

YALI4YOUTH

Youth Mentorship Community Activity Toolkit

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#YALI4Youth



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INTRODUCTION

Mentors are important figures in a young person’s life. Research shows that the presence of positive role models and mentors is the building block for healthy youth development. Mentorship can take different forms, including personal mentorship, professional mentorship, or mentorship from one entrepreneur to another. The type of mentorship and associated activity you choose is up to you!

In this YALI4Youth Toolkit, you will learn how to plan and facilitate a community activity focused on youth mentorship. In the following sections, you’ll find three sample activities, which cover different aspects of mentorship. Read all the instructions for each activity before choosing one, so you have a good idea of what is expected of you.

You should choose only one community activity at a time, but feel free to complete other activities after your first is completed! No matter which activity you choose, remember that it’s up to you to serve as a positive, professional mentor for the youth in your community.

Additional Resource

The YALI Network Online Course, “[Developing, Mentoring and Supporting Youth Leadership](#)” provides strategies on how to mentor, guide, and provide professional skills training to youth. Be sure to complete the course before planning your YALI4Youth community activity.

BEFORE YOU BEGIN

For each community activity, keep the following tips in mind.

- **Practice and prepare.** Before hosting your event, make sure to practice, practice, practice! You'll want to appear calm and confident when leading, so give yourself plenty of time to prepare and become comfortable with the materials.
- **Advertise your event.** Whether it's via social media, email, or word of mouth, you'll have to find a way to communicate when and where your event is happening.
- **Go virtual.** If you don't have the ability or desire to hold your activity in person, adapt your event to a virtual format! You can host any of the suggested activities that follow using a video-conferencing platform.
- **Don't charge for your event.** Please remember that you should never charge a fee for any YALI Network event, especially when it comes to youth events.
- **Have fun!** You've worked hard to put your activity together and you're helping the next generation grow into strong leaders. Enjoy your time together!

ACTIVITY ONE: GOAL SETTING

Setting goals is the first step to achieving both personal and professional success. But the process of visualizing, articulating, and writing down goals takes time and practice. By facilitating this activity, you can teach the youth in your community how to set and reach their goals.

Suggested Audience:

This activity is extremely adaptable. You can facilitate this activity with one individual youth or a larger group. This activity is beneficial to anyone, no matter their stage of life or career.

Needed Materials:

- Print out copies of the [“Setting and Achieving Goals”](#) Worksheet to distribute to each participant. If you don’t have access to a printer, you can project the worksheet onto a screen if you’re meeting in person or share your screen with participants if you’re meeting virtually.
- Find a way to show or present the first lesson of the YALI Network Online Course, [“Workforce Collaboration and Development Course.”](#)

Introduction (5 Minutes)

- Take a few minutes to introduce yourself. Briefly share why you chose to organize this activity and why you think goal setting is important.
- Provide participants with a brief overview of the activity ahead.

Icebreaker (5 Minutes)

- Have participants gather in a circle and, taking turns, introduce themselves by sharing their names and a brief description of a goal they would like to focus on today.

Activity: (25 Minutes + 15 Minutes per participant)

- As a group, watch the first lesson of the YALI Network Online Course [“Workforce Collaboration and Development Course.”](#)
- Then have each individual silently work through the [“Setting and Achieving Goals”](#) Worksheet. Allow about 15-20 minutes for individuals to complete this task, reminding them that it does not have to be perfect or entirely complete.
- After participants complete the worksheet, have them share their work with the rest of the group. If your group is larger, consider breaking participants up into smaller groups.
- After each participant presents, allow the rest of the group to provide constructive feedback. Are the goals SMART (specific, measurable, achievable, relevant, and time-bound)? Has the participant been realistic about the required resources?
- Allow no more than 5 minutes for each participant to present, and no more than 10 for group feedback.

Wrap-Up (15 Minutes)

Give participants a few minutes to review and reflect on the feedback they received on their presentation and heard on other presentations. Come together and discuss the following questions:

- What new method did you learn today about setting goals?
- In your opinion, what is the easiest part of setting goals? What is the most difficult part?

ACTIVITY TWO: MENTORSHIP MEETING

A mentor and mentee's relationship is valuable, but can only be achieved when both parties are committed. Before choosing this activity, make sure you have the time and energy to truly dedicate to mentoring an individual. Also be sure to challenge your mentee to dedicate fully to this process as well.

Suggested Audience:

This activity is intended to be between you and one other person to provide a personal mentorship experience.

Needed Materials:

- [“Mentor Meeting Tool”](#) Worksheet. Mentees will need to have access to this before the meeting.
- [“Leadership Planning Toolkit”](#) Worksheet. If you and your mentee are meeting in person, print out a copy of this document to complete together. If you are meeting virtually, you can present this worksheet via video conference.

Before Meeting:

- As mentioned, a mentorship relationship requires commitment on both sides to be effective.
- Before meeting together, ask your mentee to fill out the [“Mentor Meeting Tool”](#) Worksheet and bring the completed worksheet to the meeting.
- By filling out the worksheet, the mentee will have invested time and energy into the relationship, and will also come to the meeting with specific questions and goals in mind.

Introduction (15 Minutes)

- Spend some time getting to know each other, if you don't already have a mentorship relationship. Ask your youth mentee a bit about school, social life, or career. Don't worry about any formal questions or processes here. Take this time to build trust and a level of comfortability.

Activity Part One (30 Minutes)

- This activity can be done in person or virtually using a video-conferencing platform.
- Have your mentee read through their completed worksheet to you.
- Take the time to answer or address the “Specific Asks” and “Goals” as outlined in the worksheet.

Activity Part Two (30 Minutes)

- If you have additional time and/or feel that your mentee is ready, work through the “[Leadership Planning Toolkit](#)” Worksheet together.
- You can use this worksheet as a guide for future mentorship meetings to evaluate progress on the mentee’s vision statement, goals, and action steps.

Wrap-Up (10 Minutes)

- Thank your mentee for committing to your mentorship session today.
- Before leaving, be sure to set up a time and place for your next meeting.

ACTIVITY THREE: ENTREPRENEURSHIP

Effective skills as an entrepreneur allow youth to create their own employment opportunities and professional futures. Many young people have entrepreneurial ambitions and skills, but need a fellow entrepreneur to serve as a mentor through the process of creating and maintaining their own businesses. If you are an entrepreneur, consider hosting a pitch practice session for a group of young entrepreneurs.

Suggested Audience:

We recommend inviting five to ten people to your pitch practice session. Participants do not need to have an operational business to participate, but at least a business idea.

Activity:

- Consult the “[Hosting a Pitch Practice Session](#)” Facilitation Guide for complete steps on how to prepare and facilitate this pitch practice session.

Additional Resource:

If you’re looking to mentor fewer participants, or participants who are at the beginning stages of entrepreneurship, consider using one of the other entrepreneurship workbooks, courses, or resources to create your own mentorship activity. You can find all these resources at yali.state.gov/entrepreneurs.

CONCLUSION

Congratulations on organizing a community activity focused on youth mentorship! Remember that after your activity concludes, you can follow up with these participants or hold other activities with more youth. Visit yali.state.gov/youth for more resources on mentorship.