



Y MENTORS

YOUTH SERVING PROGRAM

DISTANCE OPTIONS FOR 2020-2021



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www.uymn.org

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COVID19

Safety DECISIONS made by the State of MN government orders, the CDC, University of MN and the Y of the North have led to the University YMCA being temporary closed.

- There is no opening date that has been set yet for the UY as of 8/25/2020. Please check with the UY Director for further information: Patti.neiman@ymcamn.org**
- For YMCA of the North info: In accordance with the Centers for Disease Control and Prevention guidance, state health and government orders, and support of community public health, a face mask will be required when you are visiting the Y.
<https://www.ymcanorth.org/reopening>**
- For U of M Information; <https://safe-campus.umn.edu/return-campus/covid-19-updates>**

WE GOT MENTORS, YES WE DO!

COLLEGE STUDENT MENTORS BRING HOPE AND INSPIRATION TO YOUTH!

At the UY we know that life is not a "one size fits all" experience. We have invested in college students and their personal and professional development for 133+ years! Our goal is to invest in young adults holistically, who then reciprocate and invest in others - regardless of major, career and community. This investment lasts a lifetime and is carried forward into their adult lives and careers.



BENEFITS FOR YOUNG PEOPLE TO HAVE A TEAM OF Y MENTORS IN THEIR LIVES

More than one in three young people — an estimated 16 million — never had an adult mentor of any kind while they were growing up! Mentoring at its core shows young people somebody cares and believes in them. It's also been linked in studies to social-emotional development benefits, improvements in youth perceptions of parental relationships, and better prospects for moving on to higher education!

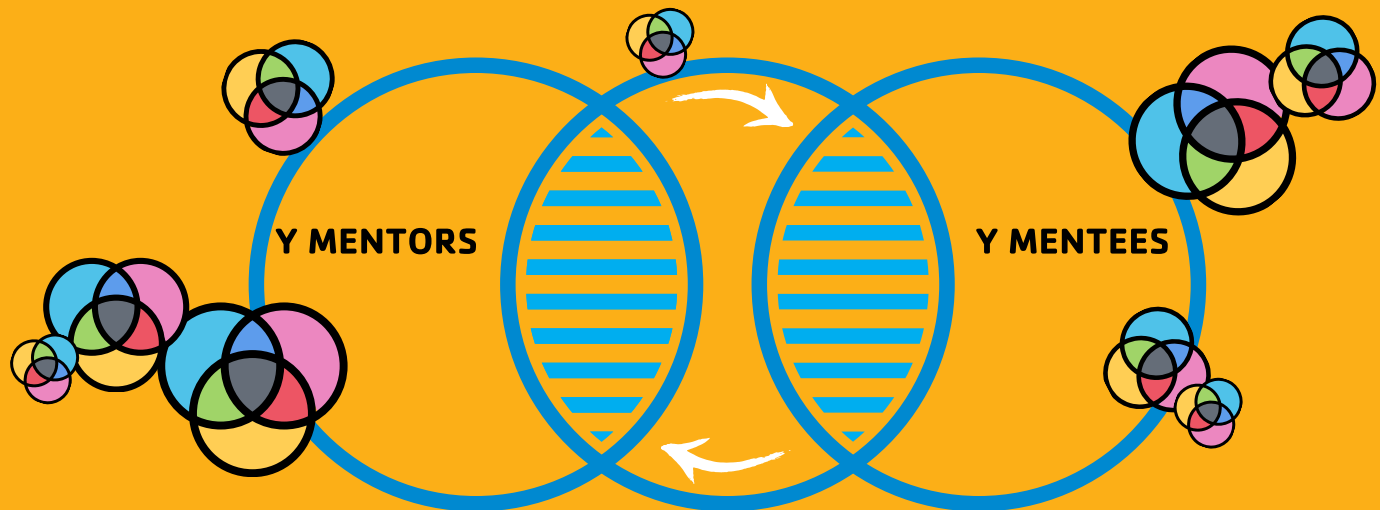
Youth benefit in many important ways:

- Increased high school graduation rates
- Healthier relationships and lifestyle choices
- Better attitude about school
- Higher college enrollment and higher educational aspirations
- Enhanced self-esteem and self-confidence
- Improved behavior, both at home and at school
- Stronger relationships with parents, teachers, and peers
- Improved interpersonal skills
- Decreased likelihood of initiating drug and alcohol use

The Mentoring Effect - The National Mentoring Partnership 2015

https://www.mentoring.org/new-site/wp-content/uploads/2015/09/The_Mentoring_Effect_Full_Report.pdf

THE RECIPROCAL RIPPLE EFFECT



How who we know impacts who we know which impacts our lives, opportunities, choices and more!

MENTORING IMPACTS THE MENTORS AND MORE!

Mentoring can benefit college students just as it benefits mentees. The growth and impact does not stop there, it permeates into many relationships within communities (i.e. education, families, extracurricular activities). Truly mentoring creates many ripples with many reciprocal impacts, often felt life long by mentees and mentors! Who does not remember that moment where someone authentically believed in you? This complex web of relationships creates waves of real life learning and what better way to learn how to develop real life skills than with real life positive role models! Learning through our experiences with guides alongside is invaluable.

CAREER BENEFITS FOR STUDENTS

According to a study by the Corporation for National and Community Service, volunteering is associated with a 27% higher odds of employment. Employers are 82% more likely to choose a candidate with volunteering experience and 85% more likely to overlook resume flaws when the candidate's resume includes volunteer experience. Students that enter the workforce with volunteer experience are not only boosting their resumes but are effectively standing-out among other potential candidates when it's finally time to fill these open positions

3 REMOTE MENTOR PROGRAM OPTIONS!



Y COLLEGE MENTOR CLASSROOM READER (REMOTE)

Age Group: Varies

Invite 2-3 college mentors into your virtual or in person classroom! Mentors will engage young people in some warm up and cool downs and will read a book of your classroom's choice in between!

