



## *Rivers to Success: Mentoring Indigenous Youth*

### High School to Post-Secondary Stream

## **Program Overview**

*Rivers to Success: Mentoring Indigenous Youth* program is a two stream mentorship program for Indigenous students. The High School to Post-Secondary Stream matches Indigenous high school students with Indigenous post-secondary students as their mentors to assist in career pathway development and transitioning successfully to post-secondary education. Mentorship is an effective way to help students gain invaluable insight beyond their own education and experience.

### **Who can be a mentor?**

Mentors are Indigenous students currently studying at a post-secondary education institute with a willingness to assist other Indigenous youth. A mentor is an enthusiastic leader who is willing to provide support and guidance to help shape the professional growth and academic development of an Indigenous student. Mentors inspire their mentees and facilitate academic, educational, and professional development.

Mentors provide the following:

**Support:** Encourage growth and achievement by providing post-secondary and career advice, and strategies to maintain balance and achieve success.

**Information:** Share their knowledge, experience, and wisdom. Listen and offer advice, resources, and constructive feedback.

**Contacts:** Stimulate curiosity and build confidence by presenting new ideas, opportunities, successful practices, and challenges.

**Goal Setting:** Guide mentees in setting and reaching their goals related to academic and career life success and achievement.

**Role Models:** Share stories of achievement and become role models to their mentees.

The following are criteria for participation in the program:

1. An Indigenous student currently studying at a post-secondary education institute;
2. Enthusiastic and positive attitude;
3. Provides 3 references and completes a police background check, paid for by Indspire;
4. Commits to 1 to 2 hours'/month involvement in the program.

## Who can be a mentee?

Indigenous high school students with question about post-secondary education.

1. If you are under 18, parental consent forms are required to be completed before starting in the program;
2. Students who commit to spending time monthly with their mentor through telephone, skype, or facetime;
3. Students who want to ask questions about post-secondary education.

## Application Process

While the program runs each year from September to May, applications are accepted throughout the year. The process is as follows:

1. Complete an online application form (visit [indspire.ca/rivers](http://indspire.ca/rivers)) or Contact the Rivers Coordinator for an application [rivers@indspire.ca](mailto:rivers@indspire.ca) .
2. Parental Consent is required to complete forms for participants under 18.
3. Intake Conversation – Applicants will be contacted for a 10-minute conversation by phone, including a series of questions to assist with the matching process. The questions will take into consideration personality preferences and traits, mentor’s experiences, and mentee’s specific needs.
4. Police Record Check – all participant’s (mentors and mentees 18 and over) will be required to complete, paid for by Indspire.
5. Parent Handbook, Program Guide and other resources to frame the mentoring relationship.
6. Contract – mentors will complete a mentoring agreement outlining time commitments and developmental goals for the term of the mentorship program.

## Matching Process

Using information from the application form and intake conversations, Indspire considers the following when pairing mentors and mentees:

1. Learning goals;
2. Region;
3. Career field
4. Skills and experiences;

It is very important to complete all questions on the application form to ensure a suitable match.

## Program Process

The program requires mentors and mentees to follow the steps below, which were developed by Indspire as a framework for success to facilitate a positive collaborative relationship:

1. **Sign up:** <http://indspire.ca/for-students/mentorship-for-students/>  
To be a mentee Complete the PDF forms and email or fax to the Rivers Coordinator.  
To be a mentor Click on **Apply to be a mentor**.
2. **Build a relationship:** Mentors and mentees will be introduced by email. The mentor should initiate contact with the mentee within one month of receiving the email. Together choose dates and times to meet and how you will collaborate, e.g. via skype, email, phone etc.
3. **Watch orientation webinar:** All mentors and mentees are required to watch an orientation power point webinar.
4. **Read the program guide:** It will provide all of the information needed to guide a collaborative learning journey and establish a positive learning relationship.
5. **Meet monthly:** Communicate and collaborate with one another at least once per month. Choose specific dates and times to meet, whether by phone, Skype, in person, etc.
6. **Stay Connected:** The Program Coordinator will contact mentors and mentees 2-3 times during the year to see how you are both doing. Parental involvement may also be requested.
7. **Rematches:** Sometimes personalities may not be compatible. If either party feels that the match is not working, please contact the Program Coordinator as soon as possible. We will make every effort to address any such concerns and/or find a more suitable match.
8. **Complete surveys:** There are three online surveys for mentors/mentees to complete during the program year—Upon completion of each of the three surveys, mentees will receive a \$50 honorarium.  
#1 Orientation & Goal Setting  
#2 Check-ins  
#3 Program Feedback
9. **Certificate of Completion:** Mentors and mentees will receive a Certificate of Completion at the end of the program year.

## Contact:

indspire.ca | [rivers@indspire.ca](mailto:rivers@indspire.ca) | 1.855.INDSPIRE (463.7747) x271

## Lead Sponsor:

