

FAQ'S FOR MENTORS & MENTEES

1. What is mentoring at SDFC?

- Mentoring is an intentional relationship in which an older, more experienced, man or woman serves as an advisor, resource, or guide.
 - If the mentee is young in faith, then teaching basics of making him/her a disciple may be needed. If the mentee knows the basics, then a mentor serves as a guide to the mentee's growth, both spiritually and in basic living.
- The center of the relationship is Jesus Christ, and personal transformation is accomplished through the power of the Holy Spirit within us.
- The building of a transparent and accountable relationship
- Both mentor and mentee are committed to meeting regularly
- Ideally a 4-month commitment with the opportunity of extending the relationship beyond the time.
- This ministry is not a substitute for therapeutic counseling.

2. How do I become a mentee?

- Complete online [mentee application](#)
- Participate in a phone interview with a Mentoring Ministries Coordinator

3. How do I become a mentor?

- Complete online [mentor application](#)
- Mentors will not be assigned to more than two mentees at a time.
- Mentors will receive formal group training and support 1-2 times a year.

4. What are the expectations of Mentors and Mentees?

- See the [Covenant of Mentorship](#)

5. How are Mentors and Mentees matched?

- Mentors and mentees will be matched by the Mentoring Ministries Coordinators.
- Mentors and mentees will only be paired in same gender relationships.
- A Coordinator will contact both the mentor and the mentee by phone or email to exchange names and information. At this time both parties will be given an opportunity to voice any concerns about the possible match. If needed, a rematch will be made.
- If both parties agree to the match, the mentor will contact the mentee to schedule the initial meeting.
- At the first meeting, a Covenant of Mentorship will be signed by both parties.

6. How often will the mentor and mentee meet?

- 1-2 times per month
- For approximately 1 hour
- at a mutually agreed upon location (Church is an option for meeting)

7. What can be expected at the one-on-one mentoring meetings?

- Each mentoring meeting will ideally consist of:
 - Listening, encouragement, guidance, and support from the mentor
 - Sharing scripture and life experience that speaks to the
 - Prayer

- Discussion of the topics, lifestyle choices, goals, and hopes expressed by the mentee as the purpose for the time together.
- As appropriate or necessary, the mentor will initiate conversation that holds the mentee accountable.
- Confidentiality will be protected and maintained always, except if there is a concern of physical harm to self or others. Should this occur, the mentor will contact the associate pastor for assistance on how to best meet the needs of the mentee.

8. How long will the mentoring relationship last?

- All mentor/mentee relationships begin with a commitment of 4 months.
- Mentors will be asked to be available to connect with a new mentee if a previous mentee relationship come to an end.
- When desired, mentors will also assist mentees in connecting with other avenues of spiritual growth as well as areas of greater church service.
- Mentor pairs decide if they will continue over summer break.

9. What training and support will mentors receive?

- Mentors will be required to attend three support meetings per year.
- These meetings will consist of the following:
 - Prayer
 - Updates regarding overall ministry
 - Sharing encouraging stories of what is happening within the ministry relationships, as well as sharing questions and challenges with the other mentors with the purpose of receiving helpful information and possible resources. (Sharing at mentor meetings will always be done in a way that protects the confidentiality of the mentee.)
 - Education regarding methods and practices to increase the effectiveness of mentoring.
- Mentors will be contacted periodically by email or phone by a Mentoring Ministries Coordinator as a check in for any support, resources, or additional information that is needed by the mentor to effectively continue in their mentoring relationships.

10. Who can I contact for more information?

- Melissa Tucker- melissa@sdfcnaz.com / (619) 849-3106

11. Applications and Important Documents

- [Application to be a Mentee](#)
- [Application to be a Mentor](#)
- [Covenant of Mentorship](#)