



NAHPL Mentoring Program For Mentors & Mentees

Why join the Academy Mentor/Mentee Program?

- Mentors assist students with career guidance
- Mentors offer encouragement advice and practical feedback
- Mentors serve as role models for students entering the health and physical literacy professions
- Mentors assist with networking opportunities
- Mentors can share authentic professional experiences
- Mentors and mentees develop meaningful professional relationships within the health and physical literacy fields
- Mentors have the ability to develop leaders within the health and literacy fields

Making the Match (Mentor and Mentee) **Part of the Application Process w/questions.

- Director of Mentoring Program is advised for each Region of the Academy appointed by the Regional Executive Director (West Coast, Midland, Southern Tier and Eastern Seaboard)

Mentor Training

Training is suggested for all mentors to prepare all for success in this program.

Examples of possible webinars are: (organized by Director of Mentoring)

- Mentoring Best Practices
- Mentoring Process-goals and objectives of the mentor & mentee
- Engagement in the professions (webinars, conferences, networking groups)
- Understanding expectations of the program

- Oversees mentees/ mentors involved in program. (from Director)

Mentee Orientation

- Expectations of the program
- Support-types of support you will be receiving and that is available to you.
- Matched with a mentor
- Time commitment
- Examples of questions for a mentor

Some topics Mentors/Mentees may address:

- Academic issues (course selection, study habits, time management)
- Getting involved on campus (intramurals, clubs and organizations, etc.)
- Career Advice (planning for graduate school, learning about career choices)
- Preparation for chosen career
- Participation in a state HPERD association and The Academy
- Relationship building with peers, roommates, friends, and others

There are many important aspects of a Mentoring Program and here are some keys to making sure it is successful:

- Mentor and mentee need to understand expectations of the program
- Mentor and mentee need to commit to the program for one year
- NAHPL Mentoring Committee meets with mentee and mentor at least 1x/monthly -mentors would have access to Academy Zoom as well.
- Policies and procedures that identify how and when NAHPL will intervene if match of the mentor/mentee is struggling.
- Utilize resource: The National Mentoring Organization
- Organize special outings/gatherings at NAHPL Summits for mentor/mentee matches
- National Mentoring Month, which takes place each January, is the perfect time to celebrate mentors

Sample for First Year Mentee & Mentor

(PPT will be available for mentors to assist in developing content.)

Meeting 1 (two weeks total):

- Getting to Know One Another
- Discuss expectations of the Academy mentorship program
- Share experiences of life at college
- Develop/share goals/objectives
- Discuss areas of interest

Meeting 2 (two weeks total):

- Goals Moving Forward & Future Meetings
- What barriers/successes have you experienced so far as a college student?
- What have you learned so far?

Meeting 3 (two weeks total):

- Future Career Goals
- Discuss importance of Networking
- Discuss and describe experiences in the health and physical literacy fields?

Meeting 4 (two weeks total):

- Managing your time & workload?
- Tips for stress management
- Share skills/advice on topics pertinent at the time
- Identify positive experiences at the college OR within the mentoring program

Meeting 5 (two weeks total):

- Offer suggestions for improvement/positive FB on resume writing and interviewing skills
- Discuss the importance of networking
- Positive experiences to look forward to in workplace

*Update by Maria Melchionda 7/7/2022