

High School Mentoring Meeting 3

This has been an incredibly busy semester and Winter Break, believe it or not, is just around the corner. This means test anxiety and academic stress for many of our students. Ask them how they are doing. Are they struggling in any areas? What can we do as a school to help them?

HELP THEM! Share what helps you, but remember these students are not you! They may not learn like you- they may not be as smart as you- they may be smarter than you! Tell them some of the things your classmates do that help them. Perhaps you don't employ those same study strategies, but you've seen others be successful with them. The big takeaway is to tell them to study and not wait until the week of midterms to do it.

Just an FYI: they will be learning in an upcoming advisory how to calculate GPA. Tell them to pay attention to that because this GPA counts toward getting in to college. Stress the importance of this; we have lots of seniors who enter their final semesters with regret for poor decisions made earlier in high school. Destroying one's GPA early on will close the door to opportunities later. Speaking of grades, **remember this is NOT a time to speak badly about teachers.**

As time permits, do the following icebreaker activities:

- 10 Things in Common – Tell the group they must find ten things they have in common. They must exclude the obvious things (i.e., they are all students, they all attend Central Magnet, they are all female or all male, they are all in the same grade, no listing body parts like legs and arms, no clothing like “we're all wearing pants,” and any other obvious common/visible attributes). Mentor take notes. Monitor this and be careful with appropriate discussion.
- Your Favorites – Tell the group to identify and share their favorite things or activities. Some suggestions include vacation, movie, music type, musical artist, book, ice cream, animal, city in the US, and favorite food. The next part – the advisee must share why the selected item is his/her personal favorite. Mentor take notes. Monitor this and be careful with appropriate discussion. Add additional favorite types as time permits.

There should be no extra time for sidebar conversations or twiddling of thumbs. Keep your group on task and be an effective leader.

If you have questions- see me!
Mr. Nichols

BTW – If you did not receive a note from me before this mentoring session, please see me ASAP.