



Hello Mentors,

This month's training will focus on **consistency.**

Consistency, in regards to your mentoring relationship, is one of the most important relationship building tools in the tool chest. In dealing with at-risk youth, many inconsistencies can occur in their personal relationships at school and at home. Consistency establishes a sense of normalcy and shows mentor maturity concerning the commitment between mentor and student. Consistency will literally determine the difference between a "basic mentor" and "excellent mentor!"

Here are a few suggestions to help you be a more consistent mentor.

1. **Visit with your mentee every week.** The best way to be consistent is to set a time and day, every week, and show up at that time. If there is an appointment change, notifying your mentee prior to the canceled engagement is appropriate. Please try not to make a habit of canceling your visits, especially at the last minute. Frequently canceling or rescheduling appointments sends the message that the mentoring relationship isn't a priority for you.
2. **Calling the student as a replacement for a visit if you are unable to meet** during the week. Of course, this is an exception rather than the rule and should be used on rare occasions. The mentors' responsibility is to visit with the student, personally, every week. Healthy mentoring cannot happen with weekly phone calls.
3. **Set clear guidelines and rules.** It is important that established boundaries are set and consistently followed by both the mentor and the mentee. It is never too late to set behavioral guidelines, and having your student participate in establishing these guidelines will help create an equal partnership and will avoid the mentee feeling attacked.
4. **Stay positive.** Your mentee might be negative, in some instances, but he or she will look forward to your weekly meetings if you demonstrate a positive attitude. Use positive conversation in the face of negative circumstances. And stay positive about the mentoring relationship in general, mentoring isn't always easy but a positive attitude can help avoid discouragement.

Inconsistent mentors may actually end up doing more harm than good for the youth in our program, so let's make a goal to be more consistent in regards to our mentoring relationships.

Upcoming Events:

***March M&M-** *James & the Giant Peach.* Kingsbury hall. Sat. March 13, 2010 meet at the 4-H office at 9:30am.

***District FNO-** TBA- Ask your site coordinator for details.

***Sports Mastery Program-** We are now offering the Basketball & Volleyball programs. Ask your site coordinator for more info.

Utah State University is an affirmative action/equal opportunity institution