

Guide to Mentoring 2008

Volunteer Opportunities Seeking Mentors, Tutors and Educators



The Volunteer Center 
serving Howard County

M = Mentoring Opportunity

T = Tutoring Opportunity

E = Educating Opportunity

Volunteer Center Serving Howard County

info@volunteerhoward.org; 410.715.3172

www.volunteerhoward.org

What is a Mentor?

Mentor: n.1. A wise and trusted counselor or teacher.

2. Mentor Greek Mythology. Odysseus's trusted counselor, in whose guise Athena became the guardian and teacher of Telemachus.

v. Informal mentored, mentoring, mentors v. intr.

To serve as a trusted counselor or teacher, especially in occupational settings.

v. tr. To serve as a trusted counselor or teacher to (another person).

Why become a Mentor?

January is National Mentoring Month and there is no better time to begin mentoring! Even if you cannot begin right away, this guide has opportunities for you that will assist you all year. ANYONE can get involved. Each person has a variety of unique skills to offer to individuals in need of a mentor or tutor. Mentors do not have to be experts, they simply must be willing to share their knowledge and experience!

Mentoring can be a rewarding experience, not only for the person receiving the mentoring, but for the volunteer as well! Becoming a mentor is a wonderful addition to a resume and an excellent way to develop skills. Of course, the most rewarding part of mentoring is the personal satisfaction you feel while making a difference!

How can the Volunteer Center Serving Howard County help?

The *Guide to Mentoring* is updated annually to encourage and promote mentoring opportunities that occur throughout the entire year! Inside you will find the mission statements and contact information for a variety of non-profit/governmental agencies seeking mentors, tutors, and educators.

The help doesn't stop there. Registering with The Volunteer Center Serving Howard County is an easy way to stay up-to-date as new needs arise for volunteer mentors and tutors that may not have made it into the *Guide to Mentoring*. Visit www.volunteerhoward.org or contact us to find out how to register.

10 Tips for Effective Mentoring

1. Maintain regular contact. Mentors should assume they are the givers in the relationship. Consistent contact models dependability and builds trust. At least weekly contact is recommended.

2. Always be honest. Trust and respect are the foundations on which mentorships are built.

3. Avoid being judgmental of a protégé's life situation. Acceptance without conditions communicates that your concern comes without strings attached.

4. Avoid excessive gift giving. And don't do for a protégé what s/he can do for him/herself. Your greatest gift is to help a person discover his/her own solutions to problems.

5. Don't expect to have all the answers. Sometimes just

listening attentively is all people need.

6. Help your protégé access resources and expand support networks. Discuss the importance of maintaining positive relationships.

7. Be clear about your expectations and your boundaries. Set up ground rules and communicate them.

8. Avoid being overwhelmed by your protégé's problems. Remain calm and dispassionate to help protégés solve problems.

9. Respect confidentiality. Good friends do.

10. If the relationship seems to stall, hang in there

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**A-OK (Assisting Our Kids)
Mentoring/Tutoring Program ✪ M,T**

A-OK recruits, trains and refers volunteer mentors and tutors to work in elementary and middle schools, usually one adult to one child. There are also opportunities to assist in after school programs. Positions are available for both mentors and tutors for elementary and middle school students.

Contact Chaya Kaplan at 410-730-6030 or chayakaplan@verizon.net or Joe Willmott at 410-730-0229 or jwillmott@verizon.net

Best Buddies ✪ M,E

www.bestbuddies.org

Best Buddies is a non-profit organization dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships. Best Buddies is seeking men and women to volunteer as Citizen Buddies for adults with intellectual disabilities. Make an impact just by being a friend.

Contact Jennifer Lehman at 410-327-9812 x38 or jenniferlehman@bestbuddies.org

Big Brothers Big Sisters of Central Maryland and the Lower Eastern Shore ✪ M,E

www.biglittle.org

The mission of Big Brothers Big Sisters of Central Maryland is to make a positive difference in the lives of children by assisting them in achieving their highest potential as they grow to become confident, competent and caring individuals. To do this, we enroll volunteers to become Big Brothers and Big Sisters to children who will benefit having the influence of an adult friend and role model.

Contact Leon J. Henry at 410-243-4000 ext. 223 or lhenry@biglittle.org

The Cal Ripken, Senior Foundation ✪ M

www.ripkenfoundation.org

The Cal Ripken, Sr. Foundation is a non-profit organization that uses baseball and softball taught **The Ripken Way** to develop character and give disadvantaged youth opportunities to succeed.

Contact Janice Chan at 410-823-0808 or jchan@ripkenfoundation.org

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Conexiones, Inc. ✪ M,T,E

The mission of Conexiones is to assure that all Hispanic students in Howard County will graduate from high school and move on to further education.

Contact Feli Sola-Carter at 410-997-7702 or feli@conexioneshc.org

Fidos For Freedom ✪ T,E

www.fidosforfreedom.org

Fidos for Freedom strives to increase the independence, self-esteem, and confidence of people with hearing and mobility impairments and provide unconditional love to residents in healthcare facilities through the use of specially trained hearing dogs, service dogs, and therapy dogs.

Contact Joe Swetnam at 301-490-4005 or office@fidosforfreedom.org

FIRN-Resources for the Foreign Born ✪ M,T,E

www.firnonline.org

FIRN provides youth and adult English tutoring and cultural mentoring to foreign-born residents of Howard County.

Contact Paula Elise Blackwell at 410-992-1923 x14 or pblackwell@firnonline.org

Healthy Mentoring Matters ✪ M,T,E

www.iiiinc.org

Healthy Mentoring Matters will appropriately match youth with incarcerated parents, ages 4 up to 18, with an adult mentor. This program incorporates a positive youth development framework as an integral component of the mentoring continuum. Program participants enjoy a safe and nurturing relationship with caring adults to discover new talents and interests, learn new skills and receive additional support in academic and non-academic activities. The program also provides activities that give youth the skills and opportunities to positively interact with peers and form appropriate social bonds. (Mentees are from Prince George's County only).

Contact LaMarr Shields at 301-362-4551 or LaMarr@iiiinc.org

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Howard County Antique Farm Machinery Club ✿ E

www.farmheritage.org

The mission of the Howard County Farm Machinery Club is to preserve our agricultural way of life through programs that offer presentations and displays designed so those participating can experience the way of life in historical Howard County.

Contact John or Virginia Frank at 410-531-2569 or jsrstar@comcast.net

Howard County Department of Recreation and Parks ✿ T

www.co.ho.md.us/RAP

The mission of the Howard County Department of Recreation and Parks is to utilize a team approach to provide a high quality recreation and parks system that promotes opportunities for all Howard County residents to pursue safe and enjoyable leisure activities in balance with protection and conservation of natural resources.

Contact Ann Combs at 410-313-4624 or acombs@howardcountymd.gov

Howard County Library Project Literacy ✿ T, E

www.hclibrary.org

Howard County Project Literacy provides adults with free assistance and support to improve their reading, writing, and basic math skills. This program adopts a two-pronged approach: (1) one-to-one instruction by tutors for two hours a week; (2) for Spanish-speaking community, small group instruction in designated public schools, where free childcare is provided. Volunteers are asked to work 2 hours a week with an assigned student and commit to at least six months of tutoring.

Contact Emma Ostendorp at 410-313-7900 or emma.ostendorp@hclibrary.org

International Center for Artistic Development, Inc. ✿ M, E

www.camelliablackwell.com

The International Center for Artistic Development, Inc., is a nonprofit, cultural arts education, organization created for the purpose of promoting the understanding and appreciation of the arts through the development of innovative programs in the arts among the diverse peoples and cultures of the world. Programs for the community include artistic and mentorship programs providing growth opportunities for members and volunteers. ICAD is actively involved with established and developing artists, students, art centers, state and county art councils, museums, art centers, art galleries, and universities on local, national, and international levels.

Contact Dr. Camellia A. Blackwell at 301-604-4484 or icadcabt@yahoo.com

The Metropolitan Washington Ear ✿ E

www.washear.org

The mission of the Metropolitan Washington Ear is to provide a comprehensive array of reading and information services for blind, visually impaired, and physically disabled people who cannot effectively read print.

Contact Donna Hunsicker at 301-681-6636 or volunteers@washear.org

Mother's Against Drunk Driving of Howard County ✿ E

www.maddhowardcounty.org

MADD's mission is the prevention of impaired driving and support of its victims along with prevention of underage alcohol use.

Contact Nancy Hoffman at 410-465-5757 or admin@maddhowardcounty.org

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Our House, Inc. ✦ M,E

www.our-house.org

Our House is a residential job training center for at-risk adolescents, ages 16-21. Our House offers a highly supervised and structured learning environment to allow students to participate in "hands-on" job training in carpentry and other construction skills during the day, academic and life skill classes in the evening and weekly community service projects on the weekend. For information on volunteer opportunities and our "Wish List", please visit our website.

Contact Jean Wunder at 301-519-1019 or jean@our-house.org

Running Brook Elementary School ✦ T,E

www.howard.k12.md.us/rbes

The mission at Running Brook Elementary School is to share the responsibility for fostering optimum achievement for all students.

Contact Eric Soskil at 410-313-6893 or Eric_soskil@hcpss.org

The Ulman Cancer Fund for Young Adults

✦ M,E

www.ulmancancerfund.org

The mission of the Ulman Cancer Fund is to provide support programs, education and services, free of charge, to benefit young adults and their families and friends who are affected by cancer, and to promote the prevention and awareness of cancer.

Contact Kelly Lance at 410-964-0202 ext. 105 or Kelly@ulmanfund.org

US Dream Academy ✦ M,T

www.usdreamacademy.org

The mission of the US Dream Academy is to empower at-risk children and youth to maximize their potential by providing them with the academic, social and values enrichment through supportive mentoring and the use of technology.

Contact Samantha Shepherd at 410-772-7143 or sshepherd@usdreamacademy.org

Voices for Children ✦ M

www.voicesforchildren.org

Voices for Children recruits, trains and supervises volunteers who advocate for abused and neglected children in the Howard County Court system. Each volunteer meets with his/her Court assigned child on a regular basis to gain insight into that child. This allows the volunteer to make informed recommendations to the Court as to which placement and services would be in the child's best interest.

Contact Janice Schwartz-Lantner at 410-740-0933 or info@voicesforchildren.org

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