

# COMMUNITY MENTORING

## MENTEE TOOLKIT

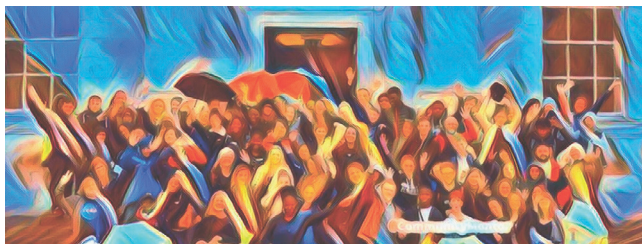
Inspiring the  
next generation

[www.collegeaware.ie](http://www.collegeaware.ie)



# MENTEE RESOURCE MEET YOUR COMMUNITY MENTORS!

## COMMUNITY MENTORING PROGRAMME



The Community Mentoring Programme aims to connect student mentors from NCAD, IADT, Marino Institute of Education, UCD and TCD with students from their local communities. Mentors will share experiences about school and college, help you find out more about going to college, and have some fun!

You and your peers will work with two Community Mentors who will deliver three mentoring sessions throughout the year.

### OUR MAIN GOALS:

- 1** Get to know you better!
- 2** Help you become more aware of college and what's expected.
- 3** Help you feel more confident in your ability to succeed in college, or help you decide if you want to go.
- 4** Share information about how to apply for college, and the supports available.

# WHAT IS MENTORING?



## What a mentor is:

A mentor is a guide who can help you find the right path and think about your future options. Mentors may have had some experiences like yours, and might understand some of the issues you may be facing. Mentoring gives you a chance to think about your course and career options.

Community Mentors are college students from your community. Community mentors have volunteered their time to train for and deliver these mentoring sessions so they can share their experiences of school and college with you!



## What a mentor is not:

Mentors do not tell you what to do, nor do they suggest that there is a 'best way' or an 'only' way. Instead, they want to help you find options, and allow you to arrive at your own decisions.

# MY MENTOR'S STORY



## WORKSHEET 1

### MY MENTORS' NAMES, COLLEGES, AND COURSES ARE:

Community Mentor 1:

College:

Studying:

Community Mentor 2:

College:

Studying:

### WHAT IN MY MENTORS' STORY IS THE SAME FOR ME?

### WHAT IN MY MENTORS' STORY IS DIFFERENT FOR ME?

### WHAT HAVE I LEARNED FROM MY MENTORS' STORY?

### WHAT QUESTIONS WOULD I LIKE TO ASK MY MENTORS?

# MY STORY



## WORKSHEET 2

Use the questions below as a guide to help you write a letter to your future self. The next time you'll see this letter will be at the end of the year. What would you like to say to yourself?

### MY HOPES FOR THE FUTURE IN 2-5 YEARS:

### I AM THINKING ABOUT THE FOLLOWING COURSES OR CAREER:

### MY FAVOURITE SUBJECTS AND EXTRA-CURRICULAR ACTIVITIES:

### MY BIGGEST FEAR ABOUT THE LEAVING CERTIFICATE:



You will be asked to seal this letter in an envelope with your address. This letter will be returned to you at the end of the programme!

# MENTEE RESOURCE

## DEAR FUTURE SELF

**Date:**

*Dear*

*My hope for my future is that ...*

*I hope by the time I'm reading this...*

*Just remember, no matter what....*



# ONE LAST THING

## FEEDBACK

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# MENTEE RESOURCE YOUR COLLEGE CAMPUS

## Thinking of places, you could be heading!



Colleges and universities, no matter how big or small, are centres of curiosity. We have many different forms of third-level education in Ireland. Remember, a university is only innovative when it reflects the diversity of the society it represents!

We have institutes of technology, teaching colleges and universities. Why not think about how many universities you know!

Did you  
know...

Trinity College Dublin was formed in 1592. That's older than both the Taj Mahal and the Eiffel Tower!





