

Lesson Title: Finding a Mentor

Grade Level: High School

SEL Competency: Responsible Decision Making



Lesson Purpose:

For students to gain an understanding of how mentors can help them grow in positive ways and learn about career readiness.

Essential Question:

What are important qualities for me to look for in a mentor?

Materials and Preparation

- Paper and writing utensils
- Index cards (facilitator may wish to hand out 3 cards to each student as they enter the room)

Procedures

Activity 1

Watch video: Finding a Mentor [features George K.]
[5 minutes]

Activity 2

Mentor Scavenger Hunt

[This is an activity that involves some individual work and then becomes an “on your feet” activity. The value of this activity is in the debriefing and if students become well engaged, the debrief may extend into the next advisory session.]

Ask students to think about characters from films, television or books they have read that depicts a powerful, positive mentor/mentee relationship. Have students write down the name of the characters and the media (film, television, book). State an expectation that the characters should not be criminals and relationships should not be abusive.

Have students choose the card that depicts the relationship that is most similar to George from the video. Have students get up and mingle asking other students about the mentor/mentees they have thought about and put on their cards. Have students decide which one is the best representation of

a good mentor. Students will start forming larger groups based on their preferences. [only allow about 4-5 minutes to discuss to keep students on track]

After allowing students to mingle and discuss, have students stay standing in their groups and share out with the larger group the fictional relationship they chose. Groups should state who their choice is and why they think the mentoring relationship is like George's. The facilitator may wish to list characteristics on the board that students mention as they share out.

[10-20 minutes]

[If the facilitator wishes to avoid certain students from grouping together, hand out different colored index cards and state the expectation that students should only mingle with others who have the same color (or different color) cards.]

Conclusion

Debriefing questions:

Why are mentors important?

Why should adults be concerned about adolescents who feel hopeless?

[2-3 minutes]