

How to Choose and Approach a Mentor

CHOOSING A MENTOR

Selecting an adult mentor is one of the most important parts of your 7th and 8th grade Confirmation years. It can be intimidating to seek out a willing adult, whom you trust and respect, to spend time with you as you begin the next steps in your faith journey. Here are a few key things to keep in mind as you look for a mentor:

- Select an adult outside of your immediate family who is at least 25 years old.
- Your mentor should be an active Christian in their church, home, and work. (not necessarily a member of St. John's or even a Lutheran church)
- Find someone with whom you share similar interests
- Select someone whom you feel respects you, understands you (to a degree), and someone with whom you can relate to and share yourself with.
- Your mentor should be a good listener, patient, willing to share of themselves, and someone who has the time to spend with you.
- A mentor should be someone you know will be able to keep your conversations in confidence.

ASKING SOMEONE TO BE YOUR MENTOR

After you have compiled a list of possible mentors, discuss them with your parents, and then you need to select one and approach them about their willingness to become your mentor. Here are a few simple ways to do that:

- Tell them about their role in this program by sharing with them the schedule you have been given, the covenant form, and any information you received at the meeting.
- Let them know that this is a two-year commitment.
- You can also share with them these statements

Each student (with parental supervision) will choose an adult Christian to be their mentor and work with them. The mentor needs to be willing to “walk” with the student for two years, sharing their life experiences, ideas and questions about God, and offering support and encouragement. Each mentor will receive a mentor handbook, receive mentoring materials for guided discussion, and will be encouraged to attend student enrichment sessions and service projects. Mentoring focuses on creating a relationship between a youth and an adult which contributes to their faith development by helping them to explore their personal faith, build a personal relationship with God, and that helps them live out their faith in an intentional way.

Mentors are invited to attend their student's confirmation in the fall of the 9th grade year.