MENTOR RESOURCES & TRAINING MATERIALS

Whether you’ve come to a training yet or not, this PDF has a ton of links to great resources, some from Be A Mentor, and some from other places. Throughout the course of your mentoring relationship (and even if you haven’t started one yet!) you should be able to find here many useful tools.

Can’t find what you need? Still have questions? Need help?

Contact your Be A Mentor project coordinator, Jen Light.

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office – 510-795-6488 ext 222

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BE A MENTOR EXPECTATIONS

Though Be A Mentor’s mentoring programs are predominantly community-based and unstructured, that doesn’t mean we don’t have expectations of our volunteers as well as our participating families.

1. Before an applicant is eligible to mentor, they must complete all clearance requirements as stipulated by their program. This always includes an in-person interview with a coordinator. However, eligibility does not guarantee being matched with a youth through the program. Even if an applicant completes all the requirements, they may be deemed unsuitable to mentor, or simply not be found to be compatible for any available youths.

2. Mentors are expected to commit a minimum of 2 hours weekly for at least one year in spending time with their youth. If as an applicant you feel unsure about your ability to commit to this minimum, this program may be unsuitable for you.

3. If a mentor observes signs and symptoms of abuse and neglect that require immediate intervention, a mentor is expected to call emergency child services. With that said, a mentor is not a social worker or representative of child protection agencies, is not a mandated reporter unless stipulated by profession, and neither is a mentor expected to fulfill such roles in the relationship. A mentoring relationship is confidential for the mentee unless outside intervention requires private communications to be investigated. Conversations with a project coordinator are confidential and are the exclusive exception aside from intervention for student welfare.

4. Life happens. If crises occur, problems in the relationship with the mentee, or the mentor has to move – whatever the reason – we expect mentors to contact a coordinator at Be A Mentor. We cannot supervise and therefore ensure success in your relationship without your communication. It is of utmost importance that mentors keep open communication with their coordinator.

5. Youths are not empty vessels to be filled. Be A Mentor expects a certain level of cultural competency from mentors, and most importantly, we expect mentors to be prepared to love and support their mentee unconditionally. Your biases and opinions are just that and should be closely examined prior to expressing a desire to volunteer. If you are nervous about ‘kids from bad families’ or ‘kids from bad neighborhoods’, then this may not be the program for you.

6. Mentors are expected to showcase positive behavior and to express and keep consistent boundaries with their mentee. Boundaries are crucial to keeping a healthy mentoring relationship with a youth.
FREQUENTLY ASKED QUESTIONS

**Q. What do I have to do to mentor?**

A. It’s all laid out for you in your Volunteer Management System login at beamentor.org/login! Log in using your email address and password you used to create an application with Be A Mentor. Your dashboard will display all of the items required to clear in order to be an eligible mentor applicant. Applicant mentors are required to:

- Be fingerprinted for a local & national background screening (DOJ & FBI)
- Submit negative tuberculosis (TB) test results from within the last 3 years
- Submit driver’s license and proof of insurance, or sign a non-driver waiver
- Complete a questionnaire in their profile
- Have 2 of 3 submitted references give favorable reference
- Attend a Be A Mentor training
- Attend an in-person interview with a Be A Mentor coordinator

Applicants may upload documents to their profiles using the dashboard, or email them to a coordinator.

**Q. What makes a good mentor?**

A. Mentors are stable, positive adult volunteers from the community who present support, resources, and companionship to youths in need. Mentors take all shapes and forms depending on the needs of the individuals in need of mentors. You don’t have to be the president or have had 5 kids of your own to be a good mentor. However, there are experiences and life skills you may have developed that make you a more desirable candidate to a child. The opposite could also be true.

