



GREG GRANT'S 3 POINT PLAY  
MENTORING PROGRAM  
*Mentee Handbook*



**ENGAGE**

**EDUCATE**

**EMPOWER**

*"Teaching hope, Changing lives"*

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## *Introduction:*

Welcome to the Greg Grant 3 Point Play Mentoring Program! The success of a mentoring relationship depends in great part upon the contribution made by the mentee. This handbook, provided by your mentor program, was created to help you learn how you can contribute to the match and get the most from your mentoring experience.

## *Program Mission Statement:*

The mission of the Greg Grant 3 Point Play Mentoring Program is to engage, educate, and empower the mentee to create educational and career opportunities for the youth in our community.

## *Program Description and Overview:*

The 3 points of the Greg Grant 3 Point Play Mentoring Program also creates the same type of teamwork and success, off the court, by being in direct alignment with the Safe Schools/Healthy Student elements of “student behavioral, social and emotional supports,” and the Safe Schools/Healthy Students performance indicators by:

- **Engaging** the student mentee, one way this will be evidenced is by the increase of the percentage of students who report feeling engaged with school.
- **Educating** the student mentee, one way this will be evidenced will be by a reduction in the district drop out rate of participating students.
- **Empowering** the student mentee, student mentee participants will demonstrate one way of their empowerment by an increase in on their standardized test scores in math and English.

Mentees are students in the local high school and middle school who are referred to the program by the school district or parents. The mentors and mentees meet on the school grounds and in the community. At least seven hours per week the mentor will spend time with mentees participating in a small group setting. They will participate in

group activity, classroom assignments, play games, or just talk. Once a month all mentors and mentees will participate in a field trip or educational program off the school grounds.

**When and How To Get Help If Problems Come Up:**

This program was created to offer you opportunities, to help develop your skills, and to be a lot of fun for you! If for any reason you find that have questions about the program, or any person associated with it, we want you to call us right away. No question or concern is too small or too big. We are providing several telephone numbers for you; please feel free to use any of them. You may want to add a few of these other numbers to this list so you will know where they are if you need them. We are also providing a 24-hour-a-day crisis hotline number in case you are in an emergency situation:

Greg Grant	Project Director __ (609) 851-0351 _____
_____	Mentor _____
_____	Principal _____
_____	Family Friend _____
Local Police	_ 911 or (609) 989-4170 _____
24hr Suicide Hotline	_(609) 896-2120 or (609) 585-2244 _____
Teen Hotline	_(609) 896-4434 _____
DYFS	_1-877-NJABUSE _____

Remember, you have the right to get help if a problem occurs. If one person is not available, or is not helpful, go on to the next person on this list.

**Your First Meeting With Your Mentor:**

As a new mentee you are about to enter into a rewarding experience. This mentoring relationship will bring you many exciting opportunities, skills, and knowledge. During your first meeting, you will have a chance to begin getting to know your new

mentor. By the time this first meeting ends please make sure that you exchange necessary contact information and arrange your next meeting time and date. Please give this information to the Program Coordinator before you leave.

As with all new relationships, you may find moments when things feel awkward until you have had a chance to find out what the other person is all about. After a while this will pass and the time you spend together will feel more natural and comfortable. In the meantime, here is a tool that may make it easier to start the relationship:

#### **HOW TO SPEND AN HOUR WITH A MENTOR**

- |            |  |
|------------|--|
| 10 Minutes | Share at least 2 things that you have done since the last time you met                 |
| 5 Minutes  | Ask your mentor about events that have occurred in his or her life since you last met. |
| 10 Minutes | Work on or review your homework  |
| 15 Minutes | Play a game; either a table game or some sports activity.                              |
| 10 Minutes | Plan an event that two of you can do together.   |
| 10 Minutes | Ask a question about a goal or interest that you have.                                 |

#### **Tips for Effective Communication:**

Communicating is more than just talking. There are things we can do to make conversations work. Here are a few ideas that you can practice that contribute to successful communications:

- Listen Well – Listen to what the other person says and make an effort to understand what they mean. Ask questions if you are not sure what was meant.
- Body Language – The way a person sits or stands often say as much or more as the words they speak. Watch the way people act when they are speaking to another person. Many times you can tell a lot about the conversation even if you can't hear the words they are saying just by watching body language. Body language also sends a message to the other person that you are or are not listening. Be aware of what your body language is saying to your mentor when you meet.

- Answer with more than a “yes” or “no” – Those are dead-end answers and they lead the conversation nowhere. More importantly, they don’t really say that much. Be clear and open with your mentor. You will be glad that you did.

