

# Welcome to True2U!

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Mentoring Programs

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## Zoom Webinar

- Use the Q&A feature to ask questions.
  - We'll monitor throughout the training and pause to answer every so often.



# Agenda

- Summer Leadership Academy Recap
- GCCC and PACE Framework Overview
- True2U Overview
- Curriculum Refresh
- Mentor Share in Chat
- The Mentor Mindset
- Being a True2U Mentor



# **Summer Leadership Academy 2025**

- Clara Westropp (2)
- Clark (2)
- Dension
- Douglas MacArthur
- East Clark
- Garfield
- Joseph M. Gallagher
- Miles Park

- Nathan Hale
- Orchard
- Paul Dunbar
- Riverside
- TremontMontessori
- Warner GLA
- Waverly



# Thoughts from SLA Scholars





# Thoughts from SLA Scholars





# True2U Partners















Collectively, we will.





### **CORE COMPONENTS & ASSOCIATED SKILLS**

of the PACE Framework



### Self-Knowledge & Self-Awareness

Student learners will have a variety of opportunities to identify and understand their interests, strengths, and passions. They will use this information to develop and update their personal profiles. Students will focus on how their profiles align to the multitude of available occupations and career opportunities.





### Career Awareness & Career Exploration

Student learners will have a variety of opportunities to delve into the occupations that interest them and and that will provide them with the knowledge and experiences they need to narrow down their occupations of interest.



#### Work-& Career-Based Learning

Student learners will have the opportunity to deeply explore specific occupations of interest through a variety of employer based structured learning opportunities.







### Active Career Planning & Decision Making

Student learners will be introduced to and master tools and processes that help them evaluate their choices, identity next steps in their career journey, continue to narrow their occupations of interest, and document and reflect on their learning.









### **PACE Framework**

### **Overview**

	6th	7th	8th	9th	10th	11th	12th
Self-Knowledge Self-Awareness	<ul> <li>Identify interests, passions and strengths</li> </ul>	Identify intelligences	<ul> <li>Identify personality type and career cluster preferences</li> </ul>	Identify learning styles	Revisit and reflect upor Identify work values	n personal assessments	• • • • • • • • • •
Career Awareness Career Exploration	Meet professionals a     Begin building career vocabulary     Research and demonstrate learning for 1/2 job families	Continue to build career vocabulary Continue job family and occupation research including in-demand	Begin to explore career clusters that align with interests, skills, and passions	Meet profess     Research 8 articulate     career clusters that align     with interest 6 skills     Identify steps in path to     success in high school	sionals aligned with interests  Narrow to 2-3 occupation or career cluster choices that align with interests, skills, and personality	Understand career pathway of professionals aligned with interests     Narrow occupational or career cluster choices	Define specific steps, resources & timeline to pursue career path of choice
Active Planning Decision-Making	Identify top 3 job families     Visualize dream     occupation	Identify top 3 job families     Visualize future career     pathway	Participate in Ca  • Visualize plan to navigate high school in alignment with current career goal	reer Advising sessions & Documen  Explore requirements for preferred career goal	et Reflection  • Explore post-secondary education and training options	Connect choices and aspirations     Revise career goal	Revise career goal Revise post-high school career pathway plan
Work & Career- based Learning		• • • •		Learn about credentials and certificates  Participate in Site Tours      O O O O O O O O O O O O O O O O O	Learn about opportunities for credentials or certificates     Participate in  Participate in Summer Activit	n Job Shadows	Participate in career pathway placement activity (internship, apprenticeship, etc)
Preparing for Employability	Know the difference between types of skills	Explore various     workplace environments	Explore workplace personalities	Understand expectations of workplace environments  Create an elevator pitch Secure professional reference	Create a resume     Participate in mock interviews     Learn best practices of digital tools	Create personal branding     Continue to build upon     knowledge of workplace     environments	Revise resume, elevator pitch, and personal branding
Networking	Be introduced to networking	Demonstrate knowledge of networking	Learn to build meaningful relationships	Build a personal network		professional network • • • • • ational interviews	Strengthen personal and professional network
Financial Literacy			Career-based financial l	iteracy: wages, responsibility, bud	gets, decision making		





### TYPES OF OFFERINGS

in the PACE Framework

## in school **Activities**



Focused career curriculum embedded in the school day, led by district staff or youth-serving partners

### out-of-school Engagements



Career exploration or career-based learning events and experiences led by employers or youth-serving partners

## in-school **Advising**



Advising for all students to support the development of their individualized career plans, led by district staff or youth-serving partners





# True2U Overview













### 2025 - 2026 **True2U Program Calendar**



#### Welcome to True2U! Mentor Orientation Required to attend one In person at NLI Office

- Wed. Sept. 24<sup>th</sup> at 6 pm
- Sat. Sept. 27th at 10 am Virtual via Zoom
- Tues. Sept. 30<sup>th</sup> at 12 pm

