



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. Mentors need to be available about two hours per week, on Monday, Tuesday, or Thursday afternoons from 3:00pm to 5:00 pm, plus a little time for additional follow-up.

Mentors are also requested to come early to help transport students from school to the 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 and recreation is planned at least once a month, including bowling, ice skating, kickball or another activity.

Your main role as a mentor is to set a positive example for the students. Our teens will not participate in anything unless you do. We just ask that you be vulnerable and share yourself with them. Your model is the best way to reach these students.

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,
email Program Coordinator, Pamela Green Nolley, Pamela@tryufm.org**

UFM Teen Mentoring Program
Volunteer Mentor Application

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



Name: _____ Phone #: _____

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

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

Interest in: High School Group (Tues.) Middle School Group (Mon.) Middle School Group (Thurs.)

College Major: _____

Do you have transportation? Yes No

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

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

Why are you interested in volunteering for this program?

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

Please provide 3-character references when completing this application. Please include name, email address, phone number and if the relationship is a personal or professional one. You must provide at least one professional reference; this can be from school or work. Please print information on lines provided below.

1. _____

2. _____

3. _____

The information I am presenting in this application is true and correct to the best of my knowledge. 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