# PLANING A HOLIDAY



- Think of all the things you'll need for your perfect holiday. Write them in the circle below!



As you can see, the perfect holiday requires planning based on your needs and wants- just like choosing the right college for you!

# DESIGN YOUR COLLEGE CAMPUS

- Design a dream college campus. Where is the library going to go? Will there be a science building or a student cinema? What are the people like? Are there any societies? It's your decision to make! Choose wisely- you will be asked to show your campus to your classmates afterwards.

## ***Keep in mind...***

Selecting a college is not about which is the fanciest or most prestigious. It's about picking the college that best serves you as a student!

Did you  
**know...**

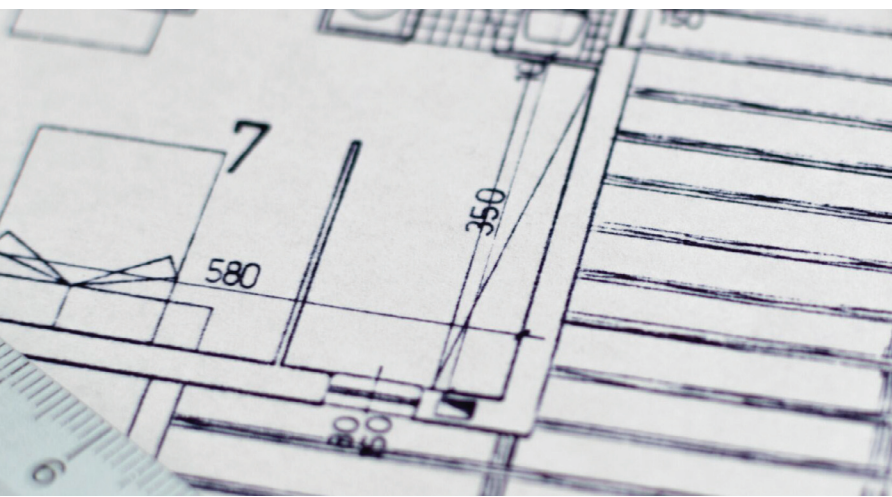
**Marino Institute of Education** has a dark room for students to study photography.

**NCAD** has studios spaces for their students to perfect their art skills.

**IADT** has a functioning TV studio for their media studies students.

**UCD's** campus has an entire student centre dedicated to their student's social experience.

**Trinity College's** Long Room Library houses the Book of Kells.



# CONCLUSION



**ASK YOUR MENTOR  
WHAT COOL THINGS  
THEIR COLLEGE HAS  
TO OFFER.**

- You might think we've had you write holiday plans and create a college campus, but this session has actually helped you think about your needs and wants as a student.

Exercises during this session have ensured that you think of the perfect campus for you and your future at third-level.

Next, think about which colleges you'd like to research and online open days you'd like to attend. It's never too early to start planning for your future!

**Did you  
know...**

Research proves that you are 63% more likely to complete a 4 year degree if you visit a college campus before attending.



**WHY NOT TRY...**

**Seeing which college close to your area has an online open day soon. Who knows, you may hear about a course that you never knew existed!**



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# MENTEE RESOURCE SMART GOALS

## WORKSHEET

<b>S</b>	Specific
<b>M</b>	Measurable
<b>A</b>	Achievable
<b>R</b>	Relevant
<b>T</b>	Timely

**WHAT EXACTLY DO YOU WANT TO ACHIEVE?**

**HOW WILL YOU MEASURE PROGRESS/SUCCESS?**

**WHAT DO YOU NEED TO ACHIEVE YOUR GOAL?**

**WHY IS YOUR GOAL IMPORTANT RIGHT NOW?**

**WHEN CAN YOU EXPECT TO SLAY THIS GOAL?**

Staying the course and keeping on track can be difficult, don't forget R&R while working on your smart goals.

