

Mentoring Newcomer and Refugee Students in Your School

Partnership is quick and easy.

- 1** Fill out the application at albertamentors.ca/partner.
- 2** Once approved, review your partner profile on albertamentors.ca.
- 3** Share the news with mentors, mentees, and board members.

Become a partner and help us grow the mentoring movement in Alberta.



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Help Your Students Achieve Greater Success Through Mentorship

Mentoring makes a big difference in the lives of students, particularly newcomers and refugees.

They may be facing barriers, such as linguistic and cultural adjustments, as well as stress related to exclusion, poverty, or separation.

Refugee students may have had their formal education interrupted, sometimes for several years at a time.



What is Mentoring?

Mentoring is a relationship between a student and a mentor. The mentor – an older student or adult – provides support, advice, and guidance, helping build trust and confidence in the student.

Why Mentoring Matters

At its most basic level, mentoring assures a young person that there are adults who care about them and can help them deal with day-to-day challenges.

The Mentoring Difference

Research shows that mentoring has many positive impacts for youth, including:

- Improved academic achievement.
- Greater self-confidence.
- Better social skills.
- Strengthened personal relationships.
- A better sense of belonging in the community.

How Does it Work?

A mentor meets with a student one-on-one or students in small groups at a regular, set time.

This can happen in the classroom or school, or at a nearby agency, community centre, or place of worship.

Some popular examples of mentoring include homework clubs and conversation clubs. It can also take the form of one-on-one activities.

Connect With Your Local School

Whether a mentoring program is offered in-class or not, schools can play an essential part in supporting these programs.

For newcomers in particular, schools are a trusted and safe place. The encouragement of a teacher or counsellor, and the program being held in the school, will provide the families of students with a feeling of confidence and trust. This increases the likelihood of participation among newcomer and refugee students.

How You Can Help

Mentoring is a benefit for students. It need not be an additional commitment for teachers. Your role is to encourage and facilitate this relationship. Some ways you can help:

- Contact agencies like your local Boys & Girls Club or Big Brothers Big Sisters to ask about the mentoring programs they offer.
- Encourage parents to seek out mentoring opportunities for their child.
- Get in touch with cultural groups and faith organizations that your students may be familiar with to ask about mentoring programs.
- Offer your classroom as a space for a mentoring program.
- Talk to your principal and encourage them to support mentoring programs.
- If you teach at an elementary school, talk to district counselors or teachers at junior high and high schools to see if their students may be interested in mentoring yours.

AMP can help you...

Work Smarter

Access tools and research to help you:

- start a new mentoring program
- improve program delivery
- recruit, screen, and train mentors

Boost Mentoring

Raise awareness of mentoring by:

- promoting #MentoringMoments
- sharing your mentoring stories
- supporting mentor recruitment
- co-branding with AMP

Make Connections

Reach mentors and young people by:

- getting profiled on albertamentors.ca
- appearing on AMP's online search tool
- backing AMP initiatives