

Gray Mentors – Mission

Academic Goal Setting
Post HS Opportunities
Career Building

Stage 1: Foundation – This stage may take 5 or 6 visits

Focus on, “Getting to Know You”

Mentoring Session Topics: What do we have in common?

Favorite subject

Favorite teacher

Favorite school memory

How did I choose my profession?

What do you want to do when you grow up?

How do you tie what you like to do to a career or profession?

Stage 2: Goals – This stage may take 2 or 3 visits

Focus on, “Setting Clear Goals”

Mentor and Mentee will discuss what they want to accomplish – Academic Motivation

Making education a priority

How to impress your teachers

Becoming a leader on your campus

Regular classes vs. Rigorous classes

Jr. College vs. University

Stage 3: Implementation – This stage will take the remainder of the school year

Focus on, “Becoming and remaining the best student you can be”

What motivates you now?

How do you improve your vocabulary?

Recreational reading

Servant Leadership

Current Events

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Stage 2: Focus on, “Setting Clear Goals”

Objective: Accomplishing academic success – **Goals**

1st Meeting – What are Goals? How do you set Goals? How do you reach Goals?

“Hello _____. It is great to see you today!”

“We have been meeting for a while now. It is time focus on our purpose for meeting. We can still have fun while we talk and share, but we need to talk about what we want to accomplish.”

“Have you ever set a goal?”

“Have you ever met or accomplished your goal?”

Mentor, please allow your Mentee to answer these questions. Add to their answers with your wisdom and knowledge, but remember not to monopolize the speaking.

“When I was your age I set a goal to _____.”

“Since we are in school let’s concentrate on Academic Goals. We can talk about other goals also, but let’s focus on school first.”

“For now, the sky is the limit. You can mention any type of Academic Goal you would like: Attending a Community College versus attending a University, differences between taking regular classes versus taking more rigorous classes. After we have a few down, we can narrow them down to 2 or 3. Is that cool with you?”

Mentor, please allow the student to share their ideas and opinions. Add to their ideas with your wisdom and experience.

You will not be setting the actual Academic Goals today, you will just be brainstorming today.

Success will be easily met if the ideas come from the Mentee. You can direct them to the idea, but make sure they see it as theirs. If you tell them exactly what to do, they may not fully commit to reaching their goal. It will seem more like your goal.

Remember that you are fostering their success. As much as you may want to tell them exactly what to do to make it easier on them, you have to allow them to solve their own problem, find their own solution, or make it work for themselves.

At the end of your mentoring session remember to thank your Mentee and tell him/her that you look forward to seeing them next week.

Please remember to encourage them to do their best. Let know that you believe they will.

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2nd Meeting – What are Goals? How do you set Goals? How do you reach Goals?

“Hello _____ I am so glad to see you today!”

“Last time we met we talked about setting some Academic Goals.”

“We left off brainstorming about what you would like to accomplish in school.”

“Let’s take a look at some of the Academic Goals you were thinking about last week.”

“We need to decide which 2 or 3 are best for you for this school year.”

Mentor, please remember to praise them for their efforts and for wanting to set high goals. Look at what they mentioned and find 2 or 3 that together you believe will work best them this school year.

By now you will have met with your Mentee’s teacher and you will know what your mentee needs to focus on in order to achieve Academic Success.

Remember to direct them to the Academic Goals that will work best for them, but allowing them to set their goals.

Below are examples of a few Academic Goals.

Doing their homework every night

Becoming a leader on their campus

Improving their Math and Reading grades

During your next Mentoring session you will discuss how to accomplish or reach their goals.

Let them know that you will be asking them about their Academic Goals every time you meet.

At the end of your mentoring session remember to thank your Mentee and tell him/her that you look forward to seeing them next week.

Please remember to encourage them to do their best. Let know that you believe they will.

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3rd Meeting – What are Goals? How do you set Goals? How do you reach Goals?

“Hello _____ I am so glad to see you today!”

“Let’s continue talking about Academic Goals and how to reach or accomplish these goals.”

“Whenever I set a goal I have to also set a plan on how to accomplish that goal.”

“The last goal I set was _____ and the way I accomplished that goal was to _____.”

Mentor, please give your mentee an example of a goal you set and accomplished, but please remember to make it an example that is age appropriate and something they will understand.

*Examples: Getting to work on time everyday
 Going to the gym everyday
 Walking the dog everyday
 Washing your car once a week*

“What do you have to do to help you accomplish your goals?”

“Let’s think of a plan or a path that will help you reach your goals.”

Mentor, please use your wisdom and experience to help your mentee with his/her plan on how to accomplish his/her goals. Please remember to lead them to the solution, but to allow them to create the plan. Remember that your job is to foster.

Mentor, please continue to praise your Mentee’s efforts. Tell them how proud you are of them. Tell them that you believe in them and that you know they can do it.

Your encouragement and praise of your Mentee will make all of the difference in their success.

At the end of your mentoring session remember to thank your Mentee and tell him/her that you look forward to seeing them next week.

Please remember to encourage them to do their best. Let know that you believe they will.