

Course Schedule and Objectives

The start date for the 18 sessions is coordinate between the Mentee, the Service Provider and the Mentor. The basic schedule is set for completion in 8 week.

Week	Session	Mentor Objectives	Mentee Objectives
Week 1	Session 1	Introduce the concept of self-regulation; guide mentees through mindfulness exercises.	Practice and understand basic mindfulness techniques.
	Session 2	Facilitate discussions on decision-making; conduct role-play scenarios.	Identify and articulate personal influences and choices.
	Session 3	Build rapport; explain the benefits of mentorship; set program expectations.	Develop trust; identify personal expectations for mentoring.
Week 2	Session 4	Teach emotional intelligence basics and stress management techniques.	Implement emotional regulation techniques in real-life situations.
	Session 5	Guide mentees in identifying strengths and talents using structured assessments.	Recognize and articulate personal strengths, talents, and skills.
	Session 6	Explore the importance of positive peer relationships and networks.	Map out a support tree of positive relationships.
Week 3	Session 7	Discuss the importance of education; connect mentees to relevant educational resources.	Explore and articulate future educational or career interests.
	Session 8	Facilitate discussions on avoiding risky associations and decision-making strategies.	Develop strategies to avoid negative influences.
Week 4	Session 9	Teach practical communication and conflict resolution strategies.	Practice and demonstrate effective communication techniques.
	Session 10	Introduce the concept of goal-setting; guide mentees in creating SMART goals.	Develop personal and educational goals using SMART criteria.
Week 5	Session 11	Review mentees' progress; refine their goals and personal plans.	Reflect on progress and adjust personal growth plans accordingly.
	Session 12	Facilitate discussions on managing peer influence and building resilience.	Practice skills for making positive social connections.

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Week	Session	Mentor Objectives	Mentee Objectives
Week 6	Session 13	Explore career opportunities; introduce local apprenticeship options and mentors.	Identify potential career interests and apprenticeship opportunities.
	Session 14	Help mentees draft a simple personal development roadmap.	Draft a roadmap with steps for education, career, and life goals.
Week 7	Session 15	Discuss strategies for self-care and maintaining physical, emotional, and mental health.	Commit to specific self-care strategies for well-being.
	Session 16	Teach mentees how to find and use community resources for support.	Identify local resources for education, career, and mental health.
Week 8	Session 17	Guide mentees through a final course reflection.	Articulate growth, challenges, and personal accomplishments.
	Session 18 Fun Event	Host a 4–6 hour group activity: outdoor games, team-building exercises, or a field trip.	Participate in team-building and celebrate course completion.

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