



# Girls in Science

## Tips for Mentors: Helping Young Women Cope

The skills girls learn and the experiences they have in the Girls in Science program can help them handle difficult situations. Here are some do and don'ts to guide you as a mentor in helping young women strengthen their coping skills:

<b>Do</b>	<b>Don't</b>
<ul style="list-style-type: none"> <li>▪ Provide an atmosphere of openness, freedom, and trust so young women will feel comfortable when expressing themselves and seeking advice from you.</li> <li>▪ Listen seriously to what the young women have to say.</li> <li>▪ Be sensitive to young women's ethnic and cultural backgrounds, religious beliefs, family traditions, and social customs.</li> <li>▪ Be in touch with your own attitudes and behavior about these differences. Recognize when your own beliefs may affect your judgment.</li> <li>▪ Take a preventative approach. Use creative methods like games and role-playing to learn what is on young women's minds and what they are experiencing in their own lives.</li> <li>▪ Help young women become assertive and let them know it is OK to say no in instances of negative peer pressure.</li> <li>▪ Inform young women that they should always tell a trusted adult if they or someone they know is in distress. Know resources for young women who need help.</li> <li>▪ Provide factual information in terms that young women can understand.</li> <li>▪ Help young women develop healthy ways to deal with stress.</li> <li>▪ Be a positive role model of behaviors and attitudes.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Impose your own values and opinions on young women.</li> <li>▪ Promise to keep information confidential if it might affect young women's safety to do so.</li> <li>▪ Be judgmental, regardless of what you are told.</li> <li>▪ Leave young women alone if the situations are life-threatening.</li> <li>▪ Be afraid to seek help from others when you feel uncomfortable discussing certain topics.</li> <li>▪ Provide information the young women do not want or need to know.</li> </ul>

## **A Year's Worth of Mentoring (52 Ideas, One for Each Week of the Year)**

1. Set your mentoring goals together
2. Tackle some homework
3. Make dinner together
4. Go out for dinner together
5. Make popcorn and talk
6. Go to a movie
7. Go to a concert
8. Shoot some hoops
9. Go to the library together
10. Just hang out
11. Figure out how to program the VCR
12. Learn about pop music
13. Talk about life
14. Give a tour of your current job
15. Talk about your very first job
16. Talk about planning a career
17. Plan a career
18. Get together with friends from work
19. Take tour of friends' jobs
20. Visit a local technical school
27. Work on a resume
28. Talk about dressing for success
29. Do a pretend job interview
30. Talk about how to look for a job
31. Talk about where to find a job
32. Find a summer job
33. Set up a work internship
34. Talk about networking
35. Talk about what it takes to get ahead
36. Talk about health insurance
37. Talk about taxes
38. Talk about balancing work and life
39. Talk about balancing a checkbook
40. Talk about balancing a budget
41. Talk about living within one's means
42. Talk about credit cards
43. Go bargain hunting
44. Plan a week's worth of meals
45. Do a week's grocery shopping together
46. Go holiday shopping

21. Visit a community college
22. Talk about college
23. Have your friends talk about college
24. Sit in on some evening classes
25. Work on applications together
26. Explore financial aid options
47. Write "thank you" notes
48. Go to a house of worship
49. Celebrate a friend's religious holiday
50. Talk about relationships
51. Talk about personal values
52. Talk about the future

