



May 2010 Mentor Memo The Many Benefits of Mentoring

What effect does mentoring have?

Mentoring programs have been in existence for many years now, not only because it is a great way to serve the youth in the community but also because it WORKS! Mentoring programs have such an impact on the youth of the nation that the U.S. government now recognizes January as National Mentoring Month dedicated to promoting mentoring programs all over the nation. There are countless studies conducted on mentoring programs throughout the United States and the findings are significant. Mentoring programs have an overwhelmingly positive impact on the youth as well as the mentors.

The Impact on Youth

According to the *Childs Mentoring Brief 2002*, youth in mentoring programs demonstrate a better attendance and a more positive attitude towards school. They also report that mentored youth are more likely to attend college and have more positive relationships as compared to their non-mentored peers.

Another study conducted by *Sun Microsystems* found that mentoring programs may have a long-term effect on youth. Findings showed that 20% were likely to increase their annual income as compared to the control group and 40% were more likely to get promoted.

The mentoring program in Utah County has been in operation for about 10 years. In that time numerous studies were done

and the results are overwhelming. Findings include an increase in GPA, higher attendance and improved family relationships.

The Significance of 1 Year

Yes, mentoring can have many positive effects but they do not come without a cost. The “once-a-week for a year” commitment every mentor agrees upon is not arbitrary. Studies show that a year of consistent mentoring is necessary to promote real changes in a youth’s social skills, attitude, family relations and school performance (*Handbook of Youth Mentoring*, page 37). Mentoring relationships that end short of a year see far less improvement and, in some cases, can be more detrimental than if there was no mentor at all. According to one study, those in mentoring relationships for only short periods of time actually “suffered significant declines in their global self-worth and their perceived scholastic competence” (Grossman and Rhodes. *Test of Time*, page 206).

In conclusion, we want to express our appreciation to all our mentors; you truly are making a difference in the lives of the youth you serve.

Upcoming Activities

June FNO LUAU- Monday June 7th 6-8pm @ the 4-H office (100 E. 100 S. Provo)

Mentor Conference- Saturday June 26th 10am-5pm @ the Provo Marriott. All participants who register by June 10th will receive a free 7-Peaks Pass!! Ask your site coordinator for more details.

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