

# School Based Mentoring



"This program is invaluable to 6th grade students starting middle school. I have personally seen the two students we have with a mentor outperform other students on our nationally normed test: MAPS and NWEA. It is my opinion that this program is overwhelmingly responsible for the growth these two individuals received because of the relationships that they have built and the trusted adult they see on a weekly basis. Please. Please, keep allowing this to happen. Thank you for this program, it makes my job easier!" – School Staff



## Program Details

### **Location:**

Routt and Moffat Schools

### **Ages:**

3rd – 12th Graders

### **Overview:**

Follows a one-to-one model, where mentors support ten referred "target" students academically, emotionally, and socially to foster their overall well-being.

"It is a great program and needed in the schools. As teachers, we are required to do so much and not all of us are equipped or trained to support the extensive mental health needs of our students. Not only does the school based mentor support the students but he/she also supports the whole team working towards the goal of supporting students." – School Staff

## See the Impact

A referred youth had been experiencing both in-person and online bullying related to her accent and appearance. Living with her adult brother, his girlfriend, and their baby while her parents remained in Mexico, she often felt isolated, eating lunch alone and keeping her hoodie up to avoid attention.

Once she began meeting with her mentor, her confidence slowly started to grow. In one session, she shared her goal of improving her English to feel more accepted, as well as her dream of becoming the first in her family to attend college.

Throughout the year, the mentor supported her with weekly check-ins, English language resources, conversations about building social confidence, and exploring college pathways. Her teacher later shared that she had never seen her so engaged and happy in class. It was powerful to see how the mentoring relationship helped her feel more confident, supported, and hopeful about her future.

## **Percentage of school staff who rated student improvement as a 4 or 5 out of 5 in the following areas:**

- 90% – Relationships with peers
- 83% – Relationships with teachers and school staff
- 93% – Self-esteem and overall resiliency
- 80% – Classroom behavior