**Q. How many trainings do I have to go to?**

A. Just one! We offer many opportunities for training as volunteers have all different schedules.

**Q. How is a mentor matched with a youth?**

A. As mentors go through the clearance requirements process, they are invited to do an in-person interview with a coordinator, where the coordinator will make observations and notes based on the applicant’s experience, personality, presence, attitude, competency, emotional intelligence, and a wide range of other factors too complex and nuanced to summarize. Simultaneously, youths are interviewed during the application process by coordinators who assess the child’s expressed needs and desires as well as the parent’s observations. In combination with consideration for geographic relativity, communication and learning styles, interests, needs, and
other such factors, a compatible match is determined by a coordinator. The mentor and student’s family will then be contacted about the potential match and given some information about the coordinator’s reasoning for the identified compatibility. The coordinator will then arrange a ‘match meeting’ per the availability of the coordinator, family, and mentor. The match meeting typically takes place at the youth’s home or a nearby, convenient public location, where the youth will have the opportunity to meet the mentor supervised by a coordinator.

**Q. How, where, and when will I meet with my mentee?**

**A.** It’s up to you and your mentee! Once you’ve had your match meeting with a coordinator, you and your mentee – or their parent / guardian – will schedule outings on a weekly basis. You will be meeting your mentee unsupervised, one-on-one. Typically, mentors will pick a mentee up from school or home at a discussed time and then spend time at another location for their outing. Some mentors go fishing, some spend time at the library, some plays sports with their mentees. It all depends on you and your mentee’s schedule and your mentee’s needs and desires.

**Q. What if my mentee doesn’t like me?**

**A.** We’ve had very few matches with a youth who decides they don’t particularly care for their mentor, and even some mentors who decided the same about their mentees. It’s a realistic possibility that in spite of a coordinator’s best efforts to make a compatible, long-lasting match, their judgment was off. Both student and mentor are offered the opportunity to have a closure meeting, depending on the length of their existing relationship, and are also offered the choice to drop the program or be rematched with a different student or mentor. The biggest thing is not to take it personally. Be honest and proactive in your communications with a coordinator and keep in mind what’s best for the child.

**Q. I know my role as a mentor, but what is expected of my mentee?**

**A.** Mentees are expected to commit to spending their minimum 2 hours a week with their mentor, and they are also expected to communicate through a guardian if problems in the relationship arise on their end. We encourage mentees to do a lot of things with their mentors – introduce their friends, develop goals, ask question, be on time and ready for outings – but for the most part, the relationship is *not* equal. Do not expect your mentee to behave reciprocally. Most youths who seek mentors lack the social skills or developed emotional intelligence to maneuver ‘correctly’ through relational situations. Part of mentoring is recognizing problematic behavior in your mentee and supporting and challenging them to unlearn it and do better.
Q. What if I suspect that my mentee is being abused?

A. Whether you suspect your mentee is being hurt, is going to be hurt, or is going to hurt themselves or somebody else, you are not expected to intervene personally in the situation. Tell your mentee that “this is bigger than you and me, and we need help” / that you must break confidentiality - unless informing your mentee will put them at more risk. Contact the necessary child protection services. It is not your job as a mentor to intervene. Do be aware, however, that doing this can threaten your relationship with a mentee. Always use common sense and proper judgment and remember that your mentee’s safety and welfare should be your primary concern.

Q. Do I have to have a car to mentor?

A. No. You can use public transportation with your mentee. However, keep in mind that this can limit where you can go, and it can put a severe strain on the time you spend together. Some youths may not be overly enthused about taking public transit everywhere. Without a vehicle, you will have to compensate in time and creativity. You will also need to sign a waiver as a non-driver.

Q. What ages, genders, areas, etc do the youths come from?

A. It depends on the program! Sometimes we operate under grants with stipulations on age range, risk focus, etc; sometimes we operate with another specific organization to create and fulfill a particular program. The programs change all the time. Ask your coordinator what program is right for you!

Q. It’s only been a month since we were matched, but my mentee doesn’t seem interested or excited anymore. How can I get them to open up?

A. Mentoring is a relationship that requires a deep investment of love and time. Just as any other relationship, it will take serious time to really build genuine trust and understanding between yourself and your mentee. You can’t count on your mentee to keep the relationship alive. All you can do is be persistent, and as a mentor, you’ll need to continuously breathe life into the relationship. You can’t take it personally! At-risk youths often lack consistent adult presence in their lives, and a common testing tool is to push people away, as they expect everyone to abandon them in the end. It’s your job to prove them wrong and give them a positive counterexample. If you’re really struggling, you can always reach out to your coordinator for mediation and guidance. But the only way to open your mentee up is to try against all odds to understand them. Mentors usually become friends with their mentees, but it’s a hard, long road. It will feel un-reciprocal! Don’t give up! It all comes down to your persistence and commitment!
RECORDING YOUR MENTORING OUTINGS

Thanks to the Volunteer Management System, it is very easy to keep basic notes on your time spent with your mentee. Once a mentor is chosen to be matched with a youth and all parties agree on the suitability of the match, the mentor will have different options logging into your dashboard at beamentor.org/login.