#### September

S	М	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

#### October (Session 1)

S	М	T	W	Т	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### Mentor/Teacher Meet & Greet

• Oct. 3rd -9th Exact date and time will be assigned

#### Session 1 Curriculum Training

- Tues. Oct. 7th at 6 pm at NLI
- Thurs Oct. 9<sup>th</sup> at 12 pm via Zoom

#### In-School Session 1

• October 14th - 17th Day and Time based on your school

#### November (Session 2)

9 10 11 12 13 14 15

	S	M	T	W	T	F	
<ul> <li>Session 2 Curriculum Training</li> <li>Tues. Nov. 4<sup>th</sup> at 6 pm via</li> </ul>							

- Zoom (Election Day) • Thurs. Nov. 6th at 12 pm via
- In-School Session 2
- November 12<sup>th</sup> -14<sup>th</sup>, 18<sup>th</sup> (Regularly scheduled Tuesday session will 23 24 25 26 27 28 29 take place on 11/18 due to Veterans Day) Day and Time based on your school

#### December (Session 3)

S	M	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

#### Session 3 Curriculum Training

- Tues. Dec. 2<sup>nd</sup> at 6 pm at NLI
- Thurs. Dec 4<sup>th</sup> at 12 pm via Zoom

#### In-School Session 3

- December 9th 12th
- Day and Time based on your school

#### January (Session 4)

	5	IvI	1	VV	b	F	5
Session 4 Curriculum Training  • Tues, Jan. 6 <sup>th</sup> at 6 pm at NLI					1	2	3
Thurs. Jan 8 <sup>th</sup> at 12 pm via Zoom	4	5	6	7	8	9	10
In-School Session 4	11	12	13	14	15	16	17
January 13 <sup>th</sup> - 16 <sup>th</sup> Day and Time beard on your	18	19	20	21	22	23	24

#### February (Session 5)

S	М	Т	W	Τ	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

#### Session 5 Curriculum Training

- Tues. Feb. 10<sup>th</sup> at 6 pm at NLI
- Thurs. Feb. 12th at 12 pm via Zoom

#### In-School Session 5

- February 17<sup>th</sup> 20<sup>th</sup>
- Day and Time based on your

#### In-School Session 4

 January 13<sup>th</sup> - 16<sup>th</sup> Day and Time based of school

Session 6 Curriculum Training

Day and Time based on your

Zoom

school

In-School Session 6

March 17<sup>th</sup> - 20<sup>th</sup>

Tues. March 10<sup>th</sup> at 6 pm at NLI

Thurs. March 12<sup>th</sup> at 12 pm via

		12					
	18	19	20	21	22	23	24
on your	25	26	27	28	29	30	31

### March (Session 6)

S	М	Т	W	Т	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

22 23 24 25 26 27 28

29 30 31

### April (Session 7)

S	М	Т	W	Т	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	

#### Session 7 Curriculum Training • Tues. April 21th at 6 pm at NLI

• Thurs. April 23rd at 12 pm via Zoom

#### In-School Session 7

 April 28th - May 1st Day and Time based on your school

True2U in-school session weeks are listed in calendar months above and occur according to your school's assigned day and time. Program schedule subject to change



## What is True2U?

- Started in 2015
- Volunteer group mentoring program that helps ALL 8<sup>th</sup> graders in the Cleveland Metropolitan School District focus on:
  - Good decision making skills
  - Leveraging their strengths & interests when thinking about careers
  - Their opportunities in high school and beyond



### True2U

### Neighborhood Leadership Institute (NLI)

- · Develops the curriculum
- Communicates with GCCC about PACE
- Manages mentor recruitment
- Communicates with mentors
- · Packs program materials
- Runs curriculum trainings
- Communicates with Program Staff at CMSD

### **NLI Support**

Laura Huffman Program Manager

Caroline Brennan Senior Coordinator

### Cleveland Metropolitan School District (CMSD)

- Creates program schedule
- Plans and hosts the Kick-Off and Finale celebrations
- Communicates with schools and teachers
- Manges Out of School Experiences (OSE)
- Communicates with Program Staff at NLI

### **CMSD Support**

Angelina Ferguson-Pryor Director of Career Readiness

Kristen Tellaisha, Program Coordinator





# Program Objectives

- Encourage personal development, goal-setting, and career exploration as part of the Cleveland Metropolitan School District middle school experience
- Provide tools to help scholars choose and make a smooth transition to high school based on a clear sense of their personal identity, goals, interests, values

Engage the human capital of our community directly with

scholars







**CURRICULUM** 

Mentors meet
with their class
one morning a
month during the
school day to
facilitate the
True2U
curriculum.



Detailed curriculum designed to engage students and mentors in activities centered around various topics including values, decision-making, and career pathways.



