

Mentor & Mentee

Welcome

Today's reminder: "*Nothing can bring you peace but yourself.*"
Ralph Waldo Emerson

By Sharon Sodekson, Program Leader

Hello there, FHS Mentors! Over the past couple of months, I have met or spoken with all veteran mentors as you resumed your mentor/mentee relationships. The most common challenge I've heard: working out time and location for your meetings. You are all to be commended for overcoming this challenge. Thank you for your persistence!

For those of you who are new mentors or newly matched with a mentee, you have witnessed, first-hand, one of our challenges: it takes time to be matched! Drawd , Tracey, and I appreciate your understanding and patience. We are aware of this glitch and are working with high school personnel to create an easier—and faster—partnering process. The good news is that there will be six newly matched mentors before the year-end!

FHS Mentor Meeting Summaries (October and November, 2008)

We met on October 1st for an **FHS mentor tour and "meet and greet"** with the FHS guidance department, academic affairs administrator, and house administrators. Over coffee, we introduced ourselves and spoke briefly about the benefits and challenges of mentoring high school students. We then took a tour. This was a great opportunity to see the progress of the renovation and identify possible meeting places. Thanks to the FHS staff who attended and helped us make face-to-face connections!

Mentors gathered a second time in October—on the 21st—at Falmouth Public Library to hear **Amy Muldowney**, from the Massachusetts Aggression Reduction Center at Bridgewater State College, who addressed the topic of "*Teasing, Bullying, and Cyber-Bullying.*" This presentation was part of the Parent Connection Series (co-sponsored by VIPS and Falmouth Public Schools, see www.falmouthvips.org for a schedule).

On Tuesday, November 18th, we met at the FHS library for our first **mentor/mentee pizza party** of this school

REMINDERS



The **location of the main office and VIPS log book has changed!** To reach the main office, enter through the field house doors and walk down the hall. The office will be on the right, approximately 3 doors down. The VIPS log book is near the main sign-in book (look for signs, as space is tight and things may move around!).

Please be sure your **CORI form** is up to date. Not sure? Contact the VIPS office (508) 548-1621.

Be sure to log your hours! If you can't find the book, or just can't remember, send an e-mail to the office and we'll do it for you: vips@falmouth.k12.ma.us. You can always phone in your hours to the number above.

year. It was my first experience meeting the mentees and I was heart-warmingly impressed with the smiles, joy, and friendliness of these students. Each one was able to look me in the eye to say 'hello' and I received many handshakes as well! We began by going around the room with introductions. **Greg Gilbert**, FHS adjustment counselor, joined the group and shared his feelings about mentoring. Greg is an enthusiastic supporter of the mentoring program and is a welcomes community input when it comes to raising children in Falmouth.

During lunch, it was great to witness so much chatting and interaction at the tables. We ended our meeting with an interactive exercise on **gratitude**. The fall and winter seasons are times of reflection. I invited each person to: (1) make a list of 5 things for which they are grateful (this could include things, people, events), (2) to keep the list on hand, and (3) to read the list at least three times a day. To my amazement, the students got excited—and the adults got a little uneasy! The gift? One student asked me to read his list, which I did. The student had written that he was 'grateful for having a wonderful mentor who has done so much,' and that he was 'grateful for VIPS for setting him up with his mentor.' I then asked the mentor, "How does it feel to hear what your mentee is grateful for?" His response: "I feel tall." I then asked the mentee, "How does it feel to hear your mentor's response?" He said: "just a little bit taller."
Mentoring does work!

Upcoming Events/Meetings

January is National Mentoring Month!

VIPS is planning a few special events to celebrate:

- Starbucks of Falmouth will exhibit **mentee artwork to be hung throughout the month of January**. If your student has an interest in art and would like to submit something for the show, please encourage him/her! The VIPS office can provide art paper. Artwork should be no larger than 8.5 x 11 inches. VIPS will mat the artwork and mount it for hanging. Poetry is also welcome. Questions? Contact the VIPS office!
- Trainers from the **Mass Mentoring Partnership** will be back in Falmouth to offer a **special training workshop** on Tuesday, **January 13th**. The 2-hour workshop will be held at Highfield Hall. Registration begins at 9:00 a.m.; the workshop will be held from 9:30-11:30 a.m. Sessions will be targeted for both new and veteran mentors.
- Mentor recruiting efforts will be a high priority during January! **Do you have a friend, co-worker, or family member who might consider mentoring?** Our mentors are our best source of new mentors: your first-hand accounts of the program and the many benefits associated with mentoring are invaluable. *Please spread the word and help VIPS fill the many unmatched mentor requests.*

Update on Mentor Library

I have slowly begun to gather resource books for a mentor reference library. I welcome your suggestions of books and articles for our mentor reference library. **Valerie Oppenheim**, a Project RISE mentor at Morse Pond, suggests reading **Motherless Daughters**, by Hope Edelman. One of my favorites is **Prosperity Pie**, by Sark. *Please share your suggestions with me (or the VIPS office) by providing the title, author, and a descriptive sentence or two.*

Mentors Mentoring Mentors

Drawd  kindly printed up the list of mentors who expressed a willingness to help other mentors. Please feel free to contact me if you would like to be added to this list, or if you would like to benefit from the advice of experienced mentors.

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