

## Benefits of mentoring

- P/PV research shows that young people with a mentor were :
  - 46% less likely to start using drugs;
  - 27% less likely to start drinking;
  - Were one-third less likely to hit someone;
  - Skipped half as many days of school, felt more competent about their ability to do well there and got slightly higher grades
  - Reported more positive relationships with their peers
  - Improved attendance, raised their hand more often in class, improved their communication skills, took more positive risks in class and with friends, smiled more, were happier at school, improved their appearance, increased their consideration of others, decreased their hostility, were more enthusiastic, had fewer disciplinary referrals, improved academic performance, and paid more attention
  - **You can conclude from this that mentoring encourages the total growth of younger, less experienced people.**

### How else will this relationship help the mentee?:

- Help young people improve academic achievement, increase self-esteem, gain knowledge about jobs and opportunities
- Discover their strengths and skills and build upon them
- Gain self-respect through recognition and acquisition of new skills
- Increase knowledge and awareness of resources
- Improve their abilities to set and achieve life goals
- Recognize the link between education and the world of work
- Belief in self, trust in self, belong
- Develop social competence through interaction

What you do and how you do it will depend on your student and the type of relationship you establish.