

Suggested Activities for Mentors and Students

- Research and talk about famous people who used their talents and abilities and persevered to achieve goals
- Share literature (for example, reading *Jonathan Livingston Seagull* together may stimulate a discussion about "soaring to your potential").
- Make greeting, get well, or thank you cards to give to other people.
- Tell the student about your work and how you got to your present position.
- Talk to the student about your first job.
- Attend school performances your student or your student's peers participate in.
- Read the newspaper together and discuss current events. Try to solve the crossword puzzle together.
- Learn a new skill together to play an instrument or an unfamiliar game (like chess or backgammon), to knit, to make origami animals, etc.
- Let the student be the expert and teach you a new skill similar to those above.
- Color while you talk.
- Write a story together.
- Develop a community service project and complete it together.
- Walk around the school track or playground as you talk (if allowed).
- Build a model or other project from a kit.
- Read a book of the student's choice from the library.
- Learn how to use resources to research in the library. Research a favorite topic of the student's.
- Help the student become a more active participant in school activities. Visit meetings of clubs and organizations in the school together. Arrange for both of you to practice with an intramural team.
- Discuss career options and the preparation and skills each might require, research various careers of interest to the student.
- Visit the career, guidance, and college placement resources in the school.
- Practice filling out job applications and writing a resume. Read help wanted ads and talk about skills needed for attractive sounding jobs.
- Role play a job interview.
- Create a PowerPoint or overhead slide presentation about a current topic of study or about the student and his/her interests, hobbies.
- Make a personal collage of friends, family, favorite singers or celebrities, and favorite activities.
- Find out about financial aid applications and processes together.
- Arrange a job shadowing experience for the student. (With permission and guidance from the mentor liaison and parental permission.)
- Ask about plans for the future and talk about how to get there.
- Use sales circulars to "window shop" and talk about comparison shopping.
- Encourage the student to keep a record of the visits together. This could be a journal, a scrapbook, or a comic strip.
- Work on skills the student would like to improve.
- Share cultural traditions.
- Find a creative way to deal with an area of concern in the student's life through art, music or creative writing. (A collage or scrapbook page about a pet that may have died or a story about a child who conquered a current fear.)

- Teach the student some strategies for making decisions-pro and con lists, imagining possible outcomes for different decisions, etc.
- Create a life timeline for you and for the student with major life events listed.
- Practice basic life skills-developing a budget, planning meals, keeping a checkbook.
- Help the student work on a project due for school.
- Assist the student in completing homework.
- Play basketball together.