



Mentor Meeting 2/3/22

- Program update - Taylor
- COVID update - Kellie
- Supplemental training - Becoming a Better Mentor, resource book
 - Link to access resource book: [Becoming a Better Mentor; Strategies to Be There for Young People](#)
- Resources on the website
 - Link to access resources: <https://www.circleoffriendsoregon.org/resources-for-connecting.html>
- Ways to connect list of activity ideas
 - Link to access ideas: [List of Activity Ideas](#)
- Dates to know
 - Mentor appreciation dinner rescheduled to 4/2/22
 - Mentor open houses one in June and one in January
 - Fundraiser dates: 6/4/22 & 12/3/22
- Connecting Through Conversation

Four Listening Strategies that Create Connections

1. Paraphrase, or play back what you've just heard from your mentee:
"So it sounds like you're concerned that if you start to make new friends, your old friends won't want to hang out with you anymore."
2. Open a door for the student to tell you more:
"That's interesting! Tell me more about how it happened!" or "How did you react when she said that?"
3. Ask open-ended questions that encourage students to give you more than a "yes" or "no" answer.
Instead of "Did you have a good weekend?" ask "What did you do this weekend?"
Instead of "Did it go okay with your teacher?" ask "What's one thing you felt good about when you talked with your teacher?"
Instead of "Do you like that TV show?" ask "Who's your favorite character on that TV show? What do you like about her?"
4. Show that you are listening.
 - Maintain eye contact, if appropriate
 - Offer your full attention without doing anything else at the same time
 - Nod in understanding

A Little More Encouragement When It Comes to Open-Ended Questions

Asking open-ended questions is a listening skill, as described in #3, above – and they can have so much power that they're worth spending a little more time on. A good open-ended question encourages a student to say more than he or she initially offered and can lead to sharing ideas or details that might help you to support the student in new ways. Examples of this style of questioning are found throughout these

Actively listen TEDx: <https://www.youtube.com/watch?v=Yq5pJ0q3xuc>

Next Mentor Meeting: Thursday, 3/3/22 @ 5pm