Once matched, you will also be able to select Logs Hours And Activities. A drop-down menu will appear asking you whether it’s with an individual or group (usually, you will select individual), from which you will be able to select your student. A series of fields will ask you for the time spent driving, planning, and on the actual outings, and for a report on activities and observations. You can also make these reports retroactively.

Example of activity log:

Your project coordinator will be able to view these ‘activity reports’. It’s very important to keep activity reports of your time with your mentee – this is how we can all observe your mentee’s progress over time!
MENTORING PREPARATION
AND INFORMATIONAL RESOURCES

Protecting Our Children From Abuse and Neglect - This article outlines clearly the symptoms, reasons, and effects of abuse, as well as basic reminders of the means to report abuse.

Frequently Asked Questions About Mandated Reporting – All your questions about “but WHEN do I call the police” answered amply here.

Developing Adolescents: A Reference For Professionals – An extremely comprehensive reference about adolescent development. Covers pretty much all of the basics intensively.

Cultural Competence / Diversity / Inclusion (by CASA) – A list of CASA articles, indexed by demographic, focusing on helping professionals develop cultural competency in their work with vulnerable populations.

Cultural Competency (by Advocates for Youth) – Slightly more comprehensive material on cultural competency framed less for professionals and more for caregivers, mentors, and volunteers.

Beyond the Tip of the Iceberg – Five Stages Toward Cultural Competence – A short read analyzing the difficulty of the personal journey of growth towards cultural competence.

Implications of Interactive Media for Adolescents – This handbook is very long, but a terrific read. Interactive media, the internet, and TV / video games are a predominant fixture in youths’ lives today, and it is crucial for any adult / mentor to be aware of the reality of its effects on adolescents, and how they can use youth fascination with interactive media to a mentor’s advantage in the relationship.

Free Peer Mentoring Newsletter – features a variety of useful information about developing empathy and incorporating new methods into your mentoring relationship, focusing especially on upcoming programs and trends in coaching & leadership behavior.

California County Emergency Response Child Abuse Reporting Phone Numbers

Social Service Agency Listings by County

FAFSA Form (Free Application For Student Aid)
Trauma Facts for Educators – this useful handbook explores many of the facets of learned and psychologically developed traumatic behavior and responses. This will challenge your notion of definable trauma and is a very useful read for ANY mentor.

Do You Know Enough About Me To Teach Me? By Stephen G Peters – A compilation of student interviews focused around understanding the identities of students in order to provide successful education and support; a look at the educational system from the students’ perspectives. If you are not a teacher or involved in the educational system, this book can be eye-opening. ** Requires $$ purchase.

A New Look At Adolescent Girls: Strengths and Stresses Research Agenda; the American Psychological Association – A comprehensive resource for better understanding and supporting adolescent girls. It is indexed by topic and focuses primarily on going beyond understanding affectations to adolescent girls, but also embracing and recognizing their strength and resilience.
YOUTH OF COLOR RESOURCES

**Educating Black And Latino Males: Striving For Educational Excellence and Equality** – This article touches on the demographic and cultural issues affecting the lack of academic success for boys of color. It outlines a studied series of ‘touchstones’, successful practices encouraged for implementation in our educational system, but which can greatly increase a mentor’s understanding and cultural competence in supporting and inspiring mentees of color.

**Responding to the Challenges of Confronting Latino and Black Males: The Role of Public Policy in Countering the “Crisis” and Promoting Success** – This article is an excellent read for understanding the public policies and societal stigmas perpetuating the vulnerability of boys of color in regards to their success, safety, health, and development.