**OUT OF SCHOOL EXPERIENCES** 

Starting in the spring, students visit a post-secondary education institution and a local employer to learn about after-high school options and career paths.





# Mentoring Sessions

- Mentors matched with a CMSD teacher & 8<sup>th</sup> grade class
  - Mentor assignments will be sent via email in late September/early October
- Mentor trainings are offered the week prior to each session
- Mentors collaborate to lead 7 two hour sessions
  - Teachers are there to assist, not facilitate
- Sessions take place in the school building and are facilitated using the True2U curriculum



## School Feedback

- "The students love the activities when they can get up & move."
- "This is a good opportunity for our students a lot of our students have no idea about careers, This programs provides a lot of information that our students need."
- "Students loved the hands on puzzle-type challenges. They seemed to be more engaged worked well together."
- "True2U is a much needed program for our scholars. It gives them an opportunity to see that there are a plethora of career paths they can take that will line up with their interests. They can achieve any goal they set for themselves."



## Curriculum Refresh 2025

- Updated activities
  - More hands on activities
  - Less explanation of information
  - Looked at what information is important to scholars
  - Encourages more discussion amongst scholars and mentors



# Curriculum Refresh 2025

- Scholars will take Inventories in class
  - Strengths Inventory (Session 1)
  - Career Cluster Inventory (Session 2)
  - Personality Inventory (Session 3)
  - Learning Style Inventory (Session 5)
- Inventories will be in their Tracker
- Curriculum Guide
  - Timing and Materials
  - Mentor Tips
  - Step-by-Step Activity Guide
  - Detailed Facilitation (Study Guide)



# Special Thanks!

### **Annie Homan**

Assisting with curriculum refresh and restructuring

## **Mentor Focus Group**

Alan Pawlowski
Annie Homan
LA Dickson-Gilliam
Larresea Goodman
Patrick Tannish
Tom Miller
Valerie Johnson



# Visiting the Schools

## In-person – when you arrive:

- 1. Enter the school building with:
  - a. Legal form of ID
- 2. Go through Security
- 3. Enter the Main Office
  - a. Speak with Main Office staff, let them know you are there for True2U
  - b. Office staff should scan your driver's license or ID
  - c. Put on the provided Volunteer Badge
  - d. Once signed in, you can proceed to the location of your conference/sessions
  - 4. When your session is over, check out in the office before leaving





**CURRICULUM** 

Mentors meet with their class one morning a month during the school day to facilitate the True2U curriculum.



Detailed curriculum designed to engage students and mentors in activities centered around various topics including values, decision-making, and career pathways.

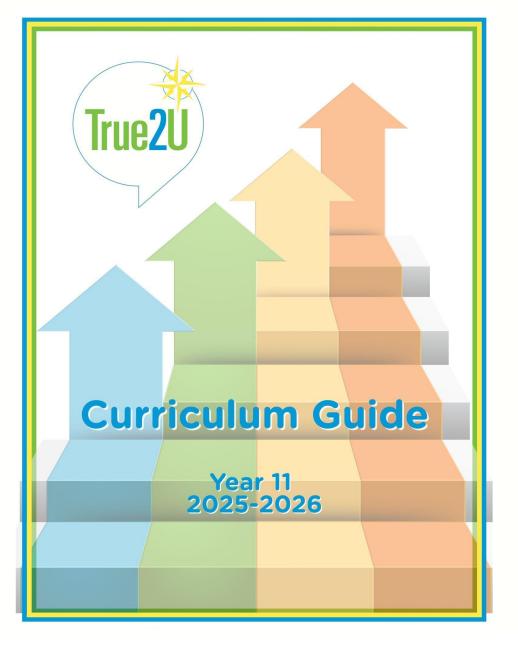


**OUT OF SCHOOL EXPERIENCES** 

Starting in the spring, students visit a post-secondary education institution and a local employer to learn about after-high school options and career paths.



