

College Re-Entry Mentor Application

Who can mentor and what makes a good mentor?

We are looking for mentors of any age who experienced a mental health crisis during young adulthood and/or college and were eventually able to achieve a degree. The most important qualities of a good mentor are dependability and genuine interest in the well-being of his or her mentee. Because mentees rely on their mentors, it is important to keep scheduled appointments; however, when the unexpected happens, a good mentor communicates with their mentee. Other qualities that make someone a terrific mentor are creativity, enthusiasm, and a positive attitude.

What are the time requirements of mentoring?

Because mentoring is a one-on-one relationship that takes time to build, it requires a minimum commitment of an hour per week for 6 months. If mentors and mentees want to stay connected beyond this time, they can choose to do so. Mentors are also required to attend a 75 minute orientation session before being matched with a student.

What does a mentor do?

A mentor builds a supportive relationship with his or her mentee and helps the mentee navigate any challenging areas of life. Mentors and mentees determine their own schedule to spend time together each week doing something that they enjoy. This could include activities such as meeting for coffee, strolling through the park, going to a museum, or grabbing a bite to eat. Most of all, a mentor is a friend and confidant that the student can depend on.

Why should I mentor?

Mentoring in our program will allow you to get something positive out of the negative mental health challenges you went through in school. Your personal experience will allow you to uniquely connect with and help someone struggling like you had been. A national survey of adults who mentored young people showed that 83% learned or gained something personally from their mentoring experience including feeling that they were a better person, increased patience, friendship, a feeling of effectiveness and new skills.¹

Questions?

Feel free to call or stop by any time! You can also email julie@collegereentry.org.

College Re-Entry Mentor Application

Contact Information

Name	
Home Phone	
Cell Phone	
E-Mail Address	
Street Address	
City ST ZIP Code	

How did you hear about us?

Work/School Schedule and Availability

Are you currently working and/or in school? Yes No
If yes, please list your employer/school and schedule

During which hours are you available to mentor?

- Weekday mornings Weekend mornings
 Weekday afternoons Weekend afternoons
 Weekday evenings Weekend evenings

What is your general availability to attend a one-time orientation session during the week?

- Morning Afternoon Evening

Interests

Why are you interested in volunteering as a mentor?

What are your hobbies, skills, special talents, and interests? Please be thorough, as we will use this information to match you with a student.

Personal Experience

Please describe your personal experience with a mental health issue during college. This information will not be shared, but will help us in the matchmaking process.

Emergency Contact

Name	
Street Address	
City ST ZIP Code	
Telephone	
E-Mail Address	

Agreement and Signature

Fountain House College Re-Entry requires that mentors fulfill a **minimum commitment of one hour per week for 6 months** once matched with a student. Please list any extenuating circumstances that would prevent you from fulfilling the required time commitment.

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I understand that a criminal background check may be conducted.

Name (printed)	
Signature	
Date	

There are many options for you to submit your application—you can:

- Fill it out, scan, and send it back to us info@collegereentry.org
- Fax it to us at (212) 664-0792
- Mail it to us at 437 W 47th Street, New York, NY 10036

Thank you for your interest in mentoring with Fountain House College Re-Entry!

ⁱ Jean Baldwin Grossman, "Contemporary Issues in Mentoring," Public/Private Ventures. 1998.
<http://files.eric.ed.gov/fulltext/ED433431.pdf>