### *Things You Can Discuss With Your Mentor:*

- Why do you want to be a mentor?
- What culture are you from?
- What are your favorite activities?
- What were you like when you were my age?
- Where did you attend college? What was it like?
- What did you have to do to prepare for and get your job?
- What can this mentoring relationship do for me?
- What games do you like to play?
- What were your favorite subjects in school?
- What kind of (movies, books, music) do you like?
- How do you think I should handle this situation?
- What do you think are the most important skills to have for a career?
- How do I raise the subject of (add your subject) with my parents?
- Do you know any funny stories?
- What was your most important decision in life?
- Where can I find out more about (add your area of interest)?
- What would you do differently if you were my age?
- What would you like to talk about?
- Who mentored you?
- How do you spend your time?
- Add some questions of your own.
  - \_\_\_\_\_
  - \_\_\_\_\_

## *Ways of Showing Appreciation:*

When someone does something nice for you, what do you do? You say “thank you!” of course. When it’s your mentor, there are lots of ways to do that. Here are few you can use once in a while and you can add your own:

- Write a note or make a thank-you card
- Draw a picture
- Call them out of the blue and say thank you
- Mention your mentor in a article in the program’s newsletter
- Send a “thank you” e-mail

Your mentor is a real live person, with thoughts and feeling just like you. It is important to remember that and to be aware of how you treat your mentor. Think about his or her feelings and notice the efforts made on your behalf.

## *Confidentiality and Boundaries of the Relationship:*

Your relationship with your mentor is built on trust and confidentiality. Those things are crucial in any friendship. You should feel free to share any information that you like with you mentor. Your mentor will know our policies on confidentiality and agrees to keep your information in trust.

There are limits to the confidentiality. You and your mentor should know and agree to these limits. If a mentee discloses information of immediate concern, such as suspected physical or sexual abuse, self-harm, or violence toward another person, the mentor is obligated and has agreed to report this information to the program. This does not mean that you should not share this information with your mentor. Just know that, for your own welfare and the welfare of those affected by the situation, action must and will be taken.

## *Invitation to/Role of the Parents:*

The Greg Grant 3 Point Play Mentoring Program invites parents to be part of the mentoring program. We have special activities that parents can join. These include:

- Participating in the family events sponsored by the Greg Grant 3 Point Play Mentoring Program.
- Provide input and feedback to the mentor match for your child.
- Serve as a volunteer for the mentoring program.
- Participate in the “wrap around” services recommended by program staff.
- Check in frequently with your child’s mentor and the Program Coordinator.
- Complete the surveys and mid-year reports for the mentoring program.
- Attend the mentoring program orientation, meetings and trainings.
- Participate in some of the field trips and other activities sponsored by the Mentoring Program.

## *Stages in a Relationship:*

Think back to the first time you met your best friend. Did you know at that first moment that you would be so close? Probably not. The reason you didn’t know it from the start is because it takes time for friendships to develop; they go through stages. The first stage is a time when you get to know each other, a time to see what you have in common and what you like about each other. Is this a person you can trust? After this beginning stage you begin to be more relaxed about a friendship. The relationship becomes less formal and more comfortable because you know about each other.

Your relationship with your mentor may be very much like this. At first it will seem new and unfamiliar. But if you are open to exploring who this person is and what you like about them, you will have a valuable friend. You will have the opportunity to do a lot of things together that will be rewarding for you and for your mentor.

# GREG GRANT 3 POINT PLAY MENTORING PROGRAM

## MENTEE AGREEMENT

### **Mentee Responsibilities:**

A person takes on a lot of responsibilities when he or she agrees to be a mentor. As a mentee in this program you will have responsibilities as well. Please consider these before you join the program, as you must agree to meet these in order to participate. Participation in the program is voluntary. As a mentee you are asked to read the agreement below and sign it if you are willing to commit to the requirements. If you have any questions please ask any member of the program staff.

As a Mentee in The Greg Grant 3 Point Play Mentoring Program, I agree:

- To be on time for our arranged meetings
- To agree with my mentor on the appropriate forms and conditions of communication
- To participate in program activities, including meetings and tutoring
- To try new beneficial activities with my mentor
- To communicate with my mentor about any change in our meeting arrangements
- To notify my mentor or the Staff Coordinator if I am unable to continue in the mentoring program
- To inform and discuss with my parents/guardians activities to be undertaken with my mentor
- To inform the Program Coordinator immediately if a problem arises
- To be respectful of my mentor and others associated with the program
- To complete my participation log and program evaluation

I understand that there are limits to the confidentiality of my relationship with my mentor and I agree to these limits. If I disclose information of immediate concern, such as suspected physical or sexual abuse, self-harm, or violence toward another person, the mentor is obligated and has agreed to report this information to the program. This policy exists for my welfare and the welfare of those affected by the situation.

