

# Teen Mentoring - Mentor POST Survey

## 1. Demographic Information

### Date of Survey:

Date only:      MM      DD      YYYY  
 /  /

### School District

- |                                  |                                    |
|----------------------------------|------------------------------------|
| <input type="radio"/> Edmonton   | <input type="radio"/> Lac La Biche |
| <input type="radio"/> Strathcona | <input type="radio"/> Vegreville   |
| <input type="radio"/> Parkland   | <input type="radio"/> Cold Lake    |
| <input type="radio"/> Morinville |                                    |

### Mentor's School:

- |   |                                     |
|---|-------------------------------------|
| <input type="radio"/> Lillian Osborne High School | <input type="radio"/> J Percy Page  |
| <input type="radio"/> Austin O'Brien              | <input type="radio"/> McNally       |
| <input type="radio"/> Bellerose                   | <input type="radio"/> M E Lazerte   |
| <input type="radio"/> Dan Knott                   | <input type="radio"/> Ross Sheppard |
| <input type="radio"/> Edith Rogers                | <input type="radio"/> St. Joseph    |
| <input type="radio"/> Holy Trinity                |                                     |

Other (please specify)

### Mentor Grade:

- ☐ Grade 7
- ☐ Grade 8
- ☐ Grade 9
- ☐ Grade 10
- ☐ Grade 11
- ☐ Grade 12

### Mentor's name:

# Teen Mentoring - Mentor POST Survey

## Mentor's Gender:

- ☐ Female
- ☐ Male

## Is this your first year mentoring with the BGCBigs program?

- ☐ Yes
- ☐ No

## If No to the question above, how many years have you participated in a mentoring program through your school?

- ☐ One year
- ☐ Two years
- ☐ more than two years

## During this past year, were you volunteering:

- ☐ during school
- ☐ after school

## What school/program were you matched to? (what school does/did your mentee attend)

## If you were matched in a 1-1 program, please indicate the gender of your mentee:

- ☐ Male
- ☐ Female

## If you were matched in a 1-1 program, please indicate the Grade of your Mentee here:

- |                               |                               |                               |
|-------------------------------|-------------------------------|-------------------------------|
| <input type="radio"/> Grade 1 | <input type="radio"/> Grade 4 | <input type="radio"/> Grade 7 |
| <input type="radio"/> Grade 2 | <input type="radio"/> Grade 5 | <input type="radio"/> Grade 8 |
| <input type="radio"/> Grade 3 | <input type="radio"/> Grade 6 | <input type="radio"/> Grade 9 |

## 2.

There are no right or wrong answers, just please answer all of the questions as truthfully and completely as you can. Everything you tell us will be kept private. Your answers will not be shared with your parents or your guardians or your teachers. We are only interested in what youth as a group tell us and not your individual answers, so we will not use your name.

For each question, decide how true the sentence is for you. Then choose the answer that fits best.

## Teen Mentoring - Mentor POST Survey

**For each statement, please indicate how true it is for you. Please choose one answer for each.**

	False	Mostly False	Sometimes	Mostly True	True
I have many friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others my age want me to be their friend.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most others my age like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get along easily with others my own age.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I say what I think of how I feel, other kids usually listen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other kids bully or harass me at school or around the school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### About school/employment:

**For each statement, please indicate how true it is for you. Please choose one answer for each.**

	Never	A little of the time	Some of the time	Most of the time	Always
I enjoy being at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am doing my best at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School is important for achieving my future goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, my teachers treat me fairly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have trouble figuring out the answers in school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do very well in my class work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to prepare a good resume.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident I would do well in a job interview.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know where to go if I am looking for a job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Generally my marks in school are:**

# Teen Mentoring - Mentor POST Survey

**For each statement, please indicate how true it is for you. Please choose one answer for each.**

	Never	A little of the time	Some of the time	Most of the time	Always
I can make friends with people who are different from me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can solve the arguments I get into with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable going to others for help when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to keep friends who are good for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually have a positive influence on the people around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am good at helping someone else make a change for the better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a good role model for others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents respect my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents accept me as I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My family gives me a lot of love.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Sense of Identity

**For each statement, please indicate how true it is for you. Please choose one answer for each.**

	False	Mostly False	Sometimes	Mostly True	True
In general, I like the way I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, I have a lot to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A lot of things about me are good.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I do something, I do it well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like the way I look.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please again choose one answer for each.**

	Rarely true of me	Sometimes true of me	Often true of me	Very often true of me
I think that most things I do will turn out okay.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hope for the best.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like my life has purpose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have control over things that happen to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Teen Mentoring - Mentor POST Survey

## Understanding Me

**For each statement, please indicate how true it is for you. Please choose one answer for each.**

	Never	A little of the time	Some of the time	Most of the time	Always
I feel supported by adults around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have good friends who care about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know that I am important to people around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know my own potential.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel excited about who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I can be myself in almost any situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the things about me that need to change and get better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel good about the kind of person I am becoming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe that the next few years will be very good ones for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am excited about my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have friends that help me make good choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have people in my life that I can trust and rely on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have an adult in my life that I can talk to about almost anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have an adult in my life who helps me make healthy choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know about community and school resources that can help me if I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have special skills, hobbies or talents I do outside of school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adults in my community make me feel important.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## General Values

	Never	A little of the time	Most of the time	Always
I like doing things for others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i would cheat on a test if I knew I could get away with it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go along with what my friends say or do, even I think it is wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoid telling the truth or I tell lies to get out of trouble.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I respect others, even if they have different beliefs or views from me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have friends from different cultural backgrounds.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Teen Mentoring - Mentor POST Survey

## Making Choices

Please choose one answer for each comment that best fits you.

