

GROUND RULES FOR MENTOR SESSION

Rule: #1

You are required to Respect All Instructors, Presenters and Neighboring Personnel

Rule: #2

You are expected to Listen Attentively and Stay Focused During the Sessions

Rule #3

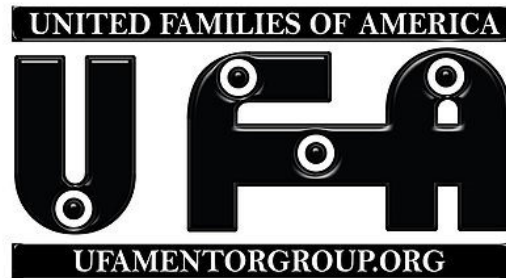
You are required to Participate in All Activities and Demonstrations

Rule #4

We Encourage you to Ask Questions and Give Us Feedback. The ONLY “ bad questions” are those not asked.



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- Self-esteem and Identity
- Academic Success
- Health & Wellness
- Employment & Business
- Conquering Conflict
- Relationship Building
- Respect & Honor
- Team Work
- Community

Lunch will be Served


Fun & Games
Demonstrations
Performances

Soar with Success Mentoring Program

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Self-Esteem/Who Am I?

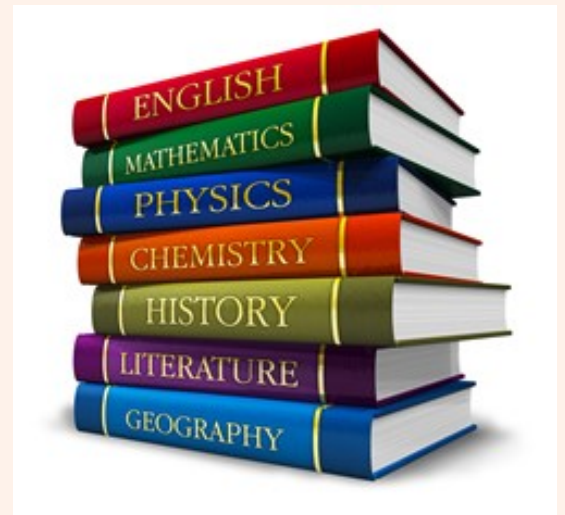
- a: Introduction Who am I, Where I am & Where am I Going
 - b: Having Self-Esteem and Handling Peer Pressure (Testimonies)
 - c: My Identity (Identity in Crisis)
 - d: Personal Role- Models
- 



Values and Character Traits

- a: Personal Decision-Making (4 Quarters Demo)
- b: Integrity: Building Good Character and Behavior
- c: Helping Others
- d: Conquering Conflict and Finding Resolutions





Academic Success

- a: Importance of Education
- b: Developing Good Study Habits
- c: Determination & Perseverance

Health & Wellness

- a: Healthy Lifestyle – You Are What You Eat
- b: Fitness Exercise – Train to Achieve Maximum Performance
- c: Rest and Sleep Habits





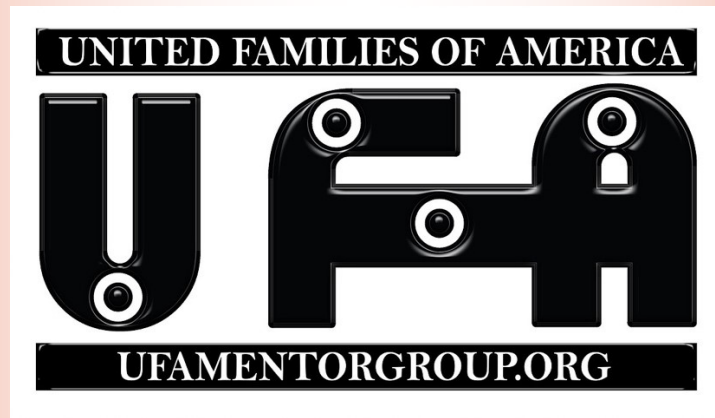
Respecting Authority

- a: Honoring Parents/Guardians & Elders
- b: Respecting Teachers
- c: Respecting Authority
- d: Parenting Challenges

Employment & Business

- a: Money Management and Investing
(Spending vs. Saving)
- b: Renting vs. Homeownership
- c: Entrepreneurial ship:
- d: Becoming A Business Owner
- e: Discover Your Passion – Start a Business





Question and Answer Segment & Graduation Day

*****LUNCH TIME*****

Activities Include but are not Limited to:

Hand & Eye Coordination Challenge, Team Ball Challenge, Hot Shot Challenge, Knowledge is Power Trivia Challenge, Get Fit Obstacle Course, Follow the Leader, Liturgical (Praise) Dance, Tae Kwon Do Self-Defense Techniques and Demonstrations, Spoken Word Expressions and Personal Testimonies

We're Better Together Because Of You!

For more information, visit us at www.ufamentorgroup.org

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