# Curriculum



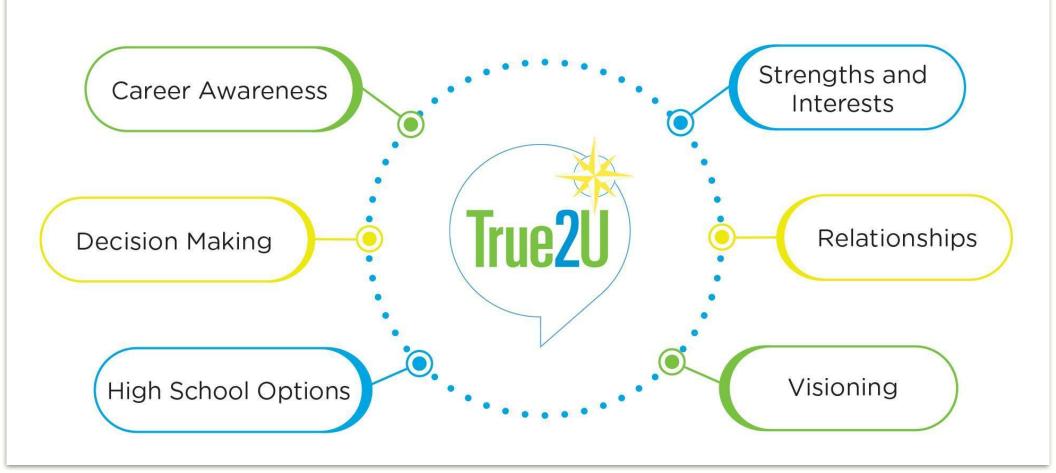
## **True2U Tracker**



Name: \_\_\_\_\_



# True2U: Helping Students Discover more about themselves and prepare for their futures.





Session 1

### Who Am I Today?



### Overview

In this session, scholars will be introduced to their mentors and the True2U program. They will begin exploring their personal strengths and reflect on how self-awareness is an important foundation for future success. Session 1 is designed to help scholars start answering the question: *Who am I today?* 

#### **Session Spotlights**

- Group Connection
- Self-Advocacy
- Self-Knowledge
- Social Awareness

#### **Learning Objectives**

- Get to know the mentors and learn more about their peers
- · Review, understand, and practice group guidelines
- Investigate their strengths and how those strengths can support career exploration
- · Reflect on opportunities, obstacles, and personal identity

#### **Mentor Preparation**

Review Session 1: Curriculum Guide, worksheets, activities, and reflection questions
Communicate with mentor partner(s)
<ul> <li>Divide activity facilitation responsibilities</li> </ul>
Develop talking points
Prepare your Session 1 PowerPoint
Think about what guidelines are important for you and your mentor partner during the
sessions
<ul> <li>Create 2-3 that are important to the group's success</li> </ul>
Create a My Name Tent
Take the Strengths Inventory



**SESSION 1: Timing and Materials** 

Session Activities	Time
Welcome to True2U! (5 minutes)	
Session 1 PowerPoint	
<ul> <li>True2U Trackers</li> </ul>	
Permanent Marker(s)	
Pencils	20 1 /
<ul> <li>Welcome to True2U! info sheet (Tracker pg. 1)</li> </ul>	20 minutes
Activity 1(a): My Name (15 minutes)	
<ul> <li>My Name template (Tracker pg. 2)</li> </ul>	
Name Tents	
Markers	
Activity 1(b): Ice Breaker: Step into the Circle	ALEXAN CARACTER
<ul> <li>Statements in Curriculum Guide pg.1.10</li> </ul>	15 minutes
Activity 1(c): My Strengths	
<ul> <li>Part 1: My Strengths worksheets (Tracker pgs. 3 - 4)</li> </ul>	45
<ul> <li>Part 2: My Strengths Inventory (Tracker pgs. 6 - 7)</li> </ul>	45 minutes
Timer	
BREAK	E minutes
Snacks	5 minutes
Activity 1(d): This or That - Decision Making for High School	20 minutes
<ul> <li>Questions in Curriculum Guide pgs. 1.17 - 1.18</li> </ul>	20 minutes
Future-Focused Reflection: Opportunities and Obstacles	15 minutes
<ul> <li>Questions (Tracker pg. 8)</li> </ul>	15 minutes
Total Time	120 minutes

#### Mentor Tips:

- True2U scholar materials are in the box at your school.
- During individual activities, circulate and assist as needed.
- Encourage creativity: there's no wrong way to do it, everyone's ideas bring something valuable.
- Keep it moving. Don't linger too long on one question/statement if it's not benefiting the group.
- Model active listening by nodding, thanking scholars for their input, asking follow-up questions, and restating their ideas so both you and their peers understand correctly.
- Stay flexible by adapting questions/statements or time as needed.
- Praise effort, not just correct answers.
- · Use a timer to keep rounds on schedule.
- Take notes on scholar feedback in your True2U Curriculum Guide for program improvement efforts.
- Collect all True2U materials and return them to the True2U materials box at the of the session.



### Session 1 Step-by-Step Activity Guide

Before you start your session, set up your Session 1 PowerPoint using the classroom Clever Touch/Computer Screen.

