



One hour a week.
One life changed.

Alberta Mentor Foundation for Youth

Suite 570, 1207 - 11 Ave SW
Calgary, AB T3C 0M5

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Volunteer Application Package

Our Mission...

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



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In-School Mentor

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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**

October 25, 2004



Volunteer Mentor Application Form

Please print all information and if you need more space, please attached an additional page.

Legal Name: _____

Address: _____
STREET ADDRESS CITY POSTAL CODE

Home Phone: _____ Business Phone: _____ Fax: _____

Email: _____ May we contact you at work? Yes No

Place of Employment: _____ Occupation/Position: _____

Are you able to mentor during school hours? Yes No

Can you commit to mentoring for one hour each week for a minimum of one school year? Yes No

Have you lived in Alberta for at least 6 months? Yes No

Are you 20 years of age or older? Yes No

How did you hear about AMFY? _____

Training and Experience

The most recent level of education or training you have completed is:

- | | | | | | |
|-------------------------|--------------------------|-------------------------------|--------------------------|---------------------|--------------------------|
| Some High School | <input type="checkbox"/> | College — Diploma/Certificate | <input type="checkbox"/> | University Degree | <input type="checkbox"/> |
| High School | <input type="checkbox"/> | Trade School | <input type="checkbox"/> | Post Graduate Study | <input type="checkbox"/> |
| Some College/University | <input type="checkbox"/> | Certificate Program | <input type="checkbox"/> | Other: _____ | |

If you have completed training beyond high school, which program(s) of study did you undertake?

Describe any relevant skills you will bring to this program. _____

Please list any previous experience you have had with teaching, tutoring, facilitating, coaching, etc. that you have had with either adults or children. _____

Describe your previous volunteer experiences. _____

Why would you like to be a mentor? _____

To provide us with more information, please attach a copy of your resume (optional).

In submitting this application I hereby authorize verification of all statements herein and release the Alberta Mentor Foundation for Youth and all others from liability in connection with the same.

The information supplied by me in this application is true and complete. I understand that incomplete applications will not be considered and that providing false information is grounds for immediate disqualification from the application process, or termination as a mentor.

This application does not constitute an obligation on my part or on the part of AMFY. All information supplied to AMFY will be held in confidence.

Signature: _____

Date: _____