

ENDING THE MENTORING YEAR

Hi, I'm Sarah - from the programmes team here at Arts Emergency. I deal with lots of mentor reports, and I just wanted to let you all know that I really enjoyed reading them and think you all deserve to celebrate your mentoring year together.

We know that the journey of mentoring isn't always an easy, smooth road. And for some of you, it might have been extremely difficult to be a mentor during these times. But pat yourself on the back for making it this far! It's always worth it in the end. As you all begin to end your mentoring relationships, I hope you find these tips on how to review the year useful.

REFLECT & CELEBRATE!

It's so important for mentor pairs to reflect on their year together. Discuss any achievements that your mentee has made. Are there any they are particularly proud of, or stand out to you? If so, make a list and CELEBRATE! You could toast with a soft drink via video chat, send a lovely e-card or just simply congratulating and showing them some recognition will definitely make your mentee feel proud and appreciated.

Make sure that your mentee is aware that their accomplishments do not always have to be big, a small achievement is still an achievement. Even if it was just improving their punctuality or speaking more in class

GOALS FOR THE NEAR FUTURE

You could try to encourage your mentee to think if there is anything else they would like to achieve in the future. Get them to think about what really worked well for them when working towards goals during mentoring. Could they use these new skills or knowledge to help them achieve their future goals?

REMINDER FOR YOUR MENTEE

Please remind your mentee that Art Emergency's support is available to them up until the age of 26. After mentoring they will be invited to join our young community. [Here](#) is a link to the Young Community page on our website that you can share with them that explains all they need to know.

- It's also important you remind your mentee to ask us for help through the Wish List.
- To apply for free tickets to see theatre, exhibitions and concerts through our Ruby Tickets project,
- And apply for opportunities through their monthly newsletter where they can be offered work experience in the summer or paid work!
- If your mentee needs their own creative community, encourage them to join our Discord server where they can connect with other young people.

Lastly, if you like, remind your mentee that keeping in touch is an option, so long as you are both happy and you still follow safety precautions such as meeting in a public place.

QUESTION EXAMPLES FOR REFLECTING

Feel free to use these questions :)

1. What do you think is your biggest accomplishment during our year of mentoring?
2. What challenges did you face, and how did you overcome them?
3. What have you learnt about yourself during this experience?
4. Have you gained any new skills/knowledge that could be used in the future?
5. Do you have a favourite memory from this whole experience?
6. What have you taken away with you from work experience/visiting the __ /networking with __ /attending __ etc.
7. Is there anything else you would like to achieve in the future? Can what you've learnt from or during mentoring be applied to how you achieve goals in the future?
8. Name 3 positive changes about how you feel now, compared to how you felt at the beginning.