

May: WEEK ONE



LIFE LESSONS

THE AGENDA:

Discussion: What important lessons have you learned so far in your life? What have you learned about being a “good” person? Do you think you are a “good” person? What does that really mean? How do you want others to see you? Imagine a reporter wants to interview you on your 90th birthday—what would you want him to write about your life? If you weren’t you, would you want to be friends with you? Why or why not?

- ◇ ‘Personal Snapshot’ Activity

- ◇ Write down ten things you like about each other, then share.
- ◇ Create your own knock-knock jokes.
- ◇ Ask to borrow a school digital camera or video camera and practice your photography/videography.



Personal Snapshot

Every once and a while it's a good idea to step back from your day-to-day life and ask yourself – where am I? How am I doing? This activity helps you to do just that – and to get feedback from your mentor on how s/he sees you too.

Instructions

This is a two-part exercise – one for you and one for your mentor. After each of you has taken your own worksheet, take time to complete it on your own. Once you are both done, talk about each question, sharing your answers with each other. Remember: the purpose of this is to help you get a real picture of where you are – if you're not honest, you'll end up with a picture of someone else, not yourself, and that won't help you become who you want to be!

Questions

Keeping in mind the goals you've begun to explore, answer these questions as honestly as you can:

(1) What are my top 5 strengths as a person – the 5 things about myself I feel good and am proud of?

- 1.
- 2.
- 3.
- 4.
- 5.

(2) What are my top 5 weaknesses as a person – the 5 things I most want to work on or improve about myself?

- 1.
- 2.
- 3.
- 4.
- 5.

(3) What are the top 5 opportunities available to me at this moment – things I could do or act on or take advantage of what would help me develop and reach my potential? (These are opportunities outside yourself – anything from trying out for a team to applying for a scholarship to learning how to design a website from an adult who has offered to teach you.)

1.

2.

3.

4.

5.

(4) What are the top 5 threats I'm facing right now – things "out there" in the real world that could keep me from achieving my dreams?

1.

2.

3.

4.

5.

You've just completed what business people call a "SWOT Analysis" – a step in a fancy-sounding process called strategic planning, which is basically like the kind of planning you do with your mentor. To be useful you need to use your answers – and your mentor's – to come up with a plan of action so you can make best use of your strengths and opportunities and overcome your weaknesses and threats. Use the question below to help start that planning process.

(5) What are the 5 most important things I can do over the next 6 months to build on my strengths and overcome my challenges?

1.

2.

3.

4.

5.

My Mentee/Mentor's Personal Snapshot

Every once and a while it's a good idea to step back from your day-to-day life and ask yourself – where am I? How am I doing? This activity helps you to do just that – and to get feedback from your mentor on how s/he sees you too.

Instructions

This is a two-part exercise – one for you and one for your mentor. After each of you has taken your own worksheet, take time to complete it on your own. Once you are both done, talk about each question, sharing your answers with each other. Remember: the purpose of this is to help you get a real picture of where you are – if you're not honest, you'll end up with a picture of someone else, not yourself, and that won't help you become who you want to be!

Questions

Keeping in mind the goals your mentee/mentor has begun to explore, answer these questions as honestly as you can:

(1) What are my mentee/mentor's top 5 strengths as a person – the 5 things about him/her I admire and think s/he should really be proud of?

1.

2.

3.

4.

5.

(2) What are his/her top 5 weaknesses as a person – the 5 things s/he might consider working on or improving?

1.

2.

3.

4.

5.

(3) What are the top 5 opportunities available to my mentee/mentor at this moment – things s/he could do or act on or take advantage of what would help him/her develop and reach his/her potential? (These are opportunities in the environment – anything from trying out for a team to applying for a scholarship to learning how to design a website)

1.

2.

3.

4.

5.

(4) What are the top 5 threats my mentee/mentor is facing right now – things “out there” in the real world that could keep him/her from achieving his/her dreams?

1.

2.

3.

4.

5.

You’ve just completed what business people call a “SWOT Analysis” – a step in a fancy-sounding process called strategic planning, which is basically like the kind of planning you do with your mentor. To be useful you need to use your answers – and your mentor’s – to come up with a plan of action so you can make best use of your strengths and opportunities and overcome your weaknesses and threats. Use the question below to help start that planning process.

(5) What are the 5 most important things my mentee/mentor can do over the next 6 months to build on his/her strengths and overcome his/her challenges?

1.

2.

3.

4.

5.