REMINDERS FOR SMART GOALS

REWARDS FOR SMART GOALS

**WEEKDAY**

# WHEEL OF PRODUCTIVITY

## WORKSHEET

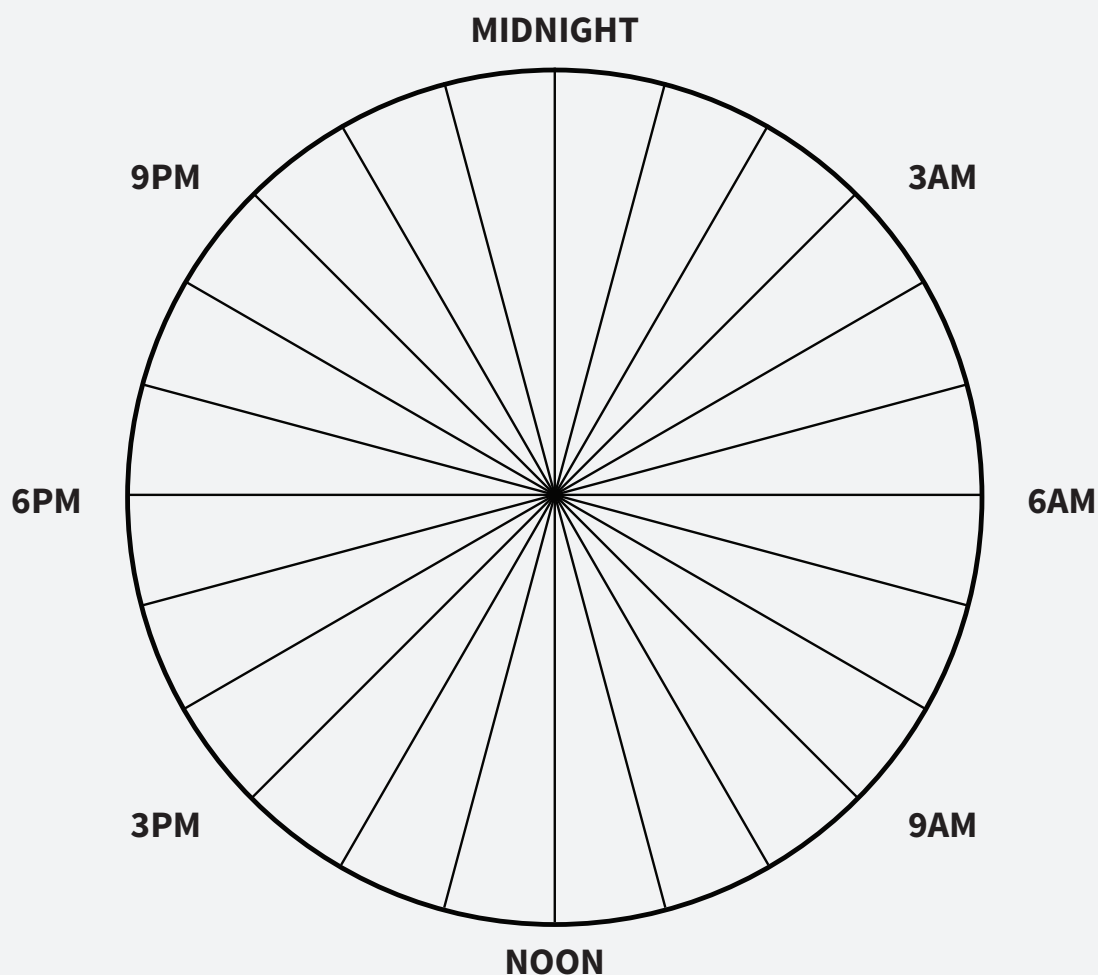
**1**

Give each type of activity a unique colour or pattern by filling in the box below

**2**

Colour in each hour of the day based on which activity you usually fill that time with