Mentee's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## THE STORY OF THE ODYSSEY

Most of us have had at least one mentor in our lives, although maybe not in the sense that mentoring programs provide today. Just the same, we recall at least one person who served that purpose for us.

In fact, the concept of mentoring has been around for a long time. The term “Mentor” comes from the classic piece of Greek literature, Homer’s *Odyssey*. This epic adventure tells the story of Odysseus, who was leaving home for an unknown length of time. In his absence he left his son, Telemachus, in the care of trusted friend, Mentor.

As Telemachus completed his education, the goddess Athena disguised herself as Mentor in order to guide Telemachus in his search to find out about his father. The term today has come to mean trusted guide friend.

What a Mentor is:

- A Trusted guide and friend
- Someone who listen to you
- Someone who will help you explore opportunities
- Someone who will have good ideas about how to deal with difficult situations

What a Mentor is not:

- A teacher
- A parent
- Your psychiatrist
- An ATM

## **MENTORING QUIZ**

- 1. THE WORD MENTOR CAME FROM:**
  - A. A COBBLER IN BOSTON WHO USED TO TRAIN YOUTH IN MAKING SHOES
  - B. HOMER'S ODYSSEY
  - C. NO ONE KNOWS
  
- 2. MENTORING HAS COME TO MEAN:**
  - A. A SUBSTITUTE PARENT
  - B. A COMMITTED TUTOR
  - C. A TRUSTED GUIDE OR FRIEND
  
- 3. A MENTOR WILL:**
  - A. HELP WITH HOMEWORK, DO RECREATIONAL ACTIVITIES, AND HANG OUT
  - B. GIVE MONEY
  - C. MAKE SURE YOU BEHAVE
  
- 4. THE MOST IMPORTANT THING YOU CAN DO AS A MENTEE IS:**
  - A. BE THERE
  - B. ACTIVELY PARTICIPATE
  - C. GIVE IT A CHANCE
  
- 5. IF YOU HAVE ANY QUESTIONS:**
  - A. CLICK YOUR HEELS THREE TIMES AND THINK ABOUT KANSAS
  - B. SEND ME A TELEPATHIC MESSAGE
  - C. CALL ME, (STAFF NAME), AT XXX-XXX-XXXX

## MENTEE APPLICATION

Date\_\_\_\_\_

Name\_\_\_\_\_ School\_\_\_\_\_

Grade\_\_\_\_\_ Date of Birth\_\_\_\_\_ Phone #\_\_\_\_\_

Home Address\_\_\_\_\_

Parent's Name\_\_\_\_\_ Work#\_\_\_\_\_

Emergency contact (other than parent)\_\_\_\_\_

Name

Phone#

A mentor is an adult who volunteers to provide a special time, tutoring, and support to a young person. Are you interested in seeing a mentor seven hours a week at the Greg Grant 3 Point Play Mentoring Program? Yes\_\_\_\_ No\_\_\_\_

If yes, please answer the following questions so we can match you with the right mentor.

How do you spend your free time? \_\_\_\_\_

What is your favorite TV show?\_\_\_\_\_

What is your favorite subject at school? Why?\_\_\_\_\_

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What subject gives you the most trouble at school? Why? \_\_\_\_\_

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What are your hobbies and interests?\_\_\_\_\_

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MENTEE APPLICATION (CONT.)

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What do you want to be when you grow up? \_\_\_\_\_

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What activities would you like to do with your mentor at the Greg Grant 3 Point Play Mentoring Program? \_\_\_\_\_

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## WHAT IS EXPECTED OF ME

### **Be Teachable:**

Be willing to learn new things, be responsive to suggestions and constructive criticism. Learn not only from what your mentor says but from what your mentor does. Your mentor is a role model. Notice how your mentor handles different situations.

### **Participate in Mentee Training:**

When you signed up for the program you were provided with Mentee Training Manual. Please read through this material. It will help you get the most out of your mentoring experience.

### **Respond to Requests for Information and Feedback From Your Program Coordinator:**

Occasionally, you will receive information from the program staff. This information is important and helps the program to serve you better. Please give it your attention and if you have not heard from your mentor in a while, please let us know.

### **Participate in the Meeting and Events:**

As you know, throughout the year there will be a series of events and meetings that have been planned for your information and enjoyment. Please attend all events and meetings, unless you have made arrangement not to attend with the program and your mentor. For all informational meetings, make-up assignments are expected.

### **Ask Questions**

Ask any questions you have and expect an answer. If you do not get an answer, go on to the next staff person and push the issue.

I understand and agree to the above requests.

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Name

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Date