



## Mentor Meeting

5/5/22

### Updates

- Surveys
- Programming – Taylor
- Supplemental Training 5/18/22 – Book Discussion – Strategies for Becoming a Better Mentor
  - Chapter 1, Providing Emotional Support and Empathy
- May is Mental Health Awareness Month
  - Dare to Share – Parent Tip Sheet and Advice For kids
- Mentor Discussions
- Connecting Through Conversation

### If I Could ... Directions

1. Place the statement starter strips face-down on the table or folded in a bowl so the words cannot be read. Explain that *If I Could ...* is a way to help you both take some time to daydream together and get to know each other better.
2. Model the structure by picking up one of the statement starters, reading it aloud, and completing the sentence. To encourage the student to share more than just a few words, complete the statement in your own words and then give a brief explanation, or additional information, about the daydream you shared.
3. Next, invite your mentee to respond to the same sentence stem. Both of you should use the follow-up questions on the strip of paper to learn more about each other's daydreams or create your own follow-up questions.
4. After both of you have responded to the *If I Could ...* statement, ask your mentee to choose a different sentence stem and read it aloud. In this round, the student should respond first, and then invite you to share after he or she has answered any follow-up questions.
5. Continue in this way, taking turns being the first to respond, for as long as time permits.

### Deepening the Conversation

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

- How can dreams help us figure out our goals and wishes?
- When do you notice yourself daydreaming? When you do, where does your mind wander off to?
- What is the benefit of sharing your dreams with others?

Next Mentor Meeting: Thursday, 6/2/22 @ 5pm



## ***If I Could ... Statement Starters***

***If I could wake up anywhere in the world, I would wake up in...***

*Follow-up questions:*

- *Why there?*
  - *What would you do while you were there?*
- 

***If I could spend an entire day any way I wanted, I would...***

*Follow-up questions:*

- *Who would you want to spend your day with?*
  - *What would you do differently in morning, afternoon, or night?*
- 

***If I could have any superpower, it would be....***

*Follow-up questions:*

*How would you use this superpower?*

- *What is a skill in real life that a person can have that might be related to this superpower?*
  - *Who do you know that skill?*
- 

***If I could be famous for one talent, I'd be famous for....***

*Follow-up questions:*

- *Is this a talent that you currently have?*
  - *What are things about this talent that interest you?*
- 

***If I could change anything about myself, I'd change...***

*Follow-up questions:*

- *What is it that makes you want to change this aspect of yourself?*
  - *If this is something in your control to change, what series of steps might you be able to take toward this goal in the next few months? What support would you need in taking these steps?*
  - *If this is something that is not in your control to change, what is it, do you think, that makes this aspect of who you are hard to accept? What kind of support might help you to accept this aspect of who you are?*
- 

***If I could accomplish one thing this year, it would be...***

*Follow-up questions:*

- *What/who could help you to accomplish this goal? What gets in the way of you accomplishing this goal?*
- *What are some action steps you could take during this year that would move you toward this goal?*
- *How would you celebrate this accomplishment?*