### HOW DO YOU SPEND YOUR TIME CURRENTLY?



	Sleep		School		Study		Exercise
	Commute		Relaxing / Fun		Work		Other

**WEEKEND**

# WHEEL OF PRODUCTIVITY

## WORKSHEET

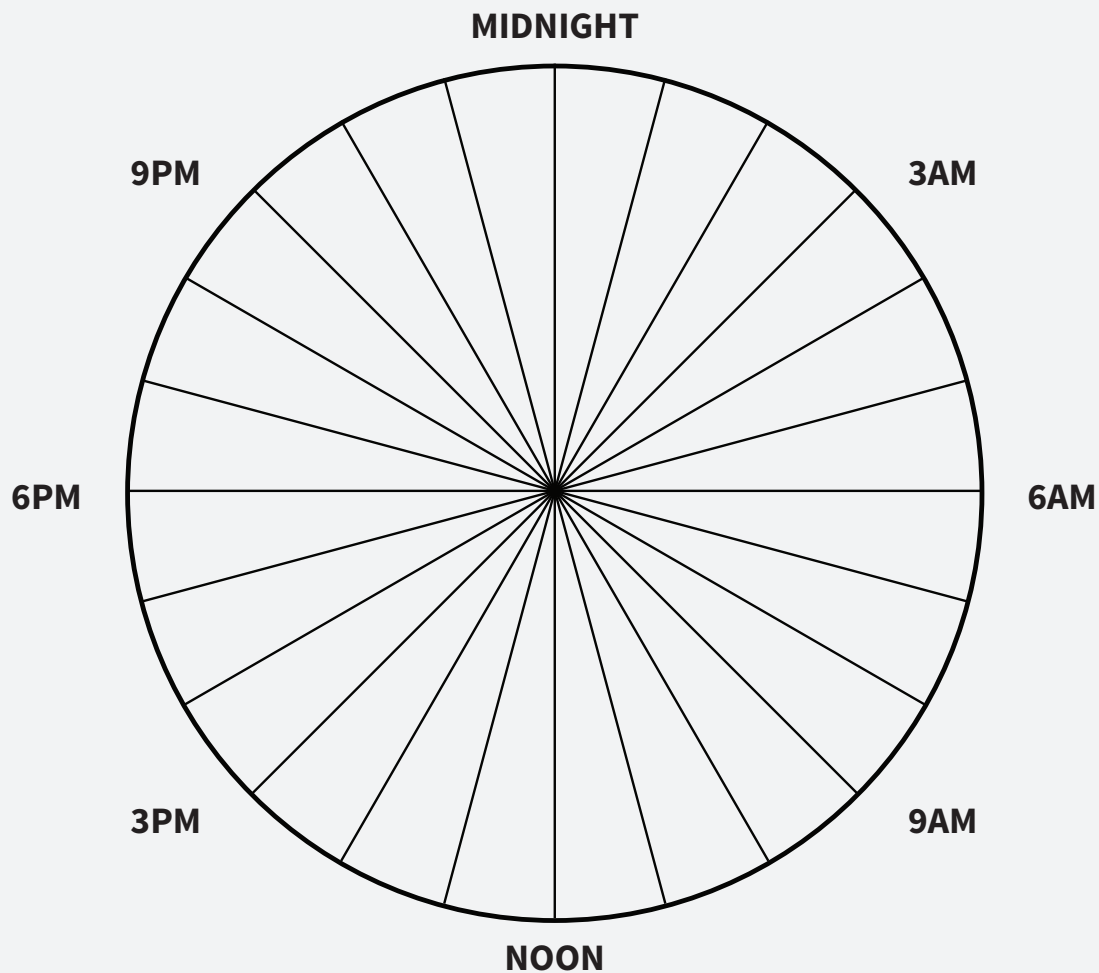
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**WEEKDAY**

