



Communities
In Schools®
Pittsburgh-Allegheny County

Become a Mentor



Mentoring at CISPAC

Communities in Schools of Pittsburgh-Allegheny County (CISPAC)'s Mentoring Program is a school-based mentoring program focused on career readiness and academic achievement. We pair participating students with mentors that promote academic success and character development by:

- 1) offering guidance and encouragement
- 2) piquing interest in career pathways
- 3) modeling positive behaviors.

CISPAC currently has mentoring programs at the following sites:

- **Manchester Academic Charter School**
 - Thursdays: 11 am – 11:45 am
- **East Allegheny: Logan Elementary**
 - Tuesdays: 2pm – 3:25pm
- **East Allegheny: EA Junior/Senior High School**
 - Wednesdays: 2:25pm -3:25 pm
- **Pittsburgh Public: King K-8**
 - Wednesdays: 12:50 pm – 1:35 pm
- **Pittsburgh Public: Manchester K-8**
 - Fridays 1:45 pm – 2:30 pm

CISPAC is also organizing new programs in the following schools (meeting days/time TBD):

- **Duquesne Elementary School**
- **Sto-Rox Junior/Senior High School**
- **Jeannette Junior/Senior High School**
- **Pittsburgh Public Schools (North Side)**

How does mentoring benefit students? Mentoring relationships are beneficial to all students, regardless of their personal or academic backgrounds. Mentors provide children with another caring adult that is invested in their positive development. Research has shown that children that participate in mentoring programs:

- see increases in levels of communication and trust with parents
- see improvements in their self-esteem and scholastic achievement
- have better attendance records than their peers. 84% of BAMSM mentees are Pittsburgh Promise Eligible
- are 55% more likely to attend college than their peers
- are less likely to use illegal drugs and drink underage

Why should I mentor? Mentoring has many positive benefits for mentors. Research has shown that adults that participate in mentoring programs:

- see improvements in their self-esteem
- see improvements in their leadership skills
- develop a deeper understanding and appreciation of cultural diversity
- enhance their relationships with their own family

How do I get involved? BAMSM mentors meet with their mentees once a week, during lunch, from October through May. For just 1 hour a week, you can positively impact the life of a middle school student in your community!

What is the criteria for mentoring? Because our program is broad in its focus, any adult from the community can be a mentor through BAMSM. Mentors must complete the intake process and successfully complete PA ACT 33/34 background checks.

How are mentoring matches chosen? Participation in BAMSM is voluntary for students. We work closely with school staff to identify students that can benefit from additional adult support. For mentors beginning in October, matches will be determined based on interactions during three initial group sessions which will include group icebreakers, individual icebreakers, and a session dedicated to “speed matching.” These sessions will conclude with a survey. Information from this survey, staff observation, mentor interviews, and hobby/interest inventories from applications will be utilized during the matching process.

For mentors entering the program later in the year (after the first three sessions), information from the interview and application inventory will be used to identify a compatible student.

What is the structure and time commitment? Mentors meet with their mentee once a week during lunch. Each session is facilitated by a Communities in Schools of Pittsburgh staff member and our building champion (a school employee, usually a counselor or social worker). For a list of school times and locations, please see the attachments. All of our schools are located on the Northside of Pittsburgh and we are in a different school every day of the week.

Each session has a topic and suggestions for how to broach the topic with your mentee. However, do not need to discuss the topic for the entire session and you are welcome to approach topics in another manner if you would like. Topics range from academic achievement, career exploration/interest, personal development, etc.

How do I get started? For more information on how to get involved, [give us your contact information here](#) or contact our Volunteer and Mentoring Coordinator, Emily Eichner, at eeichner@cispac.org or 412-361-4945