

Ideas for Mentoring Relationship Goals

The list of possible goals below is taken from a tool developed by Big Brothers Big Sisters Calgary to support their community-based, one-to-one matches to set goals. Many of these goals can be adapted to support peer, online, academic and group/team mentoring programs.

Academics/Employment

1. Improve existing grades
2. Improve reading skills
3. Improve writing skills
4. Improve math skills
5. Improve homework habits/skills
6. Improve attitude towards school
7. Explore requirements and processes for post-secondary education
8. Learn what educational resources are available
9. Learn how to apply for scholarships, grants and bursaries
10. Learn how to write a resume
11. Learn job interview skills
12. Learn how to keep a job

Communication

13. Learn about different methods of communication
14. Learn about how to use eye contact
15. Learn appropriate telephone skills
16. Learn how to journal
17. Learn how to solve conflict
18. Learn how to show appreciation
19. Learn how to communicate feelings
20. Learn what is age appropriate, good communication
21. Learn about how other cultures communicate
22. Learn about boundaries and why saying no is okay

Recreation/Fitness

23. Improve physical fitness
24. Learn about different ways to become physically fit
25. Become involved in a new recreational activity (swimming, badminton, soccer, hockey, rollerblading, running, etc)
26. Utilize a recreational facility on a regular basis
27. Make a workout video
28. Learn to ride a bike
29. Learn to ski/snowboard
30. Learn to skate/rollerskate/rollerblade
31. Learn to swim

Health/Nutrition

32. Create a healthy eating plan
33. Learn how to grocery shop
34. Explore new foods you have never tried
35. Learn how to read labels
36. Learn how to bake/cook
37. Learn about healthy living skills
38. Learn how to stay healthy
39. Find out what really is in fast food
40. Learn about effects of drugs/alcohol
41. Learn cooking safety skills



Social Skills

42. Establish a positive, personal relationship with your mentee/mentor
43. Learn how to establish mutual trust and respect
44. Learn good friendship skills
45. Learn about different manners from around the world
46. Learn how to deal with difficult peers and bullying
47. Learn how to follow through on commitments and appointments
48. Have fun together

Cultural

49. Discuss respecting people from various cultural, ethnical and economic backgrounds and explore the value in their differences
50. Learn about cultural events in the city
51. Learn about a new culture
52. Learn about each other's' cultures
53. Try an ethnic food you have never tried before

Geography

54. Learn about the country you each came from
55. Learn about a new country
Mental/Emotional health
56. Learn how to meditate
57. Learn how to deal with difficult situations
58. Learn how to deal with grief/loss
59. Girls attend the Dove Self-Esteem workshop

Hobbies

60. Learn how to scrapbook
61. Learn about photography
62. Learn about what people collect, what different hobbies they have
63. Learn how to make a new craft
64. Attend a class at Michael's or Home Depot
65. Attend a ceramics class

Community awareness

66. Visit the Calgary Zoo
67. Visit the Calgary Planetarium
68. Take city transit from one end of the city to the other and back
69. Ride the LRT
70. Visit a resource centre
71. Learn about 211
72. Visit an event in your community
73. Visit City hall
74. Visit the Courthouse
75. Explore the parks in Calgary
76. Visit an outdoor swimming pool.
77. Explore bike paths in the city
78. Visit Heritage Park

Volunteerism

79. Volunteer together at the Food Bank
80. Volunteer at the Mustard Seed
81. Volunteer at the Calgary Human Society
82. Volunteer at a run/walk held in the city
83. Take a bag and go clean up an area in the city
84. Organize a community clean-up