# WHEEL OF PRODUCTIVITY

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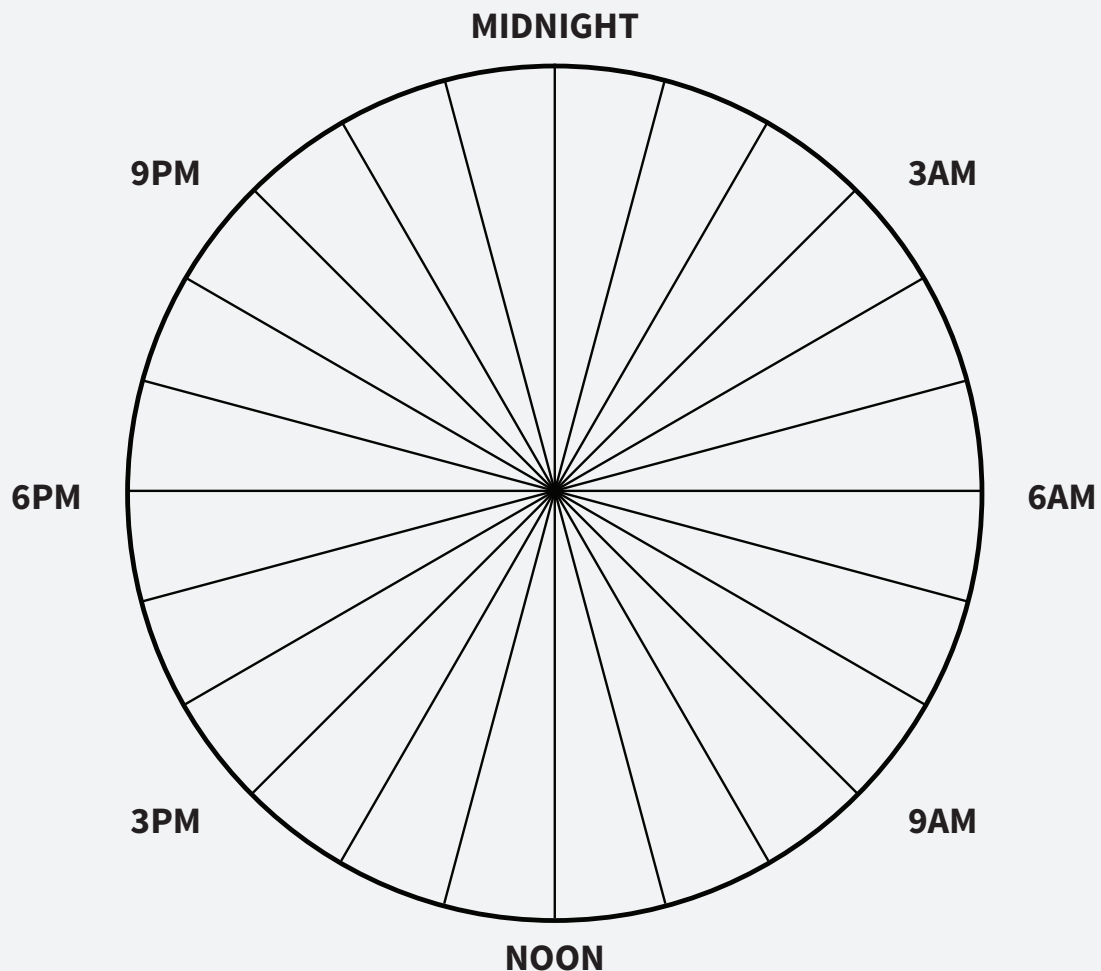
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HOW DO YOU **WANT** TO SPEND YOUR TIME?



	Sleep		School		Study		Exercise
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**WEEKEND**

