

A Mentor's Perspective - The 10 Commandments of College

As the summer winds down and August approaches, we are preparing for our students' departure to college to begin their new life away from home with dorms, roommates, new decisions and new beginnings. Any young adult will admit that while this is an exciting time, it may be frightening and rather intimidating as well. From a mentor's perspective, seeing your student off to college may bring about the same emotions. Here is a story from a Chester County Futures' mentor about how he creatively and uniquely addressed concerns regarding college life with his mentee.

As a Chester County Futures' mentor, Jeremy Allen has worked with his mentee, Dan, all through high school. Through the years, they have developed a close bond; one based on friendship, encouragement, trust and tremendous guidance on Jeremy's part. After hours of unlimited discussion regarding Dan's impending departure for college, living away from home and the overall transition to college life, Jeremy decided that he and Dan together should create the "10 Commandments for College." The strategy was to capture the most important topics of their discussions throughout the years; topics that pertain to life, responsibility for actions, decisions, behavior, relationships and generally what lies ahead.

After a great amount of soul searching, Dan created what he felt best summarized those discussions with Jeremy and what he wishes to follow while in college. Included in the commandments is a reference to Dan's accomplishment of receiving the award for the "Best Communitarian" in his class for his service as a volunteer firefighter.

Dan has decided that the commandments should be laminated to hang on the wall in his dorm room so that he can refer to them while he is away at college. With Dan's permission, we are able to share his "10 Commandments for College." He hopes to provide some valuable insight into the many discussions that transpired between himself and his mentor.

I SHALL....

1. I SHALL CALL MY MOTHER ONCE A WEEK.
2. I SHALL ATTEND ALL CLASSES ON TIME.
3. I SHALL COMPLETE ALL ASSIGNMENTS ON TIME.
4. I SHALL CONTINUE TO TAKE GOOD CARE OF MY HEALTH.
5. I SHALL ASK FOR HELP WHEN NEEDED.
6. I SHALL CHOOSE A GIRLFRIEND WHO PULLS ME UP NOT BRINGS ME DOWN.
7. I SHALL CALL (OR E-MAIL) JEREMY EVERY COUPLE OF WEEKS.
8. I SHALL HAVE FUN AND ENJOY LIFE.
9. I SHALL ALWAYS BE WORTHY OF MY HIGH SCHOOL "BEST COMMUNITARIAN" AWARD.
10. I SHALL GRADUATE COLLEGE.

I SHALL NOT...

1. I SHALL NOT FORGET WHY I AM IN THE UNIVERSITY OF PITTSBURGH AT TITUSVILLE.
2. I SHALL NOT SKIP CLASSES.
3. I SHALL NOT ABUSE COLLEGE PARTIES BECAUSE I AM AT COLLEGE TO LEARN.
4. I SHALL NOT USE DRUGS.
5. I SHALL NOT STAY OUT SO LATE THAT I CANNOT ATTEND CLASSES IN THE MORNING.
6. I SHALL NOT DISRESPECT GIRLS.
7. I SHALL NOT BECOME A FATHER WHILE IN COLLEGE.
8. I SHALL NOT FORGET PEOPLE BACK HOME.
9. I SHALL NOT DROP OUT.
10. I SHALL NOT FORGET TO HONOR THESE COMMANDMENTS.

WHAT THE STUDENTS ARE SAYING...

“Mary Ellen is the best mentor anyone could have! She is awesome, supportive and always available when I need help or need to talk”.
Alondra, Coatesville Area High School, about her Mentor, Mary Ellen

“I’d like to thank my mentor. He’s really an influence to me. He has done well for himself, which makes me strive to do better. One day, I could be as successful as he is.
Thank you, Bill”
John, Phoenixville Area High School, about his Mentor, Bill

“Ken, you are the best mentor that anyone can ever have. You rock the world!!!!”
Rosendo, Kennett High School about his Mentor, Ken

“Chester County Futures has been a life changing experience. Because of Chester County Futures, I have become a more responsible individual. I can honestly say that my high school experience would not have been the same without this program. This is why I am thankful for this wonderful enrichment program.”
Maritza, Oxford Area High School Graduate.
Maritza will be starting at Penn State in the fall.