**Removing Stigma: Towards A Complete Understanding of Young Latinas’ Sexual Health** – This handbook, produced by the Latina Institute for Reproductive Health, is full of basic facts and information that can drastically improve understanding for a non-acculturated mentor working with Latina teens, whether they are entering the sexually-curious phase of their adolescence or not.

**Suicidal Behavior in Latinas: Explanatory Cultural Factors and Implications for Intervention** – You may not be aware that due to various overlapping cultural stigmas, among other factors, Latinas are the population in the US most at risk for suicidal behavior. This is a very useful article for beginning to understand the root of the problem.

**Eating Disorders in Women of Color: Explanations and Implications** – A valuable article that’s just what it says it is.

**An Ecological Exploration of Black Adolescent Psychopathology: Depression and Suicidal Ideation** – Due to the lack of intersectionalism in our country’s focuses on the ills plaguing youths of color, depression and suicidal ideation in black youths, especially boys, has been long ignored. This research piece looks at understanding some of the predictors, symptoms, structural and psychopathological predicators of black adolescent depression.

**Effective Strategies for Mentoring African-American Boys** – Published by the American Institutes for Research this short research piece, drawn from one of the very few studies ever conducted on the practices of mentoring programs, identifies what distinguishing needs black boys need in the communicational, structural, and intimate formation of a mentoring relationship.
Youth Mentoring – Do Race and Ethnicity Really Matter? – A research piece that examines the very same titled question.
RESOURCES FOR FOSTER YOUTH

California Chafee Grant for Foster Youth – youths who were or are in foster care may be eligible for up to $5,000 a year for career / technical training or college.

CA College Pathways – a variety of resources to help foster youths aspiring to college, attending college soon, or who are already in college to help make sure they complete college with academic as well as developmental success.

Foster Care Outreach – a great website with tons of resources for foster youth and mentors supporting foster youth. This website outlines a huge diversity of resources in a format catered to young people. Some of the things shared on this site are: tips and resources for employment, support for housing and independence, court contacts, court advice, and even a section for LGBTQ foster youth.

California Department of Education Resources – legitimate resources associated with foster care youth. Massive list of useful agencies, laws, and facts. Many resource links were pulled from this one.

Facts About Foster Youth Education Laws – Know your mentee’s rights about their education. Share this resource with their guardian. Help your mentee know their rights.

Helping Your Child Succeed In School – An Education Handbook For Parents and Caregivers of Youth in the Foster Care System
MENTOR OUTING RESOURCES

**Fun Cheap SF** – Free and affordable events in the East Bay and San Francisco. There is a whole section for family friendly events, too. You can often get free tickets to events you would normally have to pay for.

**East Bay Regional Park District Activities** – This is the official website for East Bay Parks. This page will show you a calendar of all upcoming events. Some cost money and require registration, but many are drop-in and free. A majority of the events are educational, fun activities at our local preservations and parks that focus on environmental, ecological, and cultural awareness!

**Groupon** – Through Groupon, you can get great deals on museum tickets, workshops and activities, and plenty of other fun things to do with your mentee. It can be useful just to find ideas for things to do!

**Zipcar** – Don’t have a vehicle? Tired of public transportation? Have some big plans for outings with your mentee, and you need a ride? Try Zipcar; it’s easy and pretty reasonably priced. As long as you provide an insurance policy from your membership, or a declaration of insurance each time you rent from Zipcar before your outing, you’re good to use this service.

**Getaround** – Getaround is similar to Zipcar, but you can rent cheaper from individuals privately renting out their own vehicles. As with Zipcar, you must provide a declaration of insurance or membership policy declaring insurance in order to use Getaround on your outings with a mentee.

**510 Families** – This website is useful for locating family-oriented events in the area, but their deals section can net you some amazing discounts on very cool things such as Disney On Ice & monster truck events, if that’s something you’re interested in treating your mentee to.

**101 Must-Try Family Adventures** – Some basic ideas you may have already thought of, but there are quite a few hidden gems of creative thinking in here. A great inspiration for conceiving outings with your mentee!

**100 Ideas To Use When Mentoring Youth** – This is a wonderful resource for ideas to help your mentee to open up and begin forging a truly powerful bond in your relationship. These creative activity ideas can be modified to suit you and your mentee’s taste!