# WHEEL OF PRODUCTIVITY

## WORKSHEET

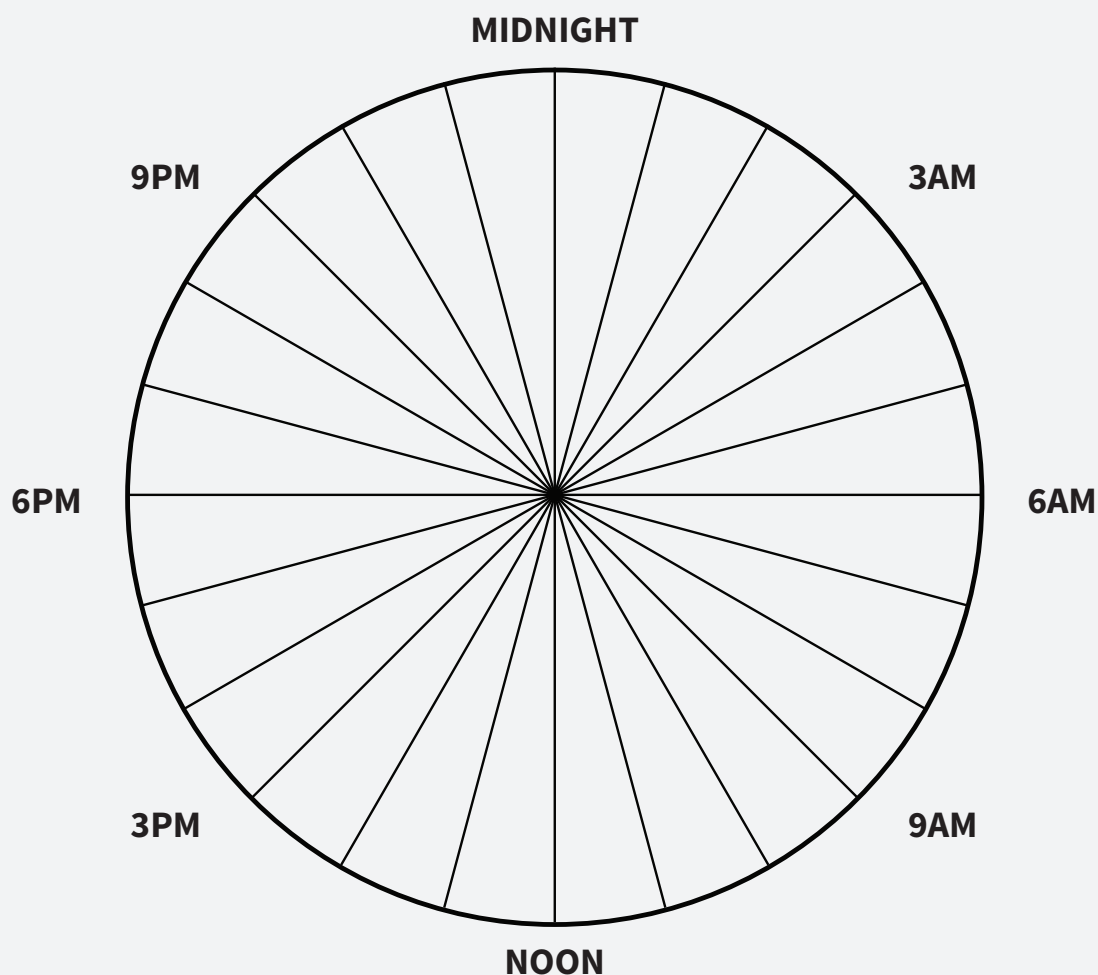
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# MENTEE RESOURCE GROWTH MINDSETS

## GROWING YOUR MIND, ONE STEP AT A TIME.

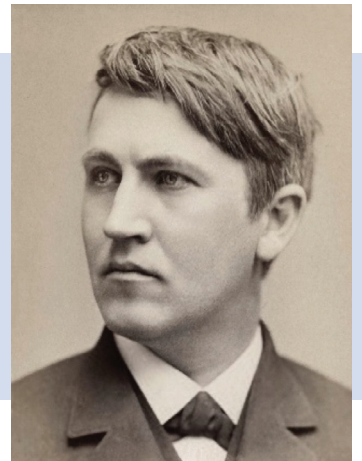
The opposite of a growth mindset is a fixed mindset. A fixed mindset hinders your abilities and educational development. Want to know how?

Why not take a second to think of how a change in attitude that can shape the way you learn. Check out how applying a growth mindset can lead to discoveries like the lightbulb here.

