

POSITION DESCRIPTION

PURPOSE

To enrich the life of a junior or senior high school student in the community by providing consistent and non-judgmental support.

ROLES AND RESPONSIBILITIES

- Support and encourage a same-gendered protégé to develop to his or her full potential
- Assist a protégé to build self-esteem, develop problem-solving skills, learn goal-setting, improve school-related behaviours and enhance social skills
- Consistently meet with a protégé for one hour per week on school property during the school year and advise him or her if you are unable to attend a meeting beforehand
- Adhere to all AMFY policies including physical contact, off-campus excursions, and confidentiality
- Maintain regular communication with an AMFY Program Coordinator and your school contact concerning your mentoring relationship
- Participate in AMFY's annual program evaluation by completing the year-end questionnaire

TIME REQUIREMENT

- One hour per week throughout the academic year plus travel time to and from the protégé's school

SKILLS AND QUALIFICATIONS

- 20 years of age or older and has resided in Alberta for at least 6 months
- Consistent
- Non-judgmental
- Caring and supportive
- Committed
- Excellent listening and communication skills
- Successful completion of AMFY screening process and full attendance at AMFY's training session

BENEFITS

- Free access to Bow Valley College online learning courses for you and your family
- Research has shown that mentors:
 - Learn more about themselves
 - Improve their own values and beliefs
 - Accept more challenges at work and home
 - Experience greater satisfaction with and at work
 - Feel better about themselves for having impacted a child's life
 - Get along better with spouses, children and significant others(Dr. Susan G. Weinberger, Norwalk Mentor Program, 1997)
- **Mentors make a positive difference in the lives of youth which helps build a healthy, caring and strong community**



Alberta Mentor Foundation for Youth

In-School Mentor

Our Mission...
To help junior and senior high school students achieve their full potential through supportive in-school mentoring relationships.

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