

Student Activity

Creating a Mentoring Profile

Video Discussion and Self-Reflection Questions

In the video, Habeeb Lewis talks about how Eagle Academy for Young Men and its ESI program, **Building Resilient Outstanding Scholars (BROS)**, helped him grow, connect with others and begin to plan for his future. What are your thoughts about Habeeb's experiences?

Discussion and Self-Reflection Questions

- When he first came to high school, Habeeb says he was scared. Do you remember how you felt the first few days of high school? How would you describe your feelings?
- Habeeb believes it is important to “step outside of your comfort zone.” Do you agree? What would stepping outside of your comfort zone look like for you?
- Although he isn't sure yet what he will study, Habeeb plans to go to college. What are your plans for the future? What actions will you have to take to achieve those plans?

Student Activity

Habeeb expresses appreciation for the adult leaders of BROS, who share their advice and experiences to “help students avoid the same mistakes they did.” BROS students look up to these “mentors.”

A mentor is often a counselor, guide and role model. If you were to be a mentor to someone your age or younger, what skills or advice would you be able to share? **Complete the worksheet below, and consider your strengths as well as your challenges and how your experiences might help someone else.**

My Mentoring Profile

If you were to mentor someone else, what would you share?

1. What skills do you have that you could share with your “mentee?” (Computer or smartphone skills; musical instrument; car repair; songwriting, etc.)

2. What is the best advice you have ever received? How would you share this advice with your mentee? How did it impact your life so far?

3. What have been some of your past frustrations? What have been some of your successes?

4. What do you feel are the most important qualities for a mentor? Do you think you have those qualities? If not, which ones would you work on?

“Mentors help shape our lives and support our dreams.”