We encourage your young people to become pen pals with our mentors, who will send cards of encouragement back!

Y MENTORS - STORY TIME BOOK CLUB!

Age Group: 1st - 3rd Graders

Invite a small team of college mentors into your virtual program or classroom! Mentors will engage young people in some active warm ups, break into group rooms to do some story telling (or reading, age and skill dependent). Other group activities and projects will be determined in partnership.

We encourage young people to become pen pals with our mentors, who will send cards of encouragement back!

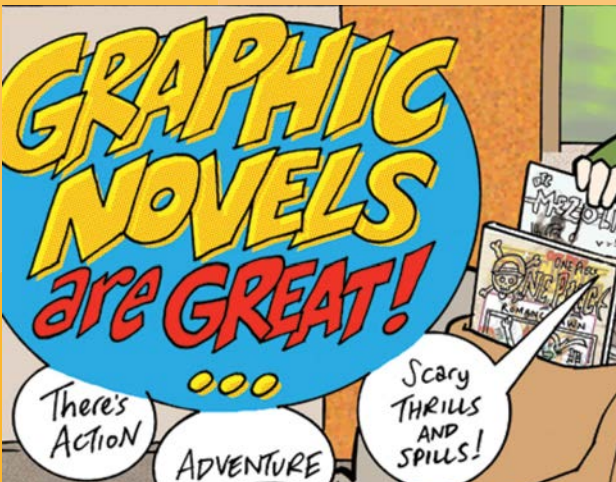


Y MENTORS - COMIC BOOK CLUB!

Age Group: 4th - 5th Graders

Invite a small team of college mentors into your virtual program or classroom! Mentors will engage young people in some active warm ups, break into group rooms to do Graphic Novel reading! Other group activities and projects will be determined in partnership.

We encourage young people to become pen pals with our mentors, who will send cards of encouragement back!



Y MENTORS: COMMUNITY PARTNERS

All Youth Mentoring Services will be remote until further notice

TIME LINE FOR FALL

- **AUGUST** - UY will explore community and school partnerships, confirm no later than September 15th, 2020. Student Leaders hired.
- **SEPTEMBER** - Partnerships solidified. MOU's.
Recruitment, Hires, Onboarding and Training of Y Mentors
- **OCTOBER** - Start dates of program
- **NOVEMBER** - On-going programming
- **DECEMBER** - Program ends by 12/11/20
- **JANUARY** - Program starts post MLK
- **FEBRUARY** - Program Continues
- **MARCH** - Program Continues (closed spring break)
- **APRIL** - Program Continues
- **MAY** - Ends by May 7

PROGRAM OPTIONS

- **Y Remote College Readers** - Weekly, M-F options. 1-4 day options. Up to 1 Hour
Small team 2 -3 College Readers.
- **Y Mentors Story Time Book Club** - Weekly, M - F options. 1 -3 day options. Up to 2 Hours. Team Based mentoring.
- **Y Mentors Comic Book Club** - Weekly, M - F options. 1-3 day options. Up to 2 hours. Team Based mentoring.

PARTNER EXPECTATIONS

- Provide supervision over youth in classroom or at community site
- Provide technology (i.e. Zoom, smart board, screen, wifi) for the Y Mentors program to virtually visit through
- Provide on-going feedback via formal and informal meetings to Y Mentors staff as needed
- There are no fees from the University Y to partner nor vice versa
- UY Guide and Memorandum of Understanding provided and signed by UY staff and school/community partner.

NOTE: Teams and service will be weekly during fall and spring semesters. Dates may vary per site. The UY does not run programs during the following: U of M Study week, finals week, legal holidays and breaks! Academic Calendar can be found here: <https://onestop.umn.edu/dates-and-deadlines>

Y MENTORS: COLLEGE STUDENTS

All Meet-Ups and Service will be remote until further notice

Y MENTOR REQUIREMENTS: 2 Semester Commitment, Pass Background Check. 3 References. Child Abuse Prevention and on-going training

VIRTUAL TEAM WEEKLY MEETINGS

- **Weekly time to check-in, share, learn about resources etc. Prep for service to youth included. Meetings time: up to 2 hours**

1:1

- **Check-in with your team site lead and program manager to get feedback on your performance and ways you can contribute and/or improve**

A CULTURE OF SERVICE

- **Positive role models**
- **Active listeners**
- **Cross Cultural Competency**
- **Anti-racist**
- **Fun and active, love of young people**
- **Positive, patient and willing to grow**
- **Inspirational and aware of strengths**
- **Dedicated to creating positive change**

ONGOING TRAINING AND DEVELOPMENT

Be prepared to learn and grow through this process, being a mentor is a "role" and you will be challenged to improve your "skill" and be held accountable for your interactions with your peers, the young people and your team leader.

WHAT COLLEGE STUDENTS GAIN FROM BEING A PART OF THE UNIVERSITY Y

- 1) A community to belong to, to grow as a leader and mentor**
- 2) An opportunity for personal growth**
- 3) The challenge to make a difference in the lives of your peers and young people**
- 5) Ongoing opportunities to build your own network of professionals through the UY's Alumni Network and varied events and trainings.**
- 6) Authentic Leadership development**
- 7) ZERO cost for you to join the UY!**

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Places to learn more about the UY

UY Director - Patti.neiman@ymcamn.org

WWW.UYMN.ORG

<https://www.facebook.com/uymca/>



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