

In-School Mentoring Program

How Does In-School Mentoring Work?

1. A volunteer mentor from the community is matched with a youth
2. In their own school, mentors visit their matched youth once a week for an hour
3. Mentors and youth engage in activities like board games, crafts, or visit together



In-School Mentoring Is Effective

Evaluation evidence has shown us that In-School Mentoring is effective in creating an environment where there are **positive increases for Mentees** in key outcomes including:

An increased confidence in abilities

Mentors and mentees have both said that In-School Mentoring has helped mentees to **revitalize their own confidence** to complete new tasks and learn new skills

The biggest growth I've seen in myself was my willingness to try new opportunities, like cooking, baking, sewing, wiring, and much more -
Mentee

Increased verbal and non-verbal social skills

Spending consistent time with mentors has greatly helped mentees to **develop their verbal and non-verbal communication and social skills**

So that I can be good at talking to others with confidence, I changed so I can talk more clearly at people! -
Mentee

When I was shy, I could barely talk to people and now I'm not afraid to talk to them -
Mentee

Increased self esteem

In the activities that mentors and mentees do together and the sense of confidence mentees have, evidence tells us that mentees **experience an increase of self-esteem** - something that greatly influences the achievement of more positive outcomes

I would have to say that it has been my mentee's personal confidence where I have seen the most growth. She seems to be much more sure of herself and feel good about who she is... finally, she seems to smile more -
Mentor

It's [In-School Mentoring] important because **I trust more people and become more and more talkative** to my friends and other people – **Mentee**

I believe the growth matters because it has positively impacted multiple areas of the student's life. **Academically the student overall shows more perseverance** and has been better able to deal with challenges and difficult tasks but especially after they have met with their mentor. **Socially, the student has more positive peer interactions** and has had less peer conflict since being matched with their mentor. Most important, in talking with the student, **they believe that their life is better** with their mentor in it and that their mentor is a true friend – **School contact**

In-School Mentoring is also Effective for Mentors...

We also asked what effects participating In-School Mentoring had for mentors and evidence suggested that it helps mentors to experience a sense of personal development and feel a connection to their community.



Increased sense of personal development

Spending time with their mentees facilitated a time where mentors could **work on self-development** (e.g., increasing their own interpersonal, communication, and leadership skills)



With hopes of becoming a future physician and parent myself, I cherish these opportunities to interact with younger generations and establish a connection with them. The skills I have learned and refined during my mentoring will refine my abilities as a mentor, a community leader, and a person. The symbiotic relationships I have developed will continue to grow over time, along with my personal and professional growth, which is priceless - Mentor

Increased sense of connection with the community

Being connected with a youth in their community helped mentors to **feel like they were giving back** but also **broadened the way they think about daily life** (a broadened world-view)



I think I have a much greater awareness in what goes on behind the scenes in a lot of our cities' vulnerable youth's lives. I think I am more compassionate as a result - Mentor

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I have been a stay at home mom for almost 5 years and it is easy to lose your sense of self and purpose at times. **Having 1 hour a week that I get to spend with my mentee has helped me to feel valuable again.** To feel that maybe in some small way **I will have had a lasting impact on someone** and help them to feel cared for means a lot. Helping someone else feel that they matter has in turn **helped me to feel that I matter in return.** - Mentor

The biggest personal growth that I have seen in myself since I have met my mentee would be **becoming less introverted** and I believe that is partly to due with my mentee who is very extroverted. She **has helped me become more comfortable leaving my comfort zone.** My mentee has also expressed her creative side by art and throughout the years **has taught me a little bit about how to do that myself.** She has shown me that you don't have to have the same interests to develop a friendship. **She has taught me how to focus on having fun and how important it is for children and youth to have that one on one time with a mentor** – Mentor