

Upward Bound Mentoring Program

CLC Upward Bound Programs



Mission: The Upward Bound Mentoring Program transforms mentees into positive adult role models.

The Program provides social opportunities to low income and first generation high school students to assist in their personal development and maturity. The mentor and mentee will be paired one on one for a semester for monthly meetings to talk about life and how to be successful at the next level. Mentors will discuss items such as living on your own, starting college, starting a career, starting a family as well as good financial planning.

Vision: The Upward Bound Mentoring Program alumni will demonstrate leadership and positive role model skills in their own communities. Alumni will be able to mentor others and discuss with others the importance of living on your own, starting college, starting a career, starting a family as well as good financial planning.

Activities:

1. Face to Face meetings
 - Mentors and mentees will meet once month at Saturday Academies.
 - Mentors should talk to mentees about their future
 - Project coordinator will provide lessons to talk about
 - Mentors and mentees should talk about what they see as important
 - Mentor and mentees will share lunch together at the Saturday Academy
 - Mentors and mentees will then have the opportunity to participate in afternoon activity.

2. Communication
 - Mentors and mentees can communicate more often via phone, email, online social network site (facebook).

Monitoring the Relationship

The Project Coordinator is responsible for monitoring the student-mentor relationship. This means periodically asking mentors and mentees about the relationship. The PC will plan monthly activities for mentor and mentee pairs to be involved in. The PC will also call or e-mail mentors once a month to receive an update on things are going with their pairs.

The mentors will receive training when they are hired as volunteers with the Upward Bound Mentoring program. The PC will provide the mentors with trainings that help them develop a relationship with their mentee. They will also gain guidance in working with high school students, students in poverty as well as mandating reporting. The PC will also bring the mentors together for trainings throughout the year.

If it appears that the mentor and mentee are having trouble forming a relationship it is important to find out the reason early on and, if necessary, find a new match for the mentee. If you are having any problems please contact the PC.

Criteria for Selection of Mentor

Mentor must:

- Understand and support the mission, vision and objectives of the program
- Know thoroughly their responsibilities as a mentor
- Be present for and participate in a personal interview
- Share enthusiasm and desire for participation in the program
- Agree to be involved in the program's mentor activities
- Agree to spend time with the mentee
- Be realistic about why they want a mentee to mentor

Other skills to have

- Good communicator
- Sense of humor
- Flexible
- Adequate time for the mentee
- Some community involvement
- Able to provide transportation
- Good references
- Tolerance of differences
- Ready to experiment with new activities/ideas
- Willing to follow guidelines
- Willing to allow for a consultant (Project Coordinator) to give support
- Willing to attend training sessions

FAQ

1. What is Upward Bound?

Upward Bound provides fundamental support to participants in their preparation for college entrance. The program provides opportunities for participants to succeed in their precollege performance and ultimately in their higher education pursuits. Upward Bound serves: high school students from low-income families; and high school students from families in which neither parent holds a bachelor's degree. The goal of Upward Bound is to increase the rate at which participants complete secondary education and enroll in and graduate from institutions of postsecondary education.

2. What is a first-generation high school student?

A high school student from families in which neither parent holds a bachelor's degree.

3. What schools are involved in the CLC Upward Bound project?

CLC Upward Bound has two grants. One that is located on the Staples campus, serving schools in Todd County and the other one is located on the Brainerd campus, serving schools in Morrison and Mille Lacs counties. The Schools involved are Staples-Motley, Bertha-Hewitt, Browerville, Long Prairie-Grey Eagle, Isle, Nay-Ah-Shing, Onamia and Pierz-Healy

4. What does Upward Bound do?

The Central Lakes College Upward Bound Program transforms High School students into college graduates. The Program provides educational services to modest income and first generation high school students to equip them in graduating from high school, enrolling into a college or university, and completing their post secondary education.

Upward Bound Provides:

- Academic Advising
- Supplemental Academic Instruction
- Financial Literacy Education
- Cultural Enrichment
- Mentoring

5. How are mentors and mentees paired?

Mentors and mentees are NOT paired randomly. Instead, they are matched through several different ways. One way they are matched are through the mentors and mentees interests. The mentors and mentees will fill out a survey that will detail some of their interests. The Program Coordinator will match

students based on similarities in their interests. Another way that mentors and mentees will be matched is on their career choices. Mentors that have a specific career that matches a mentees interest will also be matched together. Yet another way that mentors and mentees will be matched is on mentees desire of what they want in a mentor. This could include gender, age ect.

6. What is the selection process for the UB Mentoring program?

Mentors fill out an application and then go through an interview process. Once you have been selected to be a mentor you will go through a background check. All mentors will then go through orientation and training.

7. What are the expectations and time requirements for mentors?

Mentors commit to be in their mentees life through at least one semester of school year. Mentor and mentees are encouraged to make this a lifelong friendship. Mentors commit to coming to Upward Bound Saturday Academies for 12pm to 3pm once a month. Saturday Academies are held the third Saturday the month from September to May, except November. Terms for the mentoring are September to January and February to May.

8. What is the selection process for the mentees?

All mentees are involved in the Upward Bound program. They fill out an application and have an interview with the Assistant Director of the program. Once they are in the program they have the opportunity to volunteer to be mentored. They are not required to be mentored but are encouraged.

9. Who should I contact for more information?

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