

COURSE HSS1050: INTRODUCTION TO MENTORSHIP

Level: Introductory

Prerequisite: None

Description: Students learn about the characteristics of positive mentoring relationships in their personal lives and society. Students prepare to engage in a mentoring relationship. Students apply basic mentoring skills to a mentoring relationship and explore considerations for safety related to mentoring.

Supporting Courses: HSS2020: Nurturing Children
HSS1040: Developing Maturity & Independence
HSS1030: Communication Skills for Helping Relationships

Outcomes: The student will:

- 1. explain the relationship of mentoring to the wellness of individuals and communities**
 - 1.1 define mentorship, including the terms:
 - 1.1.1 mentee
 - 1.1.2 mentor
 - 1.2 describe the etymology of the term mentorship
 - 1.3 summarize the characteristics of a successful mentoring relationship
 - 1.4 justify the importance of a long-term relationship to the mentee
 - 1.5 identify the personal characteristics of a successful mentor
 - 1.6 identify the personal characteristics of a successful mentee
 - 1.7 differentiate between mentoring and coaching, tutoring, peer support and teaching based on:
 - 1.7.1 goals of the relationship
 - 1.7.2 duration of the relationship
 - 1.7.3 roles in the relationship
 - 1.8 differentiate between informal and formal mentoring relationships
 - 1.9 describe how cultural diversity influences mentoring relationships
 - 1.10 summarize the impact of mentoring relationships on the life goals and achievement of significant individuals from history or current events
 - 1.11 list benefits of mentoring relationships
 - 1.11.1 to the mentee
 - 1.11.2 to the mentor
 - 1.11.3 to the community, including the school community
- 2. describe the impact of mentoring to personal development**
 - 2.1 describe the impact of personal mentoring relationships, including formal and informal mentoring relationships from:
 - 2.1.1 personal history
 - 2.1.2 present life
 - 2.1.3 future life
 - 2.2 share personal mentoring relationship(s) with another person such as a peer or teacher
 - 2.3 identify personal characteristics related to mentoring relationships, including:
 - 2.3.1 being a mentor
 - 2.3.2 being a mentee
- 3. describe the roles, rights and responsibilities of the mentor and mentee related to safety**
 - 3.1 describe basic safety precautions in the context of a mentoring relationship, including:
 - 3.1.1 precautions for the prevention of communicable diseases

- 3.1.2 preparation for a first aid response to minor injury
 - 3.1.3 recognition of potential hazards in the environment (indoor and outdoor)
- 3.2 summarize the principle of confidentiality as it pertains to mentoring relationships
- 3.3 summarize signs and symptoms of four types of abuse including physical, emotional, neglect, sexual abuse
- 3.4 state the duty to report obligations in current legislation, including the Child Welfare Act
- 3.5 state the interpretation of failure to report abuse as a type of abuse
- 3.6 identify appropriate methods of reporting suspicions of abuse that may arise during a mentoring relationship
- 3.7 state the limitations of personal skill and scope of responsibility to deal with issues related to abuse or violence
- 4. demonstrate basic mentoring skills in an actual mentorship experience, in a 1:1 or paired mentoring relationship**
 - 4.1 summarize the qualities of an effective mentor
 - 4.2 describe the stages of a mentoring relationship cycle, including:
 - 4.2.1 preparing
 - 4.2.2 discovering and negotiating
 - 4.2.3 building rapport and trust
 - 4.2.4 accomplishing and attaining
 - 4.2.5 wrapping up
 - 4.3 outline the general characteristics of life-span development, including:
 - 4.3.1 stages of child development
 - 4.3.2 stages of adolescent development
 - 4.3.3 stages of adulthood
 - 4.4 demonstrate effective strategies for initiating a mentoring relationship
 - 4.4.1 demonstrate an ice-breaker activity
 - 4.4.2 write a letter of introduction
 - 4.5 match personal characteristics of a mentee with recognized levels of life-span development, including:
 - 4.5.1 physical characteristics
 - 4.5.2 social characteristics
 - 4.5.3 emotional characteristics
 - 4.5.4 mental characteristics
 - 4.6 demonstrate effective communication skills within the context of a mentoring relationship, including:
 - 4.6.1 using conversation builders
 - 4.6.2 recognizing and avoiding conversation blockers
 - 4.6.3 using active listening skills, including verbal and non-verbal skills
 - 4.7 apply basic skills for either wrapping up or renegotiating a mentoring relationship
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely

- 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks
- 6. make personal connections to the cluster content and processes to inform possible pathway choices**
 - 6.1 complete/update a personal inventory; e.g., interests, values, beliefs, resources, prior learning and experiences
 - 6.2 create a connection between a personal inventory and occupational choices