Welcome to True2U! and Activity 1(a) My Name Tent (20 minutes)				
Welcome to True2U! (5 min.)				
Mentors:				
☐ Greet scholars and introduce yourself				
☐ Distribute True2U Trackers and pencils				
Using Session 1 PowerPoint:				
<ul> <li>Provide a quick program overview, Welcome to True2U! info sheet (Tracker pg. 1)</li> <li>Review Session 1 agenda</li> </ul>				
Scholars:				
➤ Write their name on their Tracker using a permanent marker				
- Value alon hard on alon Hadron doing a political on that the				
Activity 1(a): My Name Tent (15 min.)				
Mentors:				
☐ Introduce My Name Tent activity (Tracker pg. 2)				
☐ Share your own completed Name Tent as an example				
Scholars:				
Create their Name Tent				
➤ Decorate with words, symbols, and drawings that express who they are				
A SECTION AND THE PROPERTY OF SECTION ASSESSMENT ASSESSMENT OF SECTION ASSESSMENT ASSESS				
Activity 1(b) Ice Breaker: Step into the Circle (15 minutes)				
Mentors:				
☐ Introduce Step into the Circle				
Review guidelines: Share 1–2 (e.g., respect, active participation)				
☐ Discussion Prompts:				
"What guidelines do you think will help us work well together?"				
☐ Facilitate the activity by asking at least 5 statements (Choose from the list provided in Curriculum Guide pg.1.1)				
☐ After each statement:				
<ul> <li>Invite 1–2 scholars to share why they stepped in (or didn't)</li> </ul>				
Ask: "How did it feel to answer this?"				
Scholars:				
➤ Participate in the activity by stepping into the circle if they agree with the statement  Mentors and Scholars: Debrief				
☐ Encourage reflection and highlight connections to guidelines				



Activity 1(c) My Strengths (45 minutes)
PART 1 — Practicing Your Strengths (20 minutes)
Mentors:
☐ Introduce My Strengths worksheets (Tracker pgs. 3 - 4)
Scholars will do 3 short activities
Explain and do one activity at a time     Fach activity leate about 4 minutes (use times)
Each activity lasts about 4 minutes (use timer)  Scholars: Participate in 3 activities
➤ Logic Puzzle
➤ Squiggle Drawing
➤ Silent Line-Up
Mentors and Scholars: Debrief after each activity, with a final debrief after completing all 3 activities
PART 2 — Who Are You? Strengths Inventory (20 minutes)
Mentors:
☐ Introduce My Strengths Inventory (Tracker pgs. 6 - 7)
<ul> <li>Options: Read each question aloud as a group, or have scholars read and complete individually</li> </ul>
Scholars:
Complete inventory, tally results, record/circle their top 3 strengths in Tracker
Mentors and Scholars: Debrief, have a few scholars share their results and thoughts
5 MINUTE BREAK
A VENT AND THE CONTROL OF THE CONTRO
Activity 1(d) This or That: Decision Making for High School (20 minutes)
Mentors:
☐ Introduce This or That
- Consideration of the conside
Read each pair of choices aloud (Curriculum Guide pgs. 1.17/1.18)
Read each pair of choices aloud (Curriculum Guide pgs. 1.17/1.18)  Pause every few prompts to discuss, and encourage volunteers to briefly explain their choices
<ul> <li>□ Read each pair of choices aloud (Curriculum Guide pgs. 1.17/1.18)</li> <li>□ Pause every few prompts to discuss, and encourage volunteers to briefly explain their choices</li> <li>Oscholars:</li> </ul>
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<ul> <li>□ Read each pair of choices aloud (Curriculum Guide pgs. 1.17/1.18)</li> <li>□ Pause every few prompts to discuss, and encourage volunteers to briefly explain their choices</li> <li>□ Scholars:</li> <li>▶ Participate by standing on one side of the room for "This" and the other side for "That"</li> </ul> Future-Focused Reflection: Opportunities and Obstacles (15 minutes)
□ Read each pair of choices aloud (Curriculum Guide pgs. 1.17/1.18) □ Pause every few prompts to discuss, and encourage volunteers to briefly explain their choices ■ Scholars:
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<ul> <li>Read each pair of choices aloud (Curriculum Guide pgs. 1.17/1.18)</li> <li>Pause every few prompts to discuss, and encourage volunteers to briefly explain their choices</li> <li>Scholars:</li> <li>Participate by standing on one side of the room for "This" and the other side for "That"</li> <li>Future-Focused Reflection: Opportunities and Obstacles (15 minutes)</li> <li>Mentors:         <ul> <li>Introduce reflection questions (Tracker pg. 8)</li> <li>Engage scholars in a discussion around strengths and connecting it to their future</li> <li>Scholars:</li> <li>Individual reflection, answer questions in their Tracker</li> </ul> </li> </ul>
<ul> <li>Read each pair of choices aloud (Curriculum Guide pgs. 1.17/1.18)</li> <li>Pause every few prompts to discuss, and encourage volunteers to briefly explain their choices</li> <li>Scholars:</li> <li>▶ Participate by standing on one side of the room for "This" and the other side for "That"</li> <li>Future-Focused Reflection: Opportunities and Obstacles (15 minutes)</li> <li>Mentors:         <ul> <li>Introduce reflection questions (Tracker pg. 8)</li> <li>Engage scholars in a discussion around strengths and connecting it to their future</li> <li>Scholars:</li> </ul> </li> </ul>



### **Detailed Facilitation (Study Guide)**

Be sure to review, edit, and add your personal touches to the Session 1 PowerPoint template to be used during your session.

