



## Mentor Meeting

6/2/22

### Updates

- Surveys
- Programming – Taylor
- Two 2022 HS Graduates – Cody French and Eva Valdez
- Rodeo Tickets
- Mentor Training on internet Safety with Abhi Chaudhuri – Googles project manager who led Googles [child safety efforts](#), July 7<sup>th</sup> @ 5 pm
- Changing Futures fundraiser, Saturday, July 23
- Mentor Discussions – discuss attached articles
- Connecting Through Conversation

### The Good, The Bad, and The Funny

1. Ask youth mentee to take a minute to think of an answer to the following question:
  - a. What is something *good*, something *bad* or *frustrating*, and something *funny* that has happened to you in the time since we last met?

If your mentee is helped by writing down thoughts before sharing, encourage him or her to write down a few short notes.

2. Share your own response to the first part of the question only – something *good* that has happened to you since the last time you met. Make sure to be descriptive.
3. Next, invite your mentee to respond to the question of something *good* that has happened since the last time you met.

Use active listening skills to show you are listening carefully; you may ask for some further detail to fill in the picture of what happened, but don't yet ask any deepening questions until after your mentee has shared all three experiences.

4. Repeat in 2 more rounds, with you first offering your *bad* before your mentee does, and you first offering your *funny* before your mentee does. Again, use active listening skills, but don't ask any real probing or deepening questions yet. **NOTE:** If your student really can't connect to one of the 3 categories of *good*, *bad*, *funny*, then just skip it and go where he or she is most comfortable.
5. Once your mentee is finished responding, both of you take turns asking questions about the details behind each of the *good*, *bad* and *funny* situations.

### Deepening the Conversation

*Following are examples of questions that help you move from brief check-in to a deeper conversation with your mentee:*

- What good things are you looking forward to in the next week?
- When you are frustrated, or experience a bad situation, who helps you get through it?
- what makes you laugh even when you are having a tough day?

Next Mentor Meeting: Thursday, 8/4/22 @ 5pm