

**Session 1**  
“Getting Acquainted”

**Goals**

- The students will be introduced to the Virginia Heroes mentor program.
- The students will learn something about each member of their class.
- The students will share information about themselves with their classmates.
- The students will learn information about their new mentor(s).

**Materials**

Activity 1  
Activity 2  
Activity 3

**Procedure**

Wait until each student is seated. Welcome the students. Briefly introduce yourself and describe the goals of the mentor program to the students. Ask the students if they have ever had a mentor before. A mentor is someone who serves as a wise and trusted counselor or teacher. A mentor gives guidance and support to enable a young person to become whomever they choose to be.

Find out some of the things the students would like to get out of the mentor experience. Share with the students what you would like to get out of the mentoring experience. Answer any questions the students may have about you and the mentoring experience.

Engage the students in establishing ground rules for the mentor sessions. Be sure to record the ground rules created. Guide the establishment of group rules, as needed. Describe the goals for today’s lesson.

Pass out Activity 2 to each student. Read the directions and begin the activity.

## Script

### Opening the mentor session:

“My name is \_\_\_\_\_. I work for \_\_\_\_\_ as a \_\_\_\_\_ . We will meet twice a month and we will talk about a variety of things.”

“Now that you know who I am, I want to get to know you. Please tell me your name and favorite movie star.” (Be sure to get the correct pronunciation. It is important to everyone, especially young people, that their names are pronounced correctly.)

“Since we will meet as a group for the next several months there are some ground rules we need to follow. They are:

1. Raise your hand if your want to contribute to the discussion.
2. Everyone gets the opportunity to speak.
3. Whoever is speaking should have everyone’s undivided attention.
4. Only one person should be speaking at a time.
5. Everything discussed stays within the group.
6. That means whatever we discuss is confidential. Confidential means secret or private. (Discuss the importance of confidentiality).”

Ask if there are any additional rules that the group feels should be added.

“I have an activity that will help us get to know one another a little better.”

### Closing the mentor session:

“Our time is almost up. Who would like to summarize our session today? Are there any questions before we go? I have really enjoyed meeting each of you. Thank you for allowing me to spend time with you today and I look forward to our next meeting.”

I should see you again on \_\_\_\_\_. Have a good day and a good week.

## Session 1

### Activity 1: Who Am I?

Ask students to listen as you give them clues about a famous personality. Read the clues one at a time, in the order they are listed. Allow time for the students to guess after each clue is given. Challenge the students to guess with as few clues read as possible.

### Activity 2: The Me Report

Have the students complete “The Me Report” form independently. Then pair the students. Allow the students to share their information with their partners. Then allow the students to introduce one another to the class.

### Activity 3: Me Poster

The “Me Poster” should be completed by each student. Allow each student to pick one or two facts from their “Me Poster” to share with the class.

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### Activity 4: Virginia Hero

**John Aboud III** is an American writer and comedian. With Michael Colton, he is a regular commentator on Best Week Ever and other VH1 shows. In February 2000, the two founded Modern Humorist, an entertainment company based in Brooklyn, NY best known for its online magazine. Prior to the creation of Modern Humorist, Aboud worked as a freelance writer for magazines and Web sites. In 1996, he was among the first copywriters at Grey Advertising's online division.

He graduated from Douglas S. Freeman High School in suburban Richmond, Virginia. Aboud graduated from Harvard University in 1995. He was an editor of the Harvard Lampoon and served as president in 1994.

### Activity 5: Stress Relief

#### Relaxing Spot

Create a spot in your home that is designed for complete relaxation. You could put your favorite chair or pillow in front of a window with a special view. Personalize and maintain your spot by adding a favorite book, your journal, soft lighting, fresh flowers or a plant and photos that make you happy.

### Activity 6: Virginia Trivia

Virginia is known as "the birthplace of a nation."