Welcome to True2U! and Activity 1(a) My Name Tent (20 minutes)
<b>Goal:</b> Scholars learn about the program, review classroom guidelines, and get to know their mentors and peers.
Distribute: Trackers, pencils, and permanent markers.
Molecuse to TrueSIII (5 min.)

mentors and peers.
Distribute: Trackers, pencils, and permanent markers.
Welcome to True2U! (5 min.)
Mentors: Introduce yourself as theirTrue2U Mentor for this year.
☐ Welcome scholars to their first True2U session!
☐ Have them write their name clearly on the cover.
☐ Scholars will need to share permanent markers.
Collect permanent markers when they are all finished.
☐ Using the PowerPoint: Review Session 1 agenda
Review the Welcome to True2U! info sheet, walk through the key highlights (Tracker pg. 1)
<ul> <li>Volunteer mentoring program that takes place once a month.</li> <li>The program year is designed to help scholars learn more about themselves—what they are</li> </ul>
good at, enjoy, and how that connects to their future career or life goals.
Mentors will help scholars explore who they are, what they are interested in, and what
possibilities exist for their future.
<ul> <li>Scholars use their True2U Trackers during every session to reflect, set goals, and learn more</li> </ul>
about themselves.
Participate in group activities, talk about high school choices, and connect it all to the bigger picture, their drawns and place!
picture—their dreams and plans!
Share: Why Mentoring Matters. Why you're a True2U volunteer mentor, your personal experience,
etc.
☐ Discussion Prompt: Ask a few scholars to briefly share their thoughts.
"What stands out to you on this page and what are you curious or excited about?"
<ul> <li>"Why do you think it might be important to understand what you love, what you're good at, what</li> </ul>
you value, and what kind of life you want?"
☐ Wrap Up:
<ul> <li>"Getting to know yourself, building confidence, learning about different careers, can prepare you for high school and beyond. Our sessions are built around a variety of activities to help you explore your interests, strengths, and career ideas."</li> </ul>
☐ Ask if scholars have any questions.



#### Activity 1(c) My Strengths (45 minutes)

**Goal:** Scholars will identify their personal strengths, understand how they can use them for success, contribute to teamwork, and practice applying them in team activities.

PART 1 — Practicing Your Strengths (20 minutes)  Mentors: Introduce activity  "We all have different strengths. In this activity, you'll try several short challenges that will help you notice which strengths you use—and how others' strengths can help a team succeed."  Explain one activity at a time  Each activity lasts about 4 minutes  Set a timer for each activity  Scholars:  Complete 3 short activities
Activity 1: Logic Puzzle (4 minutes)
☐ Have scholars turn to the Logic Puzzle worksheet (Tracker pg. 3).
☐ Share: "Work alone or with a partner to solve this. Use your problem-solving skills!"
☐ After time is up, ask:
o "What strengths helped you solve this?"
"Was this easy or challenging for you? Why?"
Puzzle Answers:
<ul> <li>Jay's pet is a rabbit and finished in second place</li> <li>Kay's pet is a puppy and finished in third place</li> </ul>
Leon's pet is a furtle and finished in first place
Mark's pet is a frog and finished in fourth place
Activity 2: Squiggle Drawing (4 minutes)
☐ Have scholars turn to Squiggle Drawing worksheet (Tracker pg. 4)
☐ Share: "You will be doing this activity on your own. Make this squiggle into something creative. Use your imagination! Reminder, it must be school appropriate"
☐ After time is up, ask:
o "What strengths did you use?"
<ul><li>"Was it easy to come up with an idea? Why or why not?"</li></ul>
Activity 3: Silent Line-Up (4 minutes)
Divide the class into 2 teams
☐ Share: "This is a silent activity. Without speaking, line up in order of your birthdays—month, day,
and year. Use non-verbal communication."
After time is up, ask:
"Which strengths helped your team succeed?"
"How did you solve the challenge without talking?"
,
Mentors and Scholars: Debrief after completing all 3 activities.
"Which activity was your favorite and why?"
<ul> <li>"Did you discover any strengths you didn't know you had?"</li> </ul>
o "How can different strengths help a team succeed?"

