



TEXARKANA
Independent School District



Tiger Mentee Handbook



Welcome to the Tiger Mentor Program!

The success of a mentoring relationship depends in great part upon the contribution made by the mentee. This handbook, provided by your mentor program, was created to help you learn how you can contribute to the match and get the most from your mentoring experience.

Texarkana Independent School District feels that our students will benefit from a variety of mentoring program such as: Lunch Buddy, which pairs a student with an adult for one hour a week during lunch time; Boys to Men Academy, which provides a group of boys ages 9-14 with a character lesson every other week provided by a male role model; Precious Gems, which provides a girl ages 9-14 with a professional woman to eat lunch with twice a month or a speaker twice a month.

Tips for Effective Communication:

Communicating is more than talking. There are things we do to make conversation work. Here are a few ideas that you can practice that contribute to successful communications:

- ***Listen Well*** - Listen to what the other person says and make an effort to understand what they mean. Ask questions if you are not sure what was meant.
- ***Body Language*** - The way a person sits or stands often says as much or more as the words they speak. Watch the way people act when they are speaking to another person. Many times you can tell a lot about the conversation even if you can't hear the words they are saying just by watching body language. Body language also sends a message to the other person that you are or are not listening. Beware of what your body language is saying to your mentor when you meet.
- ***Answer with more than a "yes" or "no"*** - Those are dead-end answers and they lead the conversation nowhere. Most important, they don't really say that much. Be clear and open with your mentor. You'll be glad you did.





Things you can Discuss with your Mentor:

- What are your favorite activities?
- What were you like when you were my age?
- What did you have to do to prepare for and get your job?
- What can this mentoring relationship do for me?
- What games do you like to play?
- What were your favorite subjects in school?
- What kind of movies, books, music, do you like?
- How do you think I should handle this situation?
- What do you think are the most important skills to have for a career in (add your area of interest)?
- What do you think about (add current news event)?
- Do you know any funny stories?
- What was your most important decision in life?
- Where can I find out more about (add your area of interest)?
- What would you do differently if you could?
- What would you like to talk about?
- Who mentored you?
- How do you spend your time?

Match Closure:

Over a lifetime, relationships end for many reasons; because circumstances change, people move, interests change, etc. The program that you have joined is set up to last for one year. At this time, your formal relationship with your mentor will draw to a close. When good relationships end, people often feel a sense of loss or sadness. This is normal. But as a relationship ends it can also be a time to celebrate and appreciate the valuable and fun things you did together.

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