

How does someone become a mentor?

Maybe you’ve thought about becoming a mentor, but you’re not sure about the process. “What are the requirements? What will be expected of me? Who will I be mentoring? What will I do with a mentee? Will there be help and support?”

**Requirements:** Mentors must be 21 or older, pass background checks, and attend a 2 hour orientation training. They need to be reliable, patient, compassionate, and good listeners.

**Expectations**: Mentors meet with their mentee 2-4 times a month, for a total of at least 6 hours per month.

**Who you’ll be mentoring:** A youth ages 7-17, who lives in Cabot and/or goes to school in Cabot. Students apply to the program, and are interviewed to give us a good idea of their interests, what kind of a person they would like to spend time with, and whether they have the emotional maturity to have a respectful and reciprocal relationship with an adult. If a youth seems a good match for a mentor, we arrange a meeting with the mentor, youth, and family. It takes agreement by everyone before we formally match a mentee and mentor.

**What you’ll do:** This is the fun part! Cabot Mentoring provides a list of free, fun activity ideas, as well as a monthly listing of free local events. We also do our best to provide gear (free of charge) to mentee/mentor pairs who need equipment to bike, kayak, snowshoe, and so on. Activities are decided upon by the mentee & mentor, and include things like baking, reading, walks, hiking, woodworking, fishing, arts and crafts, visiting museums, going to concerts, and just having a good talk.

**Help and support:** Prior to being matched with a youth, all new mentors have a 2 hour training where they learn program policies, and work through real-life mentoring scenarios. The Cabot Mentoring program coordinator is available to talk through challenges, and connect mentors with resources. Further training is offered 1-2 times per year for those who would like to deepen their understanding of topics related to mentoring.

Cabot Mentoring works to make sure that you:

* feel ready to be mentor
* are matched with a youth who is a good fit
* have plenty of ideas to get you started
* have the support you need to succeed

Sound good?

Then take the first step to making a difference in a child’s life, by contacting us at [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com).

You can find more information at our website, [www.cabotmentoring.org](http://www.cabotmentoring.org) .