**Bay Area Parent: Top Picks For Family Fun in the East Bay** – A great list of upcoming family-friendly events and activities, as well as prices for tickets if purchase is required.
MENTOR ACTIVITY IDEAS

Alameda Pacific Pinball Museum
Alameda Table Tennis Club
Alcatraz
Airport Tour
Amusement Parks
Angel Island
Annual Black Cowboys Parade
Annual Oakland Running Festival
Arcade
Archery
Art for Heart
Art Galleries/Exhibits
Art/Craft Projects
Candle Making
Ceramics
Painting
Paper
Pottery
Asian Art Museum
Ask student for ideas
Aquarium
Banana Split
Bank
Barbecues
Ballet
Be there when having bad day
Beach
Behind the scenes restaurant tour
Bike Riding
Bingo
Bird-watch at Rotary Nature Center
Birthday Celebrations/Special Days
Black Panther Tour
Bladium in Alameda
Board Games or Play “I am thinking of ____” Puzzles
Bocce Ball at Make Westing
Boardwalk at Santa Cruz
Boating
Book Club or Discussion
Book Readings
Book Store, New and Used
Boutiques
Bowling
Boy / Girl Scouts
Build Projects
Cal Berkeley
California Academy of Science
Camping
Car Shows
Cards (Bridge, Poker, etc.)
Career/Job Fair
Cat/Dog Shows
Certificates of Accomplishment
Chabot Space & Science Center
Chamber Mixer
Change Oil in a car
Chapel of the Chimes
Cherry Picking
Christmas Tree Lighting
Church – Attend other’s services
Circus
City Council Meetings
City Public Offices
City Tours
Class or Seminar
Coffee Shops
Comic Book Museum
Community Faire
Community Garden
Company Picnic
Computer Program (learn together)
Computer Skills
County Faire
Concert/Symphony/Opera
Concerts in the Park
Construction Work - observe progress of project and workers
Cooking/Baking (make a meal together)
Corporate Events
Court to observe proceedings
Crab Cove in Alameda
Crafts/building
Creative Writing
Cruise with the USS Potomac
Cultural Events
Cultural Exposure through the
International House Community
Dancing/Dance classes
Day in a city exploring
Day Trips – Scenic Drive
Decorating for the holidays
Detention Facility (visit)
Dinner In
Disneyland
Dog Walking
Drama Improv Classes
Dress-up event
Drive / walk along Skyline Boulevard
Driving range
East Bay Regional Parks
  Ardenwood Historic Farm
  Black Diamond Mines
  Coyote Hills
  Mt. Diablo
  Sunol Regional
  Tilden
Edible Excursions
Educational Aids and rewards
Embarcadero
Entering Contests/Events (walk-a-thon, 5krun, etc.)
Errands together
Exercise
Exploratorium
Explore College/Shadow for a day
  Alma Mater
  Campuses/Vocational Training
  Career Centers/Job Fairs
  College Catalog
  College Lecture
  College Open House
  Talk to students
Visit:
  CSU, East Bay
  CSU, San Jose
  CSU, San Francisco
  Chabot
  Healds
  Ohlone
  UC, Berkeley
  University of San Francisco
  Holy Names College
  Mills College