Coming In The Fall!

Based on your feedback, we will be featuring a section in our newsletter titled, “**What We Are Up To**” beginning this fall. This section will give you updates on what our Chester County Futures’ students have covered in the after school meetings in the previous month. Hopefully this will be of help to you in knowing what the students are working on in the Futures’ after school curriculum.



Mentor Jim Goldfinger

Our Grant Writer, Judy McGlew, donated a signed Philly’s hat for all Potential Mentors who were trained and became Mentors from September 2008 through June 2009. Those names were placed in the hat, and on July, 16th, our Student Services Coordinator, Josie Ramos, chose the winner. Mentor Jim Goldfinger is now the proud owner of the signed Philly’s hat. Congratulations Jim!!

22 Things to Do with Your Mentee

1. Work on a hobby together (photography, gardening, scrap-booking, collecting models, baseball cards, sewing, etc.).
2. Play a sport together (football, soccer, basketball, baseball, jump rope, tennis, etc.).
3. Have a water fight.
4. Go swimming.
5. Go fishing.
6. Help your mentee learn a new talent (cooking, photography, playing a musical instrument).
7. Learn 20 words of a foreign language together.
8. Learn about the Constitution.
9. Make some cookies together and give them to someone who could use some cheering up.
10. Fly a kite.
11. Go to a park and feed the ducks or geese.
12. Find something your mentee has never tried - an activity or a food - and experience it together.
13. Play a game or play cards and talk.
14. Whack golf balls at the driving range.
15. Assemble a model car, plane, train, etc. or do a craft together.
16. Find out what your mentee would like to do for a first job. Tell your mentee about your first job.
17. Support your mentee by attending a school activity that he or she has participated in - athletics or a performance.
18. Write letters to armed service members.
19. Talk about your mentee’s goals and dreams and what needs to be done to achieve them.
20. Make a plan to achieve a short-term goal.
21. Check out local high school events, such as sporting events, plays, concerts, etc. and attend one.
22. Ask your mentee what he/she is looking forward to most during the school year and to describe the one thing he/she most wants to accomplish. Tell him/her what you want to accomplish during the same time period.

LOCAL THINGS TO DO

SCHEDULE A HERR'S SNACK FACTORY FREE TOUR

Herr Foods Inc.

20 Herr Drive
Nottingham, PA 19362-9788
1-800-637-6225

Monday - Thursday

9 AM to 11 AM and 1 PM to 3 PM

Fridays

9 AM to 11 AM

(cannot guarantee production running on Friday)

All tours take approximately one hour.
For more information visit the Herr's website at:

<http://www.herrs.com/>

[SnackFactoryTours/ScheduleTour.html](http://www.herrs.com/SnackFactoryTours/ScheduleTour.html)

TYLER ARBORETUM

Tyler Arboretum

515 Painter Road
Media, PA 19063
Phone: 610-566-9134

Children under three and Arboretum members are admitted for free.

Non-member adults (16 to 64), \$7

Non-member seniors (65+), \$6

Non-member children (3-15), \$4

Back by popular demand through September 27, 2009, Tree House Exhibit. 10 imaginative tree dwellings take root in this centuries-old sanctuary for trees.

Each house becomes an outdoor classroom where nature is the teacher inviting visitors of all ages to explore ecology and sustainability while having fun! Visit the tree house link at:

<http://www.tylerarboretum.org/treehouse-exhibit.asp>

Would you like to share a Mentor Story?

We know that many of you have had a tremendous and positive experience with your mentees. We would like to post some of these stories in our monthly newsletters. If you have a special story you would like to share, please contact Audrey Smith at asmith@ccfutures.org with your story.

If any Mentor has recently moved, changed phone numbers, has a new e-mail address or name change, please contact Mentor Services Coordinator Audrey Smith at asmith@ccfutures.org to let us know any new information. We would like to keep our records updated and current. Thank you!

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