

Challenges Faced by Mentors *Between 9-12 Months of Mentorship*

A. CHALLENGE: SAYING GOODBYE

1. Question: How do my mentee and I say good bye?

When you are part of a time-limited program, such as a school-based program, relationships end at the close of a program year. Most programs, however, will want you to stay in the match as long as both parties are interested.

- In this instance, the program coordinator will likely suggest some activities that help you prepare for an end point.
- You may want to casually note some advances that you see your Mentee has made since your first meetings. These are some of the gains that the two of you can celebrate as the relationship draws to a close.
- Set aside a time, a month or 2 weeks before the final meeting to talk about your goals and progress you've made together toward them plus any limitations of the relationship (if this seems useful)
- Do something special to celebrate the ending such as a card, a meal or a special outing

If you are part of a so-called community-based match, in which you choose your own activities and organize those yourselves, your relationship can continue as long as both of you wish it to.

- We know through research that relationships gain impact the longer they last, so sustaining the relationship as long as possible is fantastic! The comfortable feeling of a sustained friendship typically means you're your mentee will feel good about addressing important topics with you. You'll be able to add in ideas by asking: "Have you considered this or that possibility?" Together, you can discuss possible courses of action.
- Most formal mentoring relationships end when a young person reaches age 18. At that point, you and your mentee can choose to continue the relationship at whatever level of frequency or type of contact works for both of you.
- If a relationship closes before your mentee is 18, you'll need to discuss any further involvement with your mentee with his/her parent(s).