

Benefits of Mentoring

Students Speak:

- *Having a mentor is like having a new and close friend.*
- *The experience has made me a less shy person. They helped me to talk more.*
- *I got to go places I've never been before. I'm now more confident in front of a crowd. I got adult help on homework and projects.*
- *You can talk to them about your problems and they will try to help you as much as possible. I learned that it is important to communicate. I learned that people can be different in one way, but similar in others.*
- *You get to talk to the mentor about anything and we all work together.*
- *They helped us out with our homework and I got to hear about different careers.*
- *The mentor takes you out to do things you both like to do. You get a new friend in life. For science projects, I could turn to my mentor and ask him about recycling.*
- *I really like my group, especially my mentors. They are really nice and very helpful.*
- *My mentors helped me see that I need good grades to get what I want and to be successful.*
- *I learned that there are a lot of caring people who do care about young people.*
- *I enjoyed the experiences that my mentors and I shared. The activities were fun. I think I have become more open about coming up to people and talking to them.*
- *I am more comfortable talking to and meeting other people.*
- *What I enjoyed most about being matched with a mentor was letting out my feelings about everything to a trusting adult. I also got to see where my mentors work and how they work.*
- *When there is a project to be done, my mentor is there to help. I had a chance to get the feel of the job world.*
- *I enjoyed going out with my mentors and spending time with them. I got to go to Cal State Hayward and visit St. Rose Hospital, the workplace of my mentors. I have two new friends.*