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## Curriculum Overview

Session	Activities	Date
1: Who Am I Today?	<ul> <li>Welcome to True2U!/Activity: My Name Tent</li> <li>Ice Breaker: Step into the Circle</li> <li>My Strengths and Strengths Inventory</li> <li>This or That: Decision Making for High School Activity</li> <li>Future-Focused Reflection: Opportunities and Obstacles</li> </ul>	Oct. 14th - 17th
2: My Career Exploration	<ul> <li>Ice Breaker: Name Game</li> <li>Career Cluster Inventory</li> <li>Career Exploration: Posters</li> <li>Career Exploration: Gallery Walk</li> <li>Future-Focused Reflection: High School Matching</li> </ul>	Nov. 12th - 18th
3: My Personality Type	<ul> <li>Icebreaker: Notecard Basketball</li> <li>Practicing My Personality Type</li> <li>Personality Type Inventory</li> <li>WOOP, there it is</li> <li>Future-Focused Reflection: Personality Strengths</li> </ul>	Dec. 9th - 12th



## Curriculum Overview

Session	Activities	Date
4: My Values & Choices	<ul> <li>Icebreaker: This or That</li> <li>Making Good Choices</li> <li>Personal Values</li> <li>Future-Focused Reflection: Decisions and Values</li> </ul>	Jan. 13th - 16th
5: My Learning Style	<ul> <li>Practice Your Learning Styles</li> <li>Learning Styles Inventory</li> <li>Future-Focused Reflection: Understanding Your Learning Style</li> <li>7th Grade Advising: Letter to My Future Self</li> </ul>	Feb. 17th - 20th
6: Preparing for My Future	<ul> <li>Icebreaker: Starburst</li> <li>My Career Exploration</li> <li>My Brag Sheet</li> <li>Mock Interviews</li> <li>Future-Focused Reflection: Preparing For High School</li> </ul>	Mar. 17th - 20th
7: My Year Reflection	<ul> <li>Impressions</li> <li>True2U/CMSD End of Year Wrap Up</li> <li>Future-Focused True2U Reflection</li> <li>High School Visions</li> </ul>	Apr. 28th - May 1st





**CURRICULUM** 

Mentors meet
with their class
one morning a
month during the
school day to
facilitate the
True2U
curriculum.



Detailed curriculum designed to engage students and mentors in activities centered around various topics including values, decision-making, and career pathways.



**OUT OF SCHOOL EXPERIENCES** 

Starting in the spring, students visit a post-secondary education institution and a local employer to learn about after-high school options and career paths.





# Out of School Experiences

 Starting in March, each class will have the option to take a field trip to visit a post secondary education institution or local business organization















## Turn to a Neighbor

#### **Everyone:**

Share what you hope to gain from True2U this year

#### **Returning Mentors:**

- What are some of your favorite True2U memories?
- What keeps you coming back?
- Share any tips and tricks you've learned!

#### **New Mentors:**

- What drew you to True2U?
- Ask questions!



#### The Mentor Mindset











#### Mentor Mindset & Characteristics

- Adaptable
- Authentic
- Dedicated
- Encouraging
- Fair
- Open-minded
- Patient
- Positive
- Reliable



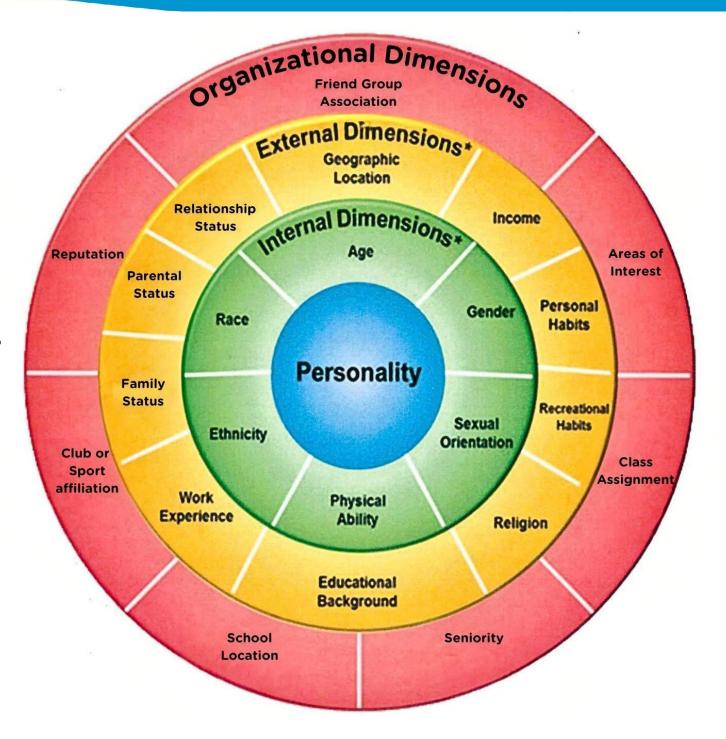


#### Applying the Mentor Mindset

- Minimize our defensiveness
- Demonstrate our vulnerability, curiosity, and humility
- Stretch our worldviews
- Identify our bias and expectations
- Allow for personal growth



# Diagram of a Student





# Using Our Emotional Intelligence

Self-Awareness: be honest about your strengths and weaknesses; be aware of your own feelings and bias

Self-Regulation: be aware of your feelings while not letting them take control of your decisions

Motivation: be up for a challenge; focus on long term success

**Empathy:** be aware of others' feelings and viewpoints; be slow to judge

Social Skills: be a team player; being a good listener; strive to defuse disputes



