

Qualities of an Effective Mentor

- Be a friend
- Have realistic goals and expectations
- Have fun together
- Give your mentee voice and choice in deciding on activities
- Be positive
- Let your mentee have much of the control over what the two of you talk about – and how you talk about it
- Listen
- Respect the trust your mentee places in you
- Remember that your relationship is with the youth, not the youth's parent
- Remember that you are responsible for building the relationship

In a study of Big Brothers Big Sisters, mentors who took these approaches were the ones able to build a friendship and develop trust. They were the mentors who were ultimately able to make a difference in the lives of youth.