

Mental Health News for Teachers Behavioral Health Services January is for National Mentoring Month





Facts and Techniques for Success



WHAT'S THE DIFFERENCE BETWEEN A TEACHER AND A MENTOR?:



Surprise! In many ways, they are one in the same. Teachers mentor everyday as they foster student unique-ness, creativity, change and, growth. Students need teachers to instruct, but they serve students, just like mentors, as advisors. Students learn from watching and listening to teachers as they interact with parents, other teachers and students.

WAYS TO "MENTOR" YOUR STUDENT:

- Communicate when you see something that needs to improve in your student in a caring and concerned way (as always!).
- Be a role model: Always watch your words and behavior.
- Remember to wish students well on tests, on their birthdays, holidays, and weekends. Let them know their important days are important to you, too!
- Be a good listener, but keep your boundaries in tact! Use your school guidance/ social work team at appropriate times.
- Be solid on school rules. Don't bend the rules for some—students pay attention to inconsistencies.
- If your students are in the Nicasa After School Program—stop by!



CONSIDER THESE RESOURCES:

- Read Advisor, Teacher, Role Model, Friend—an amazing STEM—related book.
- Read Thank You Coach by Angus Reid—more than just your average coach story—It's for any teacher who mentors.
- Read Heart of Teacher—this is a great inspirational book containing quotes and stories on teaching.
- · Read What Do I Do With a Child Like This? By L. Tobin. This easy to read resource will open your eyes!
- You can always call the supportive team at Nicasa at 847-546-6450.