



Stay In School Mentoring Project

Mentor Messages Guidelines

The Stay in School Mentoring Project matches volunteers from the community across a broad spectrum of professions, with students that need guidance and support to help them be successful in school.

PURPOSE

Provide inspirational pre recorded messages to CCSD students.

PREPARATION

Pick a topic that interests you and/or you think would be interesting and inspirational to students. Remember to speak in terms / at the level of your intended audience. You can create videos for Elementary (keeping in mind that you'd speak to a 1-3rd grader different from 4-5th), Middle or High School students. If you want to give the same message to different grade levels feel free to record more than one video on the same topic.

Remember to ...

- Keep your video short & sweet (under 5 minutes)
- Introduce yourself
- Be entertaining, inspirational and / or informative
- Make sure the sound / lighting in your video is good
- Be mindful of anything that could be distracting to your audience (background noise and/or location)
- Put the subject of your video in the title
- Short but descriