor 2.0, the Engineering Mentoring program from Florida State University, and career readiness. Read about Juneteenth versus the Fourth of July and a book review on Russel Brand's book "Mentors - How to Help and be Helped." Also, join us in creating an impact; MENTOR and American Student Assistance want the youth to have the tools to advocate and improve the world around them.



Editor's Letter

Welcome back to Mentoring & Coaching Monthly for our July issue! With Juneteenth becoming a federal holiday, people should know more about this new holiday, compared to the Fourth of July. Independence day is a day of liberation, but Juneteenth marks the day of freedom for all.

MENTOR and American Student Assistance want the youth to have the tools to advocate and fight for the causes they support. They want to amplify change by teaching the youth to express themselves and improve their workplaces, schools, and even the world around them. MENTOR also suggests how to prepare for a career. MENTOR discusses middle-school-aged ambition and mentoring influence toward goal-seeking and career choices.

With Big Brothers Big Sisters Mentor 2.0, students can have an excellent start to the school year. During this program, mentees learn skills ranging from self-advocacy to critical thinking, and they communicate with their mentors about college applications and financial aid. Also, Florida State University offers a peer-mentoring program for Engineering students. Thank you for joining us for the latest on mentoring and coaching!



Mentoring Programs

BBBS Mentor 2.0

Big Brothers Big Sisters has a program, Mentor 2.0, that follows the academic year to help high school students graduate and lead successful lives through college and within the workforce. Mentor 2.0 matches mentors and mentees who communicate weekly based on discussion topics provided by the program and meet once every 4-6 weeks during a facilitated activity at the mentee's school.

The program requires mentees to attend class sessions that follow research-based lessons, including time to communicate with the mentor; this allows them to have conversations and participate in activities with their mentor weekly. The class sessions enhance persistence, critical thinking, self-advocacy, and aspiration for the future. It also offers time for the mentees to discuss college selections, applications, and financial aid. Opportunities from outside communication and meetings on your own are encouraged. Partnerships with Amy Biehl High School and South Valley Academy have applications year-round for volunteers to apply. Mentors are expected to commit for at least a year and after the mentee graduates from high school. Sign up to be a volunteer and complete an application, discuss training dates, participate in an interview, pass a background check, and be ready to meet their mentee at the start of the school year.



[Program Details](#)

[Mentor Application](#)

[Mentee Application](#)

Mentoring Programs



Engineering Mentor

The FAMU-FSU College of Engineering Peer Mentorship Program seeks upper-division engineering students for a mentoring program for incoming freshmen and transfer students. Mentors will help new students ease into the college transition and feel more involved even if they are not on campus. Signing up for a Peer Mentor will ensure you are matched with a mentor that will be available to provide study tips and serve as a point of contact.

To qualify, mentors must pass all pre-engineering requirements, be in their third year, and meet with mentees once a month. Being a mentor helps welcome new students by easing their college transition and makes them feel more involved. Mentees and mentors will match a week before the beginning of the semester. The mentor is there to answer questions, provide advice, and provide the community at the College of Engineering. Sign up today and enjoy the monthly Zoom meetings with interactive games such as Kahoot and study tips and student organizations. Fill out the application form by August 9, 2021, to be part of this tremendous mentoring program!



[Read More Here](#)

[Application](#)



Tips and Tricks

How to Make an Impact



Change is a vital part of the world; about 175 million years ago, all continents were one, Pangea. Imagine if the lands never split! Columbus found North America, then Spain and Britain tried to convert the Native Americans to Christianity. Now the world is trying to be more accepting. Gay Rights Movements, Black Lives Matter, Women Rights Movements, and so many more equality protests stand and raise awareness for the issues in the world.

MENTOR and American Student Assistance want young people to have the tools through mentoring relationships to inspire growth everywhere they reside and through every experience they have. Through these resources, young people can engage in their communities and enact change. Through opportunity comes change.

Becoming a mentor means you will have resources from Mentoring Connector, a tool you can use to search programs in your community and connect with them directly about volunteering. Mentors have the chance to tell their stories which can inspire others to become mentors themselves. Links are provided to help advocate and provide access for young adults who need helpful tools, resources, and caring adults. Mentor and American Student Assistance want to amplify change by amplifying stories, taking action, and sharing their resources. Join them and create change!

[Read the article here](#)

[Mentor Application](#)

[Share Stories](#)

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Insider's Look

Mentors: How to Help and be Helped

By: Russel Brand

Russel Brand discusses the importance of mentors in our lives and also being one for others. The book suggests help in understanding the process of being a mentor and how to improve. Brand talks about his life and a few experiences he had with his mentors and mentoring himself. Mentorship is vital and getting the help and being able to help others brings ambition and knowledge for both mentors and mentees.

This book describes the benefits of seeking and offering help. Brand says that “wanting” wants to find meaning, love, connection, and mentorship will help find a solution. He introduces eight of his mentors and reviews the relationships and how they helped in different areas of his life. An example of one of Brand’s mentors is his Jiu-Jitsu teacher, and he emphasizes that physical fitness is essential and impacts mental health and well-being. For Brand, this was important for him because he needed someone who would help provide a roadmap for the path they shared to find a solution. The book focuses on the general community explaining that mentoring is admittance to needing guidance and help once individuals figure out what parts of their life they want to improve.

Brand explains systems and ideals, meaning that we need mentors to overcome the ideals we were born into. Finding a good mentor is finding someone who is going through what we experience and understands well enough how to use those experiences to improve our lives. It is also explained that a mentee has to be willing to have what is required for progress and surrender and investigate where they would like to improve with the help of their mentor.



'I have men and women that I turn to when the way ahead is not clear and younger people that look to me for guidance in their own crazy lives.'

[Read the book here](#)

Insider's Look

Career Readiness

Mentoring relationships have meaningful impacts on career readiness by improving academic performances, encouraging youth to build social-emotional skills, and teaching self-advocacy and goal-seeking. Mentors also aid mentees in networking, sponsoring, and exposure to the workforce, which helps mentees find their interests and a sense of community within their organizations.

Mentees need to match with companionate mentors that can use their potential to open doors of opportunity for them. MENTOR says, “87% of middle school students are interested in ways to match their specific skills and interests with potential careers. 85% of middle school students are interested in ways to learn the education and experience requirements needed for the careers they are interested in.”

The free virtual platform, American Student Assistant's Futurescape, is designed for students who are interested in exploring different education and career possibilities. The training curriculum Connect Focus Grow helps create a mentoring mindset for industry professionals to help increase positive outcomes for youth and jobseekers that were not traditionally seen as candidates. MENTOR is working to create opportunity and strengthen the support for the youth as they find their passions and themselves. Join them by volunteering, donating, or sharing!

[Read the article here](#)



This Month

Juneteenth vs Fourth of July

On The Fourth of July, Americans celebrate independence, but enslaved Americans did not get their freedom until June 19, 1865, or Juneteenth. So how will all Americans celebrate independence on one day if there are two independence days? Accomplishing equality and freedom from oppression is complicated since there are numerous views on how one likes to recognize patriotism.

Police brutality and social injustice protests began in 2016 with Colin Kaepernick, when he knelt during the national anthem, but the protest continues. The national anthem is a vast part of patriotism. On the Fourth of July, patriotism is narrowly defined, so it can only be accepted and exhibited within the constraints of its own nation's intolerance. This Fourth is different from the previous ones since President Joseph Biden signed Juneteenth into law as a federal holiday. The newly recognized national holiday should encourage Americans to reconsider and expand their ideas of patriotism. During Independence Day celebrations, remember that Juneteenth is a day of liberation, and there are many ways to recognize freedom. The newly recognized national holiday was created to recognize Black liberation as a part of the country's core values of life, liberty, and the pursuit of happiness, as mentioned in the Declaration of Independence.



[Read the article here](#)

[New York Times](#)

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