Frequently asked questions about Cabot Mentoring

**What is Cabot Mentoring?** Cabot Mentoring is a friendship-based mentoring program, matching youth age 7-17 with caring adults who shares their interests.

**Why does Cabot have a mentoring program?** Research shows that youth who have mentors also have a more positive attitude towards their education, a greater sense of belonging to their community, and better self-esteem. Mentors benefit by having a spirited young friend who shares their interests. Families appreciate having another person to support their child. Communities with intergenerational ties are stronger.

**What do mentors and mentees do?** In the past few months, our mentee pairs have gone cross country skiing, snowshoeing, made Christmas presents, baked cookies, made dinner, read books, visited the library, made jewelry, watched documentaries, built a birdhouse, worked on driving skills, sledded, skated, gone for walks, created pottery, window shopped, shared stories, danced, and had good conversations. Each pair decides what they want to do, but here is the common thread: they enjoy each other’s company, and have fun!

**How often do pairs meet?** Mentee/mentor pairs agree to meet 2-4 times a month for a total of 6 hours…though many choose to meet more often!

**Who can be part of Cabot Mentoring?** All youth 7-17 who are residents of Cabot, or attend Cabot school, are eligible. Prospective mentors 21 and older are interviewed, have background checks, and must be a good match (personality and interest) for a youth seeking a mentor.

**Is Cabot Mentoring a public school program?** Cabot Mentoring is a community program, part of the Cabot Community Association. The school provides office space, and we offer in-school mentoring for those youth interesting in meeting with their mentors during school hours. Currently, most of our pairs choose to meet outside of school.

**I still have questions…where can I get more information about Cabot Mentoring?** Please check out our website, [www.cabotmentoring.org](http://www.cabotmentoring.org). You can email the program coordinator at [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com), or call 563-2289 ext 204.