

## **BENEFITS for MENTEES**

*College Advising and Gap Year Placement:* Works with mentees as they get ready to leave high school. Patrick directs students to universities, gap year programs, and helps edit college essays.

*Leadership Development:* Mentees are encouraged to step into positions of leadership in their schools, communities, and in their homes. Patrick helps mentees develop leadership skills and helps them locate opportunities for taking leadership roles.

*Social Entrepreneurship Advising:* Advises mentees involved in social entrepreneurship projects. For example, Patrick advised one mentee on his business strategy for a new clothing company.

*Academic Accountability:* Checks in with mentees on academic work. Patrick asks mentees to set their *own* academic goals. Patrick then holds young men accountable to the goals they set for themselves.

*Stress and Anxiety Management:* Sessions begin and end with approximately 10 minutes of mindfulness meditation to help young men develop self-awareness and deal with stress. Mentees develop their own mindfulness practice throughout the mentoring process.

*Goal Setting* – Each session ends with mentees stating short-term goals. These goals can be related to school, relationships, or extracurricular activities. Examples include: getting a better grade in Spanish class, treating his sports coach with more respect, and spending more quality time with friends. Goals are both internal and external and arise out of each mentoring session.

*Vision for Year/Semester:* 2-3 times a year--at the beginning of school semesters and the summer--Patrick asks mentee to lay out goals for the semester. This includes coming up with a vision for the semester or year. This helps young men practice what is known as “gist thinking” a critical development tool for adolescents.

*Trusted Role Model:* Patrick takes time to build up trust with his mentees. Through this process, mentees are able to have a trusted older role model they

can ask questions to in times of decision making. Research shows that young men with positive role models make better critical decisions.

*Value Setting:* Works with young men to figure out their own values. For example, Patrick worked with one mentee who was trying to figure out how he could be of service to others in a meaningful way. This included a long conversation about developing the values of compassion, understanding, and empathy.

*Gratitude Practices:* At the end of each session mentees bring to mind several things they are grateful for in their lives. Neuroscience shows us the gratitude is a muscle in our brains that we can train. Each session ends with a 5-minute gratitude practice.

*Nature Awareness Exercises:* Most in-person sessions are outside. Outdoor sessions incorporate the natural world in our final closing gratitude practice.