## FAMOUS GROWTH MINDSETTERS

“Opportunity is missed by most people because it is dressed in overalls and looks like hard work”

Thomas Edison



It is said that Thomas Edison failed more than 5,000 times while inventing the lightbulb!




# ACTIVITY 1

## GROWTH MINDSETS



- Have a look at the Growth v. Fixed Mindsets activity on the next page. Which one do you have?

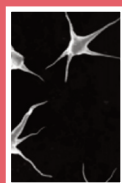
 10 mins for activity

Read the statements on the left and the right side of the page, and circle which one describes your thinking!

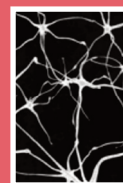
Did you  
**know...**

Your brain and development can be changed like any other muscle in your body. Check out the example we use here!

### EFFECT OF AN ENRICHED ENVIRONMENT



Nerves in the brain of animal living in a bare cage



Brain of another animal living with other animals and toys

# WHICH ONE ARE YOU?



## FIXED MINDSET

**"If I'm not good at it, I usually get frustrated and quit"**

**"I take criticism as an attack"**

**"I failed because I can't do it and it's probably not worth trying"**

**"If I don't get it right the first time, I feel like a failure"**

**"I'm not good/smart enough to do some things"**

**"I stick to what I know/am good at"**

**"I'm not very smart and my intelligence can't be improved"**

## GROWTH MINDSET

**"If I'm not good at it, I usually keep practicing until I improve"**

**"Criticism gives me a new perspective on how I can do things better"**

**"Failure is an opportunity for me to learn from my mistakes and improve"**

**"If I don't get it right the first time, I reflect on why, and try again a different way"**

**"I can do anything I set my mind to"**

**"I like to try new things"**

**"My intelligence can be developed"**

# WOOP

## WORKBOOK ACTIVITY



Wish

I wish .....

.....

.....

.....

.....

.....

Outcomes

# WOOP

## WORKBOOK ACTIVITY



Obstacle

.....

.....

.....

.....

.....

.....

Plan

**KEEP UP THE PACE, WE  
ONLY HAVE A FEW  
MINUTES**



# GROWTH MINDSETS CONCLUSION AND FEEDBACK



Growth mindsets are not only an idea or an attitude, but a way of learning new skills and capabilities. It's a life plan as much as a brain muscle technique!



3-5 mins left

## FAMOUS GROWTH MINDSETTERS

“Failure is just life trying to move us in another direction.”  
Oprah Winfrey



Did you know? Famous talkshow host, Oprah Winfrey was told by a producer early on that she was “unfit for television news.” She went on to host the hugely popular *The Oprah Winfrey Show* for 25 years!

Our next visit will be:

---

The next topic we will cover is:

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# ONE LAST THING

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# MENTEE RESOURCE EXTRACURRICULAR ACTIVITIES

HOW MANY EXTRACURRICULAR ACTIVITIES CAN YOU THINK OF? LIST THEM BELOW.

