**FAQs about Cabot Mentoring**

Susan Socks, Cabot Mentoring Program Coordinator

**How do you decide who needs a mentor?**

We don’t, because our philosophy is that EVERYONE needs mentors.I have a work mentor who is helping me be a better program coordinator, and I love learning this way! Cabot Mentoring focuses on matching youth age 7-17 with adult mentors: the only requirement for youth is that they are between 7-17 years, and want to have a mentor.

**Do mentors get background checks?**

Yes. Mentors are screened using the same background checks as Cabot public school staff. They also go through a secondary set of background checks, which utilize national databases. Potential mentors are interviewed, and we check personal references. At Cabot Mentoring, we take the quality of our mentors and the safety of Cabot children very seriously.

**How do you match mentors and mentees? Will I get matched with someone I don’t like?**

We interview mentors, youth, their teachers, and their families to get a clear picture of their personalities and interests. Once we’ve found a mentor and youth that seem to be a good match, an introductory meeting is held. If the mentor, youth, and family are satisfied, the mentoring relationship begins. If there is any doubt from any of the parties, more time is given, and occasionally, a different match found. The match HAS to be approved by everyone: child, family, and mentor. Mentoring, above all, should be fun, and we do our best to create great friendships.

**What do mentors and mentees do?**

That’s really up to the pair to decide. Some like to go hiking or kayaking, some talk about what they’re reading, do puzzles, garden, play around in a creek, or sew. Maybe they’ll kick around a soccer ball, or bake a cake, or paint with watercolors. Some go to concerts, or sports events, or museums. They visit farms, and creemee stands.

**Is Cabot Mentoring just for kids at Cabot School? Can kids who do home or private schooling get mentors too?**

Cabot Mentoring is open to ALL youth in Cabot, ages 7-17.

**This sounds kind of fun. How can I learn more, and sign up to be a mentor? How can I enroll my child?**

Visit cabotmentoring.org for more info on the program. There are links for both adult and youth applications. For current happenings, visit our facebook page. You can also email us at [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com) or call the Cabot Mentoring office (802) 563-2289 ext 227.