

UFM Teen Mentoring Program *Volunteer Mentor Information*

About the Mentoring Program:

The UFM Teen Mentoring Program offers a structured program of support and life skills to youth in grades 7-12. The program provides a safe, supportive, and consistent environment for teens to learn positive life skills and to focus on primary prevention activities.

Program goals include:

- Teaching positive life skills and alternatives to alcohol and drug use
- Improving confidence and resistance skills
- Enhancing the self-esteem of participants
- Improving personal control
- Improving interpersonal communication
- Empowering youth to take responsibility for their own futures

Volunteer Responsibilities:

Volunteers are asked to provide support, encouragement and friendship to teens referred to the program. Each mentor is generally assigned one or two adolescents. Mentors need to be available about three hours per week, on Monday, Wednesday, or Thursday afternoons, plus a little time for additional follow up. The group days vary by semester but are always in the afternoons from 3:00pm to 5:00 pm.

Mentors are also requested to come early to help transport students from school to UFM. While this is not currently a requirement this is a unique time to spend with students and allows more time for relationships with the students to be developed. Meetings are held at UFM Community Learning Center, 1221 Thurston. Activities are planned each week to provide life skills, learn new skills and have fun. Recreation is planned at least once a month and might include bowling, ice skating, kickball or other activity.

The requirements to volunteer are:

- Willingness to commit time for weekly group meetings and occasional mentor-only meetings.
- Enthusiasm and patience
- Ability to commit a minimum of one semester (More than one semester is encouraged!).
- Regular attendance is expected
- Completion of application and background check
- Maintain confidentiality of the student's experiences, comments, and conversations

**For more information, call UFM at (785) 539-8763 or visit TryUFM.org
UFM Community Learning Center 1221 Thurston St. Manhattan, KS**

This program is funded by the City of Manhattan and the YES! Fund



UFM Teen Mentoring Program
Volunteer Mentor Application

Name: _____ Phone #: _____

Local Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Age: _____ Sex: _____ Year in School: _____

Interest in: High School Group (Mon.) ___ Freshman Group (Wed.) ___ Middle School Group (Thurs.) ___

College major or area of interest:

Why are you interested in volunteering for this program?

Do you have transportation? Yes/No

Are you able to come early at 2:45 p.m. to pick students up from school and bring them back to UFM? Yes/No

Have you ever had personal involvement with the court system? Yes/No If "yes" please explain:

Volunteer work, youth involvement, special skills you can share:

Other information you would like us to know about you:

The information I am presenting in this application is true and correct to the best of my knowledge. I hereby give UFM Community Learning Center permission to contact my references concerning my qualifications to be a Mentor. I also give permission for my references to provide UFM information about my experiences with them. If appointed as a mentor, I agree to abide by stated rules and goals for the program and will fulfill my responsibilities to the best of my ability.

Signature

Date

