

# COLLEGE MENTORING EXPERIENCE

collegementoringexperience.org



## OVERVIEW

College Mentoring Experience provides a school-based mentoring program for grades 5-8. CME offers the following model: 1 Male-Only Group and 1 Female-only Group, each session is facilitated by two adult professional mentors per group. Additionally, CME brings in Special Guest Speakers and opportunities to attend cultural events including museums, concerts, professional sports, etc.

Students enrolled in the CME Mentoring Program are eligible to participate in our additional program benefits, such as: 1:1 Community Based Mentoring (with parent consent), High School/College Tours, and Weekly Recreational and Academic support at our partner site, By the Hand Club-Austin, every Saturday.

## Dosage and Content:

- **36 weeks, 72 sessions**
  - One male group, one female group, two mentors in each session
  - Student Development Session Topics (Examples):
    - Trauma informed counseling/mentoring
    - Conflict Resolution/ Relationship Management (peer-to-peer, student-to-educator)
    - Defining Respect (Self-respect & respect of others)
    - I Know Who I Am (Self-love/self-worth)
    - Goal Setting (Life Roadmaps)
    - Trust & Leadership (Bosses vs. Leaders, defining trust)

## Program Highlights:

- **Guest Speakers**
- **High school Open house**
- **1-1 mentor opportunity**
  - Students with a developmental need have been recommended to utilize CME's 1-to-1 mentor program.
  - As assigned mentor reaches out to the student once a week, communicating and advocating on their academic and social-emotional progress.
  - Once a month, the mentor and student physically meet to participate in a CME sponsored event.
- **Access to tutoring resources**
  - Sylvan Learning Center: discounted tutoring for all CME participants
  - Uplift Tutoring and Writing Services: discounted sessions for all CME participants
- **College Tours**
- **Access to Saturday sessions at site -based mentoring:**
  - By the Hands Club for Kids, TBD

- **Behavior Management – Reward System**
  - Students will earn (or lose) points for every CME session. Points will be based on participation & engagement, respect of the space & others, and specific behavior actions. The number of points they earn as a group will determine their reward for the quarter.
- **Quarterly Parent Meetings**
  - For each quarter, CME will provide meeting opportunities for parents to speak with staff and mentors about the progress of their student within CME.
- **Mentor-Teacher Check ins**
  - Academic and social-emotional updates will be communicated between mentors and educators about the progress of students, i.e., grades, attendance, behavior.
- **Academic prep sessions**
  - We will provide sessions dedicated to discussing and supporting the academic journey of students. This includes:
    - The importance of 7<sup>th</sup> grade: How this year is a huge step in the high school process.
    - 8<sup>th</sup> grade: Transitioning from middle school to high school, both academically and socially.
    - How to utilize resources in high school to prepare for college.

## QUANTITATIVE (student surveys)

- How was your experience with CME this year?
  - **Boys: 75% rated their experience as Great or Amazing.**
    - Scale ranged from Okay, Good, Great to Amazing.
  - **Girls: 89% rated their experience as Great or Amazing.**
    - Scale ranged from Okay, Good, Great to Amazing.
- How was your experience with your CME mentors?
  - **Boys: 83% rated their experience w/ Mentors as Great or Amazing.**
    - Scale ranged from Okay, Good, Great to Amazing.
  - **Girls: Amazing = 88% rated their experience w/ Mentors as Great or Amazing.**
    - Scale ranged from Okay, Good, Great to Amazing.
- Would you recommend CME to a friend?
  - **Boys: Yes = 66.7%, No = 33.3%**
  - **Girls: Yes = 87.5%, No = 12.5%**

## QUALITATIVE (mentor surveys)

### Survey feedback from the MALE MENTOR

What part of your experience has gone really well?

- **The youth really enjoy the Ice Breakers and look forward to them each week**

What part of your experience has been the most challenging?

- **Nothing challenging for me, but it was challenging to see the frustration in some of the youth when others constantly disrupted the sessions**

How is your relationship with the school staff? How could it be better?

- **Great relationship with the staff very accommodating. How could it be better? No improvement**

How do you think CME has benefited the students?

- **On many occasions I have seen the youth open up during lessons and really engage in the discussions**

Provide one scenario in which you saw a student being positively impacted through CME's program.

- **One student recently began to be open about his personal challenges and looked for input from the team on how he could overcome the challenges this led to a thought-provoking conversation where open and honest feedback among peers ensued.**

### **Survey feedback from the FEMALE MENTOR**

What part of your experience has gone really well?

- **Adjusting to the school environment and becoming comfortable with all the kids and not just the ladies.**

What part of your experience has been the most challenging?

- **Getting through to some of the students and trying to guide and influence them in such a short period of time. Also gaining their attention and keeping them interested. Middle school tends to be a time where kids lack individuality, independence, and self-discipline, so they tag along with other kids. Getting them to break off and do/think for the betterment of themselves is the tough part.**

How is your relationship with the school staff? How could it be better?

- **We are good, we are familiar with one another now, so we are always greeted with smiles, and they help when needed.**

How do you think CME has benefited the students?

- **I think it has had an impact on them each in a different way but as a conglomerate it's been a positive experience for them all.**

Provide one scenario in which you saw a student being positively impacted through CME's program.

- **One of my young ladies, is always contributing to conversations and she tends to be extremely receptive to all our lessons and even in moments outside of the curriculum. She genuinely enjoys the experience.**

For questions, please contact our Executive Director, Dr. Rodrick Terry at [rterry@collegementoringexperience.org](mailto:rterry@collegementoringexperience.org)