



# MENTOR MEMOS

Utah State  
UNIVERSITY

UTAH CO.  
extension

Hello Mentors! We hope everyone enjoyed their summer and hope you are ready and excited for the up coming school year.

This month we will be focusing on Goal Setting. Setting and achieving realistic goals with your mentee will help strengthen the mentoring relationship. Youth need others to help them set realistic goals. By setting realistic goals, our youth can see that they have the potential to become a person of value and worth. The success of achieving small goals builds self-esteem and confidence in their abilities to set other goals.

You, as mentors, have a great influence on the youth you mentor. They respect and want to be like you. Helping them set goals is something that can benefit you as you plan activities around specific goals. Try to set two goals in August to be carried out in September. Here are some ideas to help you:

- The ability of youth to set and attain goals is affected by the age and developmental stage of the individual child. Most mentees ages range from ages 9-11. Their developmental characteristics are as follows: Acceptance by peers is most important. Feelings of competence enhances self-confidence. They can set short-term goals. Their interests expand to some from home to neighborhood and community.
- Start simple. Talk to them about what they would like to accomplish. It could be as simple as turning in an assignment or saying hi to someone they want to befriend.
- Write it down. Having them verbalize and write down something they want to accomplish is a big step.

time limits are more effective.

- Evaluate what was good about their goal and what could have been better. Maybe suggest something that would help as they set a new goal.
- Use your activities you plan together to help them accomplish goals or an incentives when they accomplish their goals.
- Be positive and encouraging. Use personal experiences to help you as you set goals with your mentee. You are a wonderful role model.

Thanks for all you do!

## Upcoming Events:

- August M&M- Utah County Fair Demolition Derby: Saturday August 15 @ 6pm
- August FNO Dinner & Magic show- Monday August 17 @ 6pm

Future Events:

- September – Mentor Training & Bonding Event.

Additional Information:

- If you are interested in being a member of the mentor council or would like more information please contact Jessica Tibbitts at 801-851-8475.
- A special Thank You and Farewell to: Nate Payne, Diana Harris & Elise Williams members of the mentor council who will be leaving the program. Best of Luck!

Utah State University is an affirmative action/equal opportunity institution.

