Helping mentees get the most out of mentoring!

Alberta Mentoring Partnerships (AMP)
Online Mentee Training

WHAT?

An online training resource designed to introduce the concept of mentoring to children.

Children are taken through 5 modules:
1. What is a mentor? What is a mentee?
2. Getting to know your mentor
3. Let’s be safe and have good boundaries
4. My strengths
5. All about me

An adult mentor avatar guides children through the roles and characteristics of a mentor, examples of mentoring relationships, stages of a relationship, goal setting, match closure, child safety, boundaries, strengths, and a general description of mentoring programs. This tool is suitable for a variety of programs and organizations.

The tool highlights the importance of the mentee and mentor learning about each other. Children can build a story about themselves called ‘All About Me.’ This story includes information on the mentee’s favourite things, goals for the mentoring relationship, and personal strengths.

WHY?

AMP’s online mentee training offers easy-to-use, step-by-step training which improves the quality and outcomes of mentoring relationships by:

- providing mentees with an overall understanding of the mentoring process
- helping mentees understand the benefits of mentoring
- teaching mentees about their role in the mentoring relationship
- offering safety and boundary training

Helping mentees get the most out of mentoring!
The online mentee training module is a great way to introduce mentees to the mentoring process at the beginning of their match.

It can also be used:
- as an introductory activity with mentors
- at a later stage in the mentoring process as a reminder of the mentoring process and the importance of goal setting, boundaries, and recognizing their personal strengths
- to re-introduce mentee training after breaks (for example, after the summer for school mentoring programs)

**WHEN?**

**WHERE?**

Training takes about 45 minutes to complete

Use it anywhere formal or informal mentoring relationships are being formed, including:
- group settings
- school settings
- one-on-one settings

**WHO?**

- Children participating in community and school-based mentoring relationships with youth or adult mentors
- Parents & guardians who can receive the same information as mentees to answer questions and provide further support
- Mentoring coordinators, agency staff and/or teachers responsible for training participants and monitoring the mentoring relationship

Training should be facilitated by someone older (for example, a mentor, parent, or teacher).

**MENTEE**
An individual who is mentored.

**MENTOR**
A caring individual who provides a young person with support, advice, friendship, reinforcement and constructive role modelling over time.

Alberta Mentoring Partnerships
Online Mentee Training
http://moodle.albertamentors.ca
Mentee Training: **Logging In**

### General Sign-Up

Go to [http://moodle.albertamentors.ca](http://moodle.albertamentors.ca)

1. click *Create a New Account*
2. fill-in all of the required fields
   - if your organization does not appear in the drop-down list, select *Other Authorized Users* or contact your organization representative
3. click the link provided in the confirmation e-mail to complete your registration and access AMP’s training course list
   - click on *Orientation for Mentees*

### Other Notes

For large groups, you may send the first and last names of each participant to mentor.support@albertamentors.ca prior to your training session and an account will be created for each mentee.

- if your organization is not already included in the list of available organizations contact mentor.support@albertamentors.ca and ask to be added to the list
- prompt your mentee groups to sign up under your organization name – you may then track each mentees progress by logging in under your admin account, entering the *Orientation for Mentees* course and clicking on the user report

Contact mentor.support@albertamentors.ca if you require assistance logging in.
Mentee Training: Navigating the Training

Getting Started

Main Menu
From this screen you can access each section of the training.
• completed sections are indicated by the red soccer balls
• click on the All About Me section any time to view and print your personal story

All About Me
Throughout the training mentees answer questions about their skills, interests and hobbies. Answers are collected and compiled into an All About Me story that can be shared with their mentors.