

Before/Because We Met Activity

As a closing activity with your mentee, use the T chart labeled “BEFORE WE MET” AND “BECAUSE WE MET” to discuss changes that you and your mentee have experienced as a result of your time together this school year. Think of it as a growth chart of sorts for both of you. You can use words, sentences, or even pictures to depict the change you both have experienced.

- For example, maybe before your mentee met you he/she didn't feel like anyone ever listened to them. And because you guys have met, your mentee now feels like there is someone that cares what they have to say and will listen.
- For example, maybe before you met your mentee you thought that you weren't very good with kids and after meeting your mentee you now realize that you are able to connect with kids.
- You can even let your mentee know changes that you have seen in them that maybe they can't see in themselves just yet.
- For instance, maybe before you met – or really when you first met – your mentee was very quiet and would only offer one word answers and now because you have met, you notice that they are much more comfortable talking to you. Which means their ability to communicate has grown.
- Also, let your mentee share ways that they have noticed changes in you. 😊 Remember, kids sometimes have no filter. So, if they say, you used to smile more when we first met but now you seem more serious all the time – don't be offended or get mad at them. Thank them for their honesty because in truth that is feedback that can help you grow in all of your relationships. This might also open up the door for you to reassure them that your shift in mood had nothing to do with them and that it had to do with some personal things in your life.
- I think it is important that you do this activity along with your mentee. Show them that this was not about “fixing” them. Tell them that growing any positive healthy relationship requires and will produce a change in everyone involved.
- Small changes matter too! Maybe in the beginning they used to be late showing up for your meetings and now they are there before you are. Or before, you couldn't do origami, but now you can because your mentee taught you how.
- Each of you can keep the paper about yourself as a reminder over the summer that change is possible. You might want to take a picture of each of your papers for you to hang onto until the following school year (if you are staying together) as a reminder at the beginning of the next year as to where you left off.