	Never	A little of the time	Some of the time	Most of the time	Always
I feel good about my ability to solve problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to stick with challenges even if they are hard for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable learning from my mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can figure out most things, even if they are hard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable joining a new activity or group.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable disagreeing with my friends if I think they are wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to talk to others about what is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can express my thoughts and feelings so that others understand me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make good choices even when they are hard for me to make.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important for me to play and be active every day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually know what choice to make in a tough time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually make the right decision even when it is a hard decision.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to include others in the activities I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I look out for others who are being left out or ignored.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think about the feelings of others in my actions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that we should help other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time volunteering or working without pay.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Connection

	Never	Some of the time	Most of the time
I care what my teachers think about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get bored at school a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do things outside of school to prepare me for my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Volunteerism

	False	Mostly false	Sometimes true	Mostly true	True
Spending time volunteering or helping others in my community is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel important to my school/community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a strong connection to my school/community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time looking for opportunities to help others in my community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Teen Mentoring - Mentor POST Survey

## My Activities

**In the past 12 months, how often have you.....**

	Never	Less than once a week	1-3 times a week	More than 4 times a week
done a hobby or craft (e.g. drawing, model-building, etc)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
played sports or done physical activity without a coach or instructor (e.g. biking, skateboarding, etc)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
played sports with a coach or instructor, other than gym class?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
taken part in dance, gymnastics, karate or other groups or lessons, outside of class?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
taken part in art, drama, or music groups, clubs or lessons, outside of class?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
taken part in clubs or groups such as Guides or Scouts, community or religious groups?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
attended a club, group, or program in the evening, anytime between 3:00pm and 6:00pm?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
attended a club, group or program in the evening, anytime between 6:00pm and 10:00pm?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**In any of these activities, do you have special responsibility, such as team leader, captain, secretary, etc?**

☐ No

☐ Yes

## 3.

## As a Mentor....

	Not True at All	Somewhat True	Very True
I try to do things with my mentee that he/she really wants to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very satisfied with the mentoring relationship that my mentee and I developed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mentee is open to listening to my point of view.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mentee knows that I care about them, even if they do things I do not approve of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I look forward to the time I spend with my mentee.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My relationship with my mentee is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my mentee trusts me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I am making a difference in my mentee's life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Teen Mentoring - Mentor POST Survey

## My Mentee....

**(if you were matched in a 1-1 relationship with a student, please select the answer that best reflects change in your mentee within the context of his/her match with you over the past school year)**

	Not True at All	Somewhat True	Very True
has been able to talk more about situations he/she is facing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has made positive improvements since we started meeting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tried something new this school year	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## As a Mentor, please check the response that is most true for you.

	Not True at All	Somewhat True	Very True
I received enough information about the program before I began mentoring.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I received information about my mentee.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think my mentee and I are well matched.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I received enough mentor training before meeting with my mentee.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I received regular mentor support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was satisfied with the amount of interaction with the program facilitator/agency staff.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have opportunities to connect with other mentors in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have ongoing training and skill development with other mentors.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This volunteer experience is something that I will add to a resume.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would recommend Teen Mentoring to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Mentoring has taught me.....

	Not True at All	Somewhat True	Very True
Leadership Skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confidence to be a positive role model	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to work independently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to take initiative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to be creative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to put others before myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Overall, how would you rate your experience of mentoring?

- ☐ Not Rewarding
- ☐ Somewhat Rewarding
- ☐ Very Rewarding



## Teen Mentoring - Mentor POST Survey

**I am satisfied with the amount of interaction and support from the BGCBiggs Program staff.**

- ☐ Not Satisfied
- ☐ Somewhat Satisfied
- ☐ Very Satisfied

**Which of the following best describes how decisions are usually made about how you and your mentee will spend your time together?**

- ☐ I usually decide how we will spend our time together.
- ☐ My mentee/student usually decides how we will spend our time together.
- ☐ I get ideas from my mentee/student and then we decide together.
- ☐ The agency program staff outlines how we will spend our time together.
- ☐ Someone else (like a teacher or parent) decides how we will spend out time together.

**Please describe any changes that you have observed in your mentee (or the children you have been working with, if in a group type setting) since being matched.**

**How has your involvement with Teen Mentoring impacted you?**

**What could the Teen Mentoring program do differently?**