



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!**

WHEN?

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)

WHERE?

Use it anywhere formal or informal mentoring relationships are being formed, including:

- group settings
- school settings
- one-on-one settings

Training takes about 45 minutes to complete



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.

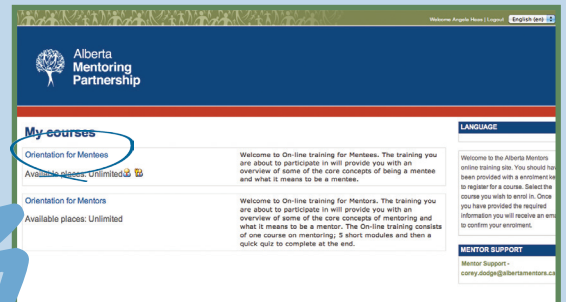
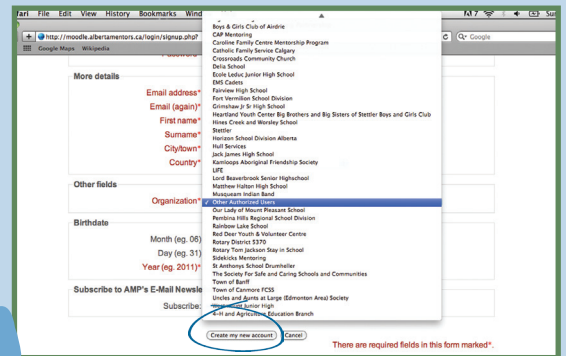
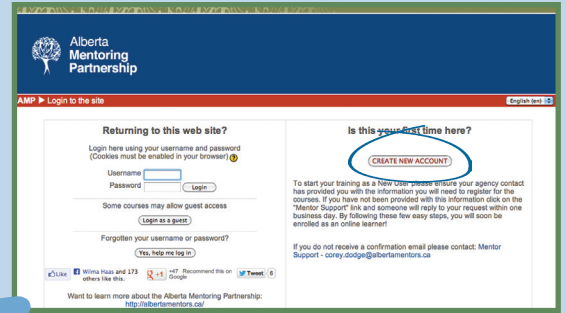


Mentee Training: **Logging In**

General Sign-Up

Go to <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

For Organization Representatives

Contact mentor.support@albertamentors.ca if you require assistance logging in.



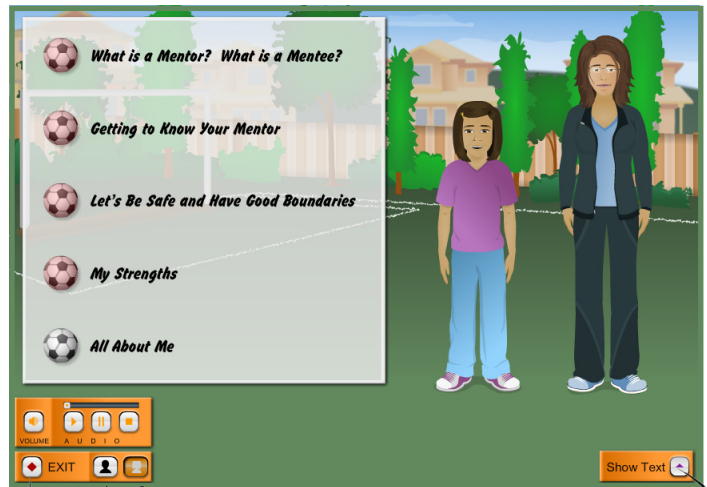
Mentee Training: Navigating the Training

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



click at any time throughout the training to return to the main menu

toggle between male and female mentee avatars with these buttons

click this arrow to show/hide text

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.

All About Me
Angela

Goals or things you would like to learn with a mentor:
How to paint and make cookies. Maybe play board games or go to the park.

List of everyone you can talk to you if you feel bad, scared, uncomfortable or unsafe:

<input checked="" type="checkbox"/> Your Parents or Guardian	<input checked="" type="checkbox"/> Your mentor
<input checked="" type="checkbox"/> Your Grandparents	
<input checked="" type="checkbox"/> Teacher	
<input checked="" type="checkbox"/> Neighbour	

Things to share with your mentor the first time you meet them:

1. What is your favourite thing to do outside?
Ride my bike and play with friends
2. What is your favourite food?
Pizza
3. What is your favourite kid's movie?
Toy Story
4. What kind of books do you like to read?
Harry Potter
5. What makes you laugh?
Silly jokes
6. What is your favourite sport?
Soccer

What some of your personal strengths are:

One thing I am good at:
Reading

One thing I am great at:
Camping

One thing I would like to be better at:
Sports

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