CIRCLE THE ONES OFFERED IN YOUR SCHOOL

# EXTRACURRICULAR ACTIVITIES

**POSITIVE REASON FOR GETTING INVOLVED  
IN EXTRACURRICULAR ACTIVITIES**

**REASONS WHY YOU WOULDN'T GET  
INVOLVED IN EXTRACURRICULAR  
ACTIVITIES**

# EXTRACURRICULAR ACTIVITIES

**WHAT EXTRACURRICULAR ACTIVITY DO YOU WANT TO TRY OUT?**

**WHY DO YOU WANT TO GET INVOLVED WITH  
THIS EXTRACURRICULAR ACTIVITY?**

**DO YOU KNOW ANYONE INVOLVED  
ALREADY OR WOULD WANT  
TO GET INVOLVED?**

**WHERE IS IT ON / WHEN?**

**WHO TO CONTACT ABOUT IT**



# ONE LAST THING

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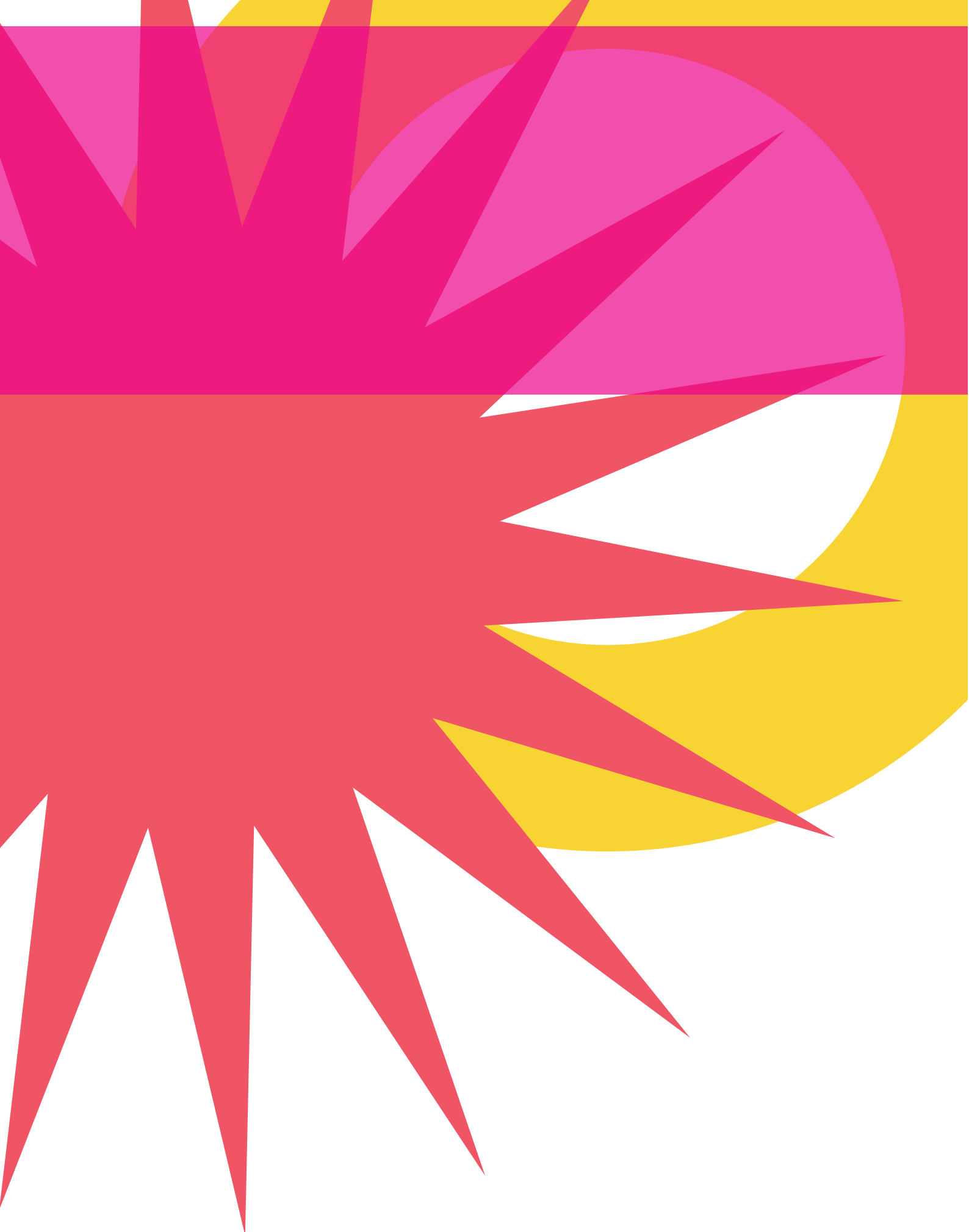
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# NOTES



# NOTES





An Associated College of  
Trinity College Dublin, The University of Dublin



UNIVERSITY  
OF MEDICINE  
AND HEALTH  
SCIENCES



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



University College Dublin  
An Coláiste Ollscoile, Baile Átha Cliath