St. Mary’s College
Explore a new City including the historical part
  Benicia
  Berkeley
  Half Moon Bay
  Monterey
  Sacramento
  San Francisco
  San Jose
Facial
Factory - visit
Family Functions (mentor’s or mentee’s)
Farm - visit
Farmers’ Market
Feeding Homeless
Ferry ride to Angel Island,
  Sausalito, San Francisco
Festivals
  Dublin St. Patrick’s Day Festival
  Fremont Art and Wine Festival
  Gilroy Garlic Festival
  Half Moon Bay Pumpkin Festival
  Sacramento Jazz Festival
  San Ramon Wind Festival
Field Trips
Film Festival
Financial Discussion
  Balance Checkbook
  Defer Immediate Gratification
  Discuss Savings and Investing
  Spending Habits – Need vs. Want
Fine dining – explore different Cuisines
Fire Department
  Fishing
  Flea Market
  Flying a kite
  Football/Basketball Games
  Free Concerts
  Frisbee
  Fundraisers
  Gardening
  Garage Sales
  Genealogy Research
Getting to know other cultures
Getting together with other mentors/mentees
Golden Gate Park
Go Carts
Go to Woodminster Amphitheatre
Government Buildings
Grand Prix
Great America
Grocery Shopping
- Give mentee a list and an amount of money. Can the student stay in the budget?
- shop for low budget/healthy meal
Guitar Lessons
Hayward Japanese Garden
Health Faire
High School & College Athletic Events
High School Sports
Hiking
  East Bay Regional Park
  Mission Peak
  Mt. Diablo
  Mt. Tam
  Muir Woods
Historical City Walks
Historical Sites (Landmarks)
Hobbies – Share each other’s Hobbies
Hockey
Holiday Projects – Share Traditions
  Cooking
  Decorate Tree
  Easter Eggs
  Pumpkin Carving
Home Improvement
Horseback Riding
Homework
  Academic Challenges
  Organizational Skills
  Study Skills
  Time Management
Ice Cream
Ice Show
Ice Skating

Independent Film Festival
Inspirational Speakers
Inventing Game/language
Introduce student to professionals who share their career interest.
Interview as to requirements to get the job.
Jelly Belly Factory Vacaville
Job Shadowing – Work Meeting
  Visit companies of interest
  Interview with a person in field of interest
  Interview as to requirements to get the job.
  Responsibilities of the job
Job Fairs
Karaoke
Kayaking
Keep a journal together – decorate it
Kiwanis Meeting
Knitting
Lake/Reservoirs
  Chabot
  Elizabeth
  Lafayette
  Merritt
  Orinda
  Shadow Cliffs
  Temescal
Lakeshore Learn
Lawrence Hall of Science
Laser Tag
Learn an instrument together
Learn juggling at Kinetic Arts Center
Lecture Series
Let them teach you something
Life Skills
Library – how to use
  College Library
  Fremont
  San Francisco
Listen to Music
Local Theatre/Plays (Community Theatre)
Look at the stars
Lunar New Year Bazaar
Make Ice Cream
Make a Video
Makeover – Makeup and Hair
Malibu Grand Prix
Mall – Window Shopping, Walking
Manicure – give each other one
Marina
Marine Sanctuary Trip
Marine World
Meet with successful people
Meet Your Family
Metreon
Mighty Wurlitzer at the Grand
Lake Theater
Miniature Golf
Mission Peak
Money Management Skills
Morcom Amphitheatre of Roses
Monterey
  Aquarium
  Coast
  Sardine Factory
Mountain View Cemetery
Movies
Movies at home with popcorn
Muir Woods
Mural/Art Walk
Museum
  African American
  Ansel Adams Museum
  Comic Book
  De Young
  Legion of Honor
  Mexican
  Olive Hyde Art Guild- Fremont
  San Francisco MOMA
  Science
  Tech Museum
Oakland Museum of California
Oakland Aviation Museum
Berkeley Art Museum and Pacific
  Film Archive
Beauity Museum
Golden State Model Railroad
Lawrence Hall of Science
Lindsay Wildlife Museum
Museum of Children’s Art
Potomac Historic Association
Tattoo Archive
  UC Berkeley Herbarium
Music Store
Nails, polish each others
Nature Walk
New Language, Learn
Newspapers/Books
Oakland
  Chinatown
  Dunsmuir House
  Jack London Square
  Lake Merritt
    Paddle Boat Ride
    Feed Ducks
  Mormon Temple for the view
  of the Bay Area
Museum (free night)
Walking Tour
Greek Festival
Peralta Hacienda Historical
  Park
Old Oakland’s Popuphood
Fruitvale’s Annual Dia de los
  Muertos Festival
Oakland Asian Cultural
Center
Oaklandish
Observatory
Omniscape in Richmond
Organizational Skills/Time
  Management
  Calendar
  Daily Planner – Make a
  planner to teach time
  management
Organize an Activity for Mentee’s
  friends – help student set up an
  activity
Outdoor Activities
  Baseball
  Basketball
  Biking
  Frisbee
  Hiking
  Horseback Riding
  Ice Skating
  Paddle Boat
  Rollerblading
| Be A Mentor |
| Mentor Resources & Training Materials |