# Kids don't care about how much you know until they know how much you care



# Being a True2U Mentor













## Facilitation & Engagement

- Be on time (a little early)
- Know your stuff
- Be creative & encourage participation
- Authenticity & consistency are key
- Try to remember scholars' names
- Foster an environment of trust
- Equality for all
- Show excitement & be positive





## Classroom Management

- Listen, Acknowledge & Repeat
- Use proximity
- Choose your battles
- Be mindful of transition time
- On your feet, not in your seat
  - Stay engaged when your partner is facilitating
  - Avoid cell phone use
- Set the example





## Mentor Responsibilities

- Time commitment approx. four hours each month
  - 2 hour sessions
  - 1 hour training
  - Additional preparation
- Pre-work prior to each session
  - communicate with mentor partner to prepare for each session (if applicable)
  - complete tasks prior to meeting with scholars
  - attend curriculum enrichment trainings (optional)
- Complete mentor feedback survey



#### Mentor Guidelines

- No sharing of contact or social media info
- No photos of scholars or sessions
- No contact with scholars outside of program sessions
- If you feel that a scholar needs more support than you are able to provide during your session:
  - Discuss with teacher privately
  - Contact program staff for follow up



## Mentor Supports

- Detailed Curriculum Guides
- Mentor/ Teacher Meet & Greet
- Mentor Trainings
  - Welcome to True2U!
  - Curriculum Trainings
- Mentor Materials Webpage
- True2U staff to answer questions and provide support





# Mentor Materials Webpage





#### Communicate

#### Keep us informed

- Your schedule
- Challenges
- Triumphs
- Feedback

How we can better support you



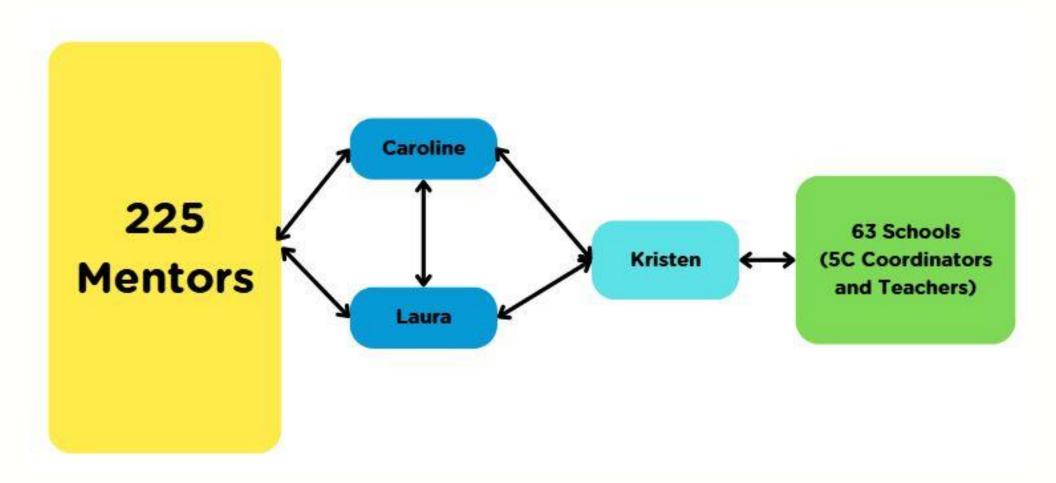


## **Session Prep-Work**

- Check your email!
- Review the session curriculum
- Complete all pre-work (surveys, posters, etc.)
- Link up with mentor partner
- Develop talking points/ personal examples
- Update PowerPoints
- Attend Curriculum Training Sessions the week before the session
  - 6 pm Tuesday (in person at NLI)
  - 12 pm Thursday (virtual via Zoom webinar)
  - Recording available on Mentor Materials webpage on Fridays



#### Chain of Communication





## Pre Program Checklist

- Attend Welcome to True2U! Orientation
- ☐ Complete CMSD background check
  - New mentors and returning that require renewal
- Mark your calendars with important dates
- Mentor/Teacher Meet & Greet on Oct. 3rd-9th (day/time according to your school assignment)
- Connect with mentor partner



#### Mentor/Teacher Meet & Greet

#### Friday, October 3rd - Thursday, Oct. 9th

- This is the opportunity to meet with your assigned teacher prior to Session 1
- Familiarize yourself with the school, protocols, and staff
- Meet your mentor partner if applicable.
- Ask Questions:
  - How does the teacher handle challenges in the classroom?
  - What tools do they use to bring the scholars attention back in?
- Date and time dependent on school assignment or if notified otherwise.



### Primary Contact for Mentors

#### Laura Huffman

Program Manager, True2U Neighborhood Leadership Institute laura@neighborhoodleadership.org 216.658.1351





## Thank you!

# Enjoy your True2U journey!









