

Back to Basics

Over 400 of you have returned from summer to mentor in the same match. Some have already resumed visits, some eagerly await the ok from your Mentor Director. We are so grateful for the dedication, skill and compassion you each bring with you. Keep these mentoring basics handy as you start the new school year.

Remember the Seedling pre-match New Mentor Orientation? You all dug into your memory to your own youth and the mentor or mentors who were influential in your life. Words like non-judgmental, listener, encouraging, trustworthy, and compassionate surfaced. These are all great ideals to keep in mind as you head off to your respective schools each week.



While some of us are better rule followers than others, we can all agree the the policies that are the foundation of the Seedling Mentor Program aim to keep our students safe and healthy, protect our mentors and provide everyone with a positive and healthy relationship that benefits both the student and the mentor. A quick review of Seedling policies can be found [here](#)

For mentors, the skill of listening is key to success. The 70/30 rule tells us as mentors we should aim to be listening at least 70% of the time and talking no more than 30% of the time. Following this rule will help us all fill that most important role of a mentor, that of the Trusted Listener.

Reviewing these mentoring basics is not a bad idea for even the most experienced mentors among us. And don't forget, your best source of support is your Mentor Director who is required to speak with all returning mentors at least three times each school year. We are ready and available to support you through the challenges and successes you encounter as the year progresses. We look forward to speaking with you soon!