STEP 5: Science Career Project – Find a Mentor!

Lots of people reach their career goals because they have planned well, are very determined, and have solved the biggest challenges (such as improving their skills and finding financial support). Sometimes people do not succeed, though - even with all this planning.

Why is this so? How can you make sure you succeed?

Researchers have proven that the best chance to succeed, especially for long range goals, comes to young people who have a mentor.

CLASS BRAINSTORM & DISCUSSION:
1. Who do we know who is successful?
2. What help did these people get? Who were their mentors?
3. How did they find their mentors?
4. How do you think their mentors helped them?
5. How do you ask someone to be your mentor?

FIND YOUR OWN MENTOR:
1. Who might you be able to depend on to help you with your goals?
   a. Family members: ________________________________
   b. Friends: ______________________________________
   c. Professional people: ______________________________
   d. Community people: ______________________________

2. List the best 3 people as your mentors here: 1st ______________
   2nd ________________  3rd ________________

   Use the Mentor Search Sheet to talk to possible mentors, and record your efforts to find a mentor. You may need to get someone to introduce you to a mentor. Ask friends, family and school staff for help if you need it. Good luck! Mentor Search Sheet is due: ________________________
Science Career Project - Mentor Search Sheet

Aloha!

As a teacher at ___________________________ School I very much want to help all our students prepare for their future. Whether students study science or have other career and personal goals, young people often need a mentor. I thank you for considering being a mentor to this student, and ask you to please contact me if you have any questions or concerns.

Mahalo nui loa!

___________________________
(teacher’s name)

Teacher’s tel. no: _________ E-mail:____________________________

Mentor’s Commitment Letter

My name is _______________________________ and I have been asked by _______________________________ to be a mentor to them as they pursue their future goals.

I have read this student’s Timeline of Career Steps and he/she has explained to me how I can help at each step of the way. I know that this student needs me to mentor them almost every week for ____________________________.

(give years or months)

I agree to be this student’s mentor for this long and believe I can help because ______________________________________

_______________________________________________________

_______________________________________________________

I can be reached at ____________________________ should the need arise.

Signed: _____________________

(mentor’s signature)

Date: _____________________
List of Mentors Consulted

You may have to ask several people to consider being your mentor who may want to help you but are unable to at this time.

Even if you are lucky and find a suitable mentor right away, you may need to list others whom you can ask for help in future (in case something comes up and your 1st mentor cannot continue to help you). Write information about these other people you asked in the spaces below, if you have their permission. If you don’t have their permission, just describe them (ie neighbor, relative, etc.):

1. Possible mentor’s name & contact information: ________________________________
   ________________________________
   ________________________________
   Date interviewed: ____________  Declined or did not ask? _____

2. Possible mentor’s name & contact information: ________________________________
   ________________________________
   ________________________________
   Date interviewed: ____________  Declined or did not ask? _____

3. Possible mentor’s name & contact information: ________________________________
   ________________________________
   ________________________________
   Date interviewed: ____________  Declined or did not ask? _____

4. Possible mentor’s name & contact information: ________________________________
   ________________________________
   ________________________________
   Date interviewed: ____________  Declined or did not ask? _____