

June Life Skill On The Go | WORLD: Where Am I Going? What are My Dreams?

It is finally summer time! The last thing your mentee wants to do right now is discuss school work, and you are probably thinking more about vacation than your job tasks. Take some time this month and have fun with your mentee while also talking to them about their dreams; keep it light-hearted.

Is your mentee a talker? The creative type? Very active? A writer? Tap into their individual style to help them share their dreams. Here are a few ideas that might help you work with different types of people:

Talker: Take a conversation deeper. Ask a few more pointed questions to dig into what their dreams really are. Give them time to process out loud.

Creative: Have a fun time creating a piece of art with your mentee that expresses their dreams and aspirations. You can cut images out of a magazine to make a collage or paint a picture.

Active: If your mentee is a kinesthetic learner, meaning they learn by doing things, engage them in a project or game. If they really enjoy sports, challenge them to one on one game. If they like to fix things, find a project to do. While engaged in the activities, ask questions about how their hobby, skill or passion fits into their dreams for the future.

Writer: Ask your mentee to write you or themselves a letter, short story, poem or other type of creative writing that expresses their dreams.

Ask supportive questions that will help you have a meaningful conversation with your mentee.

- Why is that important to you?
- What does this goal, activity, interest, dream say about you? Who you are as a person?
- What will it feel like when you have that?
- What will you do differently when you reach that?
- What can you do today to make that dream come true?
- What else is important to you?
- Tell me how this dream plays out?
- What can this lead to?
- Who else knows about this interest/dream/passion?
- Who can help you realize this dream/goal/interest?

The supportive questions listed above were used with permission from the Mentoring Partnership of Long Island, NY. You can find the questions and other ideas by clicking here for the presentation slides.

Slide five about reframing is very helpful if your youth is struggling to share about their dreams. The presentation was given as a short introduction to a piece of curriculum that can be found on the partnerships website, <http://www.mentorkids.org/about-mpli/discovering-the-possibilities>.