



**5th Grade Mentors, are you ready
for middle school mentoring?**

Take a moment..... think back to when you were a young person at eleven or twelve years old. You are about to begin your middle school years. What were your fears or your expectations? What were you excited about? This thoughtful exercise is significant, because getting in touch with our middle school selves can help cultivate empathy and appreciation for **the journey our rising 6th grade mentees are about to take**. More than likely, your mentee is having similar feelings to your middle school self.... and then some. There are many unknowns and new and different experiences waiting. Both mentor and mentee might be wondering, **“How is middle school going to be different?”** We’ve researched and collected information to begin answering this question.

Your mentee’s independence will increase in middle school.

Middle school brings lots of opportunities to learn and practice independence. The bar is set higher, and the student must rise to the occasion. More academic responsibilities and freedom to move about on their own are just a few differences from grade school. To view a more detailed list of differences [click here](#)

Your mentee will experience changes developmentally.

While this maturation is an individual and continual process, it is helpful to remember that your mentee is growing into an adolescent. To review the typical developmental characteristics of a middle school student [click here](#)

Wondering what you can do now? As 5th grade draws to a close you may be wondering what’s next, leaving you with the urge to ask your mentee directly, “Do you want me to be your mentor in middle school?” Before you ask this question, we want you to **assume the answer is yes!** Your mentee needs your help with the transition to middle school, whether he/she realizes it or not. In the meantime, [click here](#) for additional tips on how to help with your mentee with a smooth transition to middle school.