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| Roller Skating | Running | Soccer | Swimming | Tennis | Volleyball |
| Pacific Stock Exchange | Paint your own pottery | Paintball | Painting/Drawing | Parks – City and East Bay Regional |
| Feeding Ducks | Frisbee | People Watching | Throwing a Ball | Walking |
| Part Time Job Exploration | Party with a theme | People watching | Pets – Play with - Walking | Photography – Disposable camera |
| – keep a scrapbook | Picnics | Pier 39 | Planetarium | Play/Theatre/College Plays |
| Poetry/Slams – encourage writing | Police Ride Along – Tour of Station | Pottery Class/Studio | Practice Martial Arts together | Practice Social Skills |
| Public Transportation | – Cable Car | BART | Bus | Ferry |
| San Francisco - Muni | San Francisco - Muni | Martinez to Old Towne | Sacramento | Ranger night at the park |
| Read magazines at Issues | Read same book and discuss | Read a map, public transportation schedule | Read newspaper – know about current events | Reading Magazines at Borders |
| Rebuild a computer | Responsibility Activity | Get a goldfish or live plant to teach them responsibility of caring for it | Make Certificate of Accomplishment | Restaurant – explore new ethnic dishes |
| Resume writing | Road Trip | Roaring Camp | Rock Climbing | Rock Paper Scissors Collective Class |
| Sailing | San Francisco – city tour | Alcatraz | Angel Island | Chinatown |
| Crissy Field | Fort Pointe | Fisherman’s Warf | Embarcadero | Exploratorium |
| Ferry Ride | Golden Gate Bridge (walk) | Golden Gate Park | Japan town | Legion of Honor |
| Museum of Modern Art | North Beach | Ocean Beach | Pac Bell Park | Palace of Fine Arts |
| Pier 39 | Presidio | Ride Cable Car | Trolley Ride | Union Square |
| Walking Tour | Yerba Buena | Yerba Buena | Yerba Buena | Yerba Buena |
Santa Cruz Beach Boardwalk
Scavenger Hunt – go to a new city and try to find certain things
Scholarship Opportunities
Research
School Activities – Academic or extra curricular
Science Center
Scrapbooking
Second hand store
See the AXIS Dance Company
Set a table for a fancy meal
Sharing Travel Experiences
Shooting Pool
Shopping
Sing together at The Alley
Skate Park
Snow
Social activities with mentee’s friends or mentor’s friends
Social Graces Skills
Soft Skills through practicing problem solving, communication and teamwork
Soroptimist Meeting
Spoken Word/Open Mics
Sporting Events
College
City League
Professional (fan appreciation day – A’s $1 games)
Star Gazing
State Capitol Tour (Original capitol in Benicia – set up like it was)
Street Faire/festivals
Successful Role Models, Meet and Interview
Sunol Historic Train Ride – steam and electric
Support their activities
Take a workshop / class together
Take along on mentor activities
Talk, Just Listen
Share your past - mistakes & all
Share about your family
Share about your decisions and the results
Tall Building – View from the top
Teach interview & job app. Skills
Teach mentee to swim
Teach younger kids
Television – Quality Programs
Temescal Tastes
Theatre
Theme Park
Tide Pools
Toastmasters
Tour an office
Tour Cathedral of Christ the Light
Tour the USS Hornet
Touring Model Homes
Train Rides – Sunol or Tilden Park
Trapeze Arts Circus School
Trolley Ride
Twelve Step Meeting when they have open meetings
Twenty Dollar Shopping Spree
Video Games
Video Presentation Skills
Visit Remember Them statues in Uptown
Visit Senior Center
Spend time with a Senior Citizen
Vocational School
Volunteer together - Animal Shelter
Beach Cleanup
Bingo
Cleanup Activities
Feeding People
Humane Society
Plant Trees
Senior Center
Walk & people-watch
Wash car together
Watch the news and discuss
Watch TED Talks together
Water skiing
Whale Watching
Window-shopping
Working Out
Workshop at The Crucible together
Yoga
Yosemite Youth Orchestra

YouthUprising Teen Center

Zoo