



MERITUS CONNECTIONS

Winter 2010

Mentor Program Newsletter

Greetings!

The fall quickly came to an end. Hopefully you made made progress in your Mentor and Mentee relationships. This issue contains an article about the first stage of mentor relationships. Although some of you may have passed this stage, make sure you check out some of the characteristics of this crucial step. It will help you pinpoint what you and your Mentee need to work on in order to succeed in your relationship and in fulfilling the students' goals.

And if you have not done so already please save the date: On Saturday, January 8th from 9-1pm we will be participating in habitat restoration at Heron's Head Park in Bayview Hunter's Point. This, our third Mentor and Mentee Service Day, is extra special as it will be facilitated by our very own Meritus alum, Tracy Zhu who works as Program Coordinator for Literacy for Environmental Justice.

If you are unable to make our Service Day, and even if you do but would like to give your relationship an extra boost, make sure to get some tips of what to do and where to go from *Meritus Connect*.

Happy Holidays!

And as always, thank you for all you do in support of Meritus Scholars,

Ana Moraga
Mentor Program Manager

2009 and 2010 Mentors!

Quarterly Reports

Thank you to all of you who have submitted your quarterly report. The quarterly report allows us to find ways to better support you and the scholars.

If you have not submitted your report, please do so.

It's easy and should not take more than 7 minutes, just [follow this link](#).

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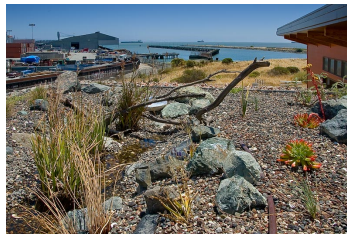
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Winter Service Day!



When: Saturday,
January 8, 2010
9am-1pm

Where: Heron's Head Park
32 Jennings St.
San Francisco, CA 94124
[Map and Directions](#)

Invite your Mentee to this event. We will be working within the award-winning [park's](#) EcoCenter, the first and only fully off-the-grid building in San Francisco.

We'll have breakfast and lunch goodies.

Please RSVP for your and your Mentee as soon as possible by emailing Ana at ana@meritusfund.org

First Stage of Mentor Relationships

According to [Mass Mentoring Partnership](#), the most critical stage in a M&M relationship is the first stage. This stage involves developing rapport and building trust with your Mentee.

In this stage look out for:

Predictability and Consistency: Be predictable and consistent with your Mentee.

Even if the student changes the appointment on you, it is important that you stick to what you and your Mentee have planned. Follow your communication plan. If it's your Mentee's turn to call and he/she doesn't call, take the initiative and call them. Next time when it is their turn to call, they will remember that you are expecting to hear from them which will motivate them to pick up the phone and check in with you.

Testing: Some of our Scholars have faced difficulties that have made them become mistrustful of adults. Often times they will also have a difficult time communicating honestly with you as they may see you as an authority figure. They will test your reactions by telling you what they think you want to hear until they feel they can open up and be themselves with you. Be aware of this. Remember also that establishing trust is a two-way process. Trust in them, showing this involves that you also open up to them.

Establish confidentiality: What you and the student talk about is between you two. Make clear to them that your conversations are confidential and that the only time in which you will have to disclose private information to others is if they are harming themselves or someone else. If they disclose such information be sure to contact Meritus immediately. Don't forget to get their permission to share all other personal information with Meritus if you or your Mentee would like our assistance.

Goal Setting: This is the bridge to the second stage in the relationship. Although we have discussed this in the past, make sure that the goals are SMART (Specific, Measurable, Attainable, Realistic and Timely). If you have committed to doing something on behalf of your Mentee be sure to follow up.

Don't think that once you have done the above you'll be cruising in the relationship. There will be ups and downs and every relationship is different. However, a good foundation is key in the long term success of Mentor and Mentee relationships. [Read on](#) for the next two stages of mentor relationships.



Mentors, Mentees and Ana developing rapport over Pizza after our second Service Day

Connecting with your Mentee this Winter

Make sure that you take advantage of your Mentee's winter break to grab a hot chocolate with them or visit the museum. This is a good time to ask them about how their semester or quarter went, their classes for next year, being back home again and reflecting on how their semester experience has or has not changed them so far.

Here are a few tips of where to go and what to do:

Museums: As that the New Year begins, take advantage of these free days at some of San Francisco's finest museums.

First Tuesday of the month:

- MH de Young Memorial M
- Asian Art Museum
- SF MOMA
- Center for the Arts at Yerba Buena Gardens
- California the Palace of the Legion of Honor

First Wednesday of the month:

- Mexican Museum
- African American Museum

Tours: Check out free tours at:

- San Francisco City Hall
- Contemporary Jewish Museum (12:30pm Sunday & Wednesday)
- San Francisco Botanical Gardens
- San Francisco City Guides
- San Francisco Rush Trail



To Do:

- Eat Pizza, Escape from New York has a [free slice deal](#) until December 31st.
- San Francisco Chamber Orchestra [Free Concert](#) on January 2nd at 3pm
- Ask your Mentee if he/she has a bike, and if you have one too go for a bike ride in the Presidio. There are some fabulous trails and paths on this [map](#).
- Also, the San Francisco Ballet has \$10-20 tickets for college students. Although you may have to pay full price, your Mentee can get a great priced ticket for an amazing [show](#).

No matter what you do or where you go, a face-to-face meeting will help strengthen your relationship.

Mentors needed for 2011 Scholars

Our recruitment season for our next class has begun! We are expecting to grant 45 scholarships and although not all scholars will be matched with Mentors, about half of our scholars will.

Please tell your friends, family, neighbors and colleagues about this opportunity. For more information visit the [Mentor Section](#) on our website and/or email Ana at ana@meritusfund.org.

About Us

The Mentor Program is part of Meritus College Fund. Meritus College Fund bridges the gap to higher education for San Francisco public high school graduates.

Contact Us

Meritus College Fund
 (415) 400-8643
 P.O. Box 29024
 San Francisco, California 94129
www.meritusfund.org

We are still looking for Career Mentors!

We have a robust list of Mentors for our career connections program this Winter. However, we are still looking for professionals in the Medicine, Psychology, Law Enforcement and Politics fields.

Volunteers must be available for a 45-minute informational interview with a student and a job shadowing opportunity if job allows. If you or someone you know is interested please email Ana at ana@meritusfund.org.

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