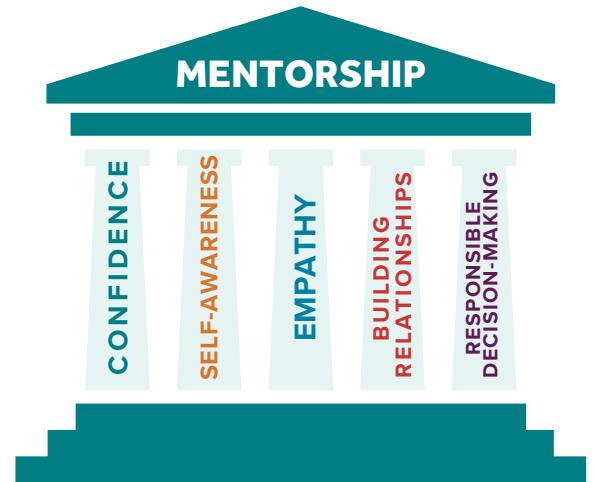




MENTOR TO MAKE A DIFFERENCE

As a ReadingPals mentor, you hold the keys to help improve our students' resiliency, motivation, competence and confidence.



CONFIDENCE

Developing a positive and secure self-image lays the foundation for intrinsic motivation and a growth mindset.

Discuss how your student(s) feel about reading and why

- Try to talk about more complex emotions.
- Build a safe space for your student(s) to express their vulnerabilities.

Reinforce their belief in themselves

- Applaud any small victory, as well as showing encouragement during when mistakes are made.



Recognizing your own feelings and beliefs and understanding how they affect your behavior.

SELF-AWARENESS

Give vocabulary words for feelings

- Try to talk about more complex emotions than just “happy” or “sad.”
- Talk about anxiousness, annoyance, excitement, etc.

Talk about characters' feelings

- Highlight how the characters' feelings change throughout the story.



EMPATHY

Ability to understand other people's feelings. The ability to understand and behave in social situations is also important.

Highlight the positive and negative ways that characters interact with one another

- Ask why these interactions are positive or negative and how the participants might feel during these exchanges.

Ask how they feel about particular actions or events from your books or real life

- This helps them understand their feelings matter to someone. Drawing connections between their feelings and others helps encourages the practice of empathy.



Ability to nurture healthy relationships with others. This includes having both good communication and conflict mediation skills.

BUILDING RELATIONSHIPS

Give student(s) authentic feedback

- Explain what they did well and why you appreciate it. This models how to give constructive feedback to your student.

Thank student(s) for being good listeners

- Help your student(s) develop their listening skills by asking them questions to see if they are paying attention to the story. Be sure to thank them when they answer correctly!



RESPONSIBLE DECISION MAKING

Ability to make good decisions about one's actions based on ethics, safety, & social expectations.

Ask if characters in the story are making good or bad decisions

- Be sure to highlight any consequences the characters must face as a result of their actions.

Talk to your student(s) about making decisions

- Ask your student(s): what makes a particular decision good or bad? Why do they feel that way?

