



2011

ADULT MENTORING TRAINING MANUAL

"Education is the key but what good is the key if it can't
unlock the door."

John D. Ervin III

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Module 1: Introduction

In this module, you will learn:

- ✓ Uplift 2 Success Purpose
- ✓ Project Uplift Pledge
- ✓ Important Contact Information
- ✓ Selection Criteria, Responsibilities, & Expectations of Mentors
- ✓ Guidelines for Mentors
- ✓ Twelve Strategies for Effective Mentoring
- ✓ Stages of A Relationship
- ✓ Watch a video: "Stand Up, Speak Out"

Uplift 2 Success – Project Uplift

The Project Uplift and the Uplift 2 Success Peer Mentoring Programs help to empower youth in our community to make positive life choices that enable them to maximize their true potential. The mentoring program uses adult and peer volunteers to commit to supporting, guiding, and being a friend to a young person consistently for a period of at least one year. By becoming part of the social network of peers, adults and community members who care about the youth, the mentor can help youth develop and reach positive academic, career, and personal goals.

Project UPLIFT (Utilizing Positive Leaders to Inspire Future Talent) is designed to provide positive role models to minority youth. Although our target is Black male youth, the program is open to any youth who need and would benefit from positive role models.

Project UPLIFT Pledge

On my honor, I will do my best in all of my positive endeavors; I will maintain pride in my culture. I will honor our mothers, appreciate our fathers, and celebrate our elders. I will **Respect** our sisters and embrace my brothers; and strive for success and **UPLIFT** my community in the process.