

## **COURSE HSS3050: BECOMING A MENTEE**

**Level:** Advanced

**Prerequisite:** None

**Description:** Students build a personal profile to engage as a mentee in a successful mentoring relationship to explore career and/or personal goals for citizenship or volunteering in their community.

**Supporting Courses:** HSS1050: Introduction to Mentorship  
HSS1030: Communication Skills for Helping Relationships

**Outcomes:** The student will:

### **1. demonstrate strategies for building a personal profile in preparation for the mentee role in a mentoring relationship**

- 1.1 define mentorship, mentee and mentor
- 1.2 summarize the characteristics of a successful mentoring relationship
- 1.3 list benefits of mentoring relationships
  - 1.3.1 to the mentee
  - 1.3.2 to the mentor
  - 1.3.3 to the community, including the school community
- 1.4 outline strategies for assessing personal strengths, development, and resiliency, including strategies for assessing:
  - 1.4.1 personal skills and abilities
  - 1.4.2 learning preferences
  - 1.4.3 emotional quotient
  - 1.4.4 beliefs, values and attitudes
- 1.5 build a personal profile, including:
  - 1.5.1 a Developmental Assets checklist
  - 1.5.2 a summary of personal strengths identified by completing a Development Assets checklist
  - 1.5.3 a summary of goals for personal development based on results of a Development Assets checklist
  - 1.5.4 a description of personal learning preferences based on assessment using a recognized resource
  - 1.5.5 an evaluation of personal beliefs, values and attitudes based on assessment using a recognized resource
  - 1.5.6 a summary of personal emotional quotient based on assessment using a recognized resource
  - 1.5.7 a summary of personal multiple intelligences based on assessment using a recognized resource
- 1.6 evaluate personal life roles based on a personal profile, including roles for:
  - 1.6.1 career pathways
  - 1.6.2 family relationships
  - 1.6.3 social relationships
  - 1.6.4 citizenship and volunteering

### **2. demonstrate strategies to become a mentee in an effective mentoring relationship**

- 2.1 describe community resources available for meeting goals identified by needs assessment, including:

- 2.1.1 career goals
- 2.1.2 citizenship and/or volunteering goals
- 2.2 select several possible mentors based on life roles identified in personal profile related to either:
  - 2.2.1 career goals or
  - 2.2.2 citizenship and/or volunteering
- 2.3 submit a letter(s) of introduction to a prospective mentor(s)
- 2.4 prepare interview questions
- 2.5 demonstrate interview skills in a role-playing scenario
- 2.6 arrange an interview(s)
- 2.7 conduct an interview(s) with a prospective mentor(s)
- 2.8 assess results of an interview(s)
- 2.9 summarize e-mentorship opportunities available to support personal goals
- 3. build an effective relationship with a mentor**
  - 3.1 describe personal safety considerations for a mentee within a mentoring relationship
  - 3.2 summarize the stages of a mentoring relationship cycle, including:
    - 3.2.1 preparing
    - 3.2.2 discovering and negotiating
    - 3.2.3 building rapport and trust
    - 3.2.4 accomplishing and attaining
    - 3.2.5 wrapping up
  - 3.3 initiate a mentoring relationship with a suitable mentor for either a career or citizenship/volunteering goal
  - 3.4 evaluate the mentoring relationship related to the stages of a mentoring relationship cycle
  - 3.5 exit, negotiate or celebrate the relationship based on evaluation
- 4. demonstrate basic competencies**
  - 4.1 demonstrate fundamental skills to:
    - 4.1.1 communicate
    - 4.1.2 manage information
    - 4.1.3 use numbers
    - 4.1.4 think and solve problems
  - 4.2 demonstrate personal management skills to:
    - 4.2.1 demonstrate positive attitudes and behaviours
    - 4.2.2 be responsible
    - 4.2.3 be adaptable
    - 4.2.4 learn continuously
    - 4.2.5 work safely
  - 4.3 demonstrate teamwork skills to:
    - 4.3.1 work with others
    - 4.3.2 participate in projects and tasks
- 5. create a transitional strategy to accommodate personal changes and build personal values**
  - 5.1 identify short-term and long-term goals
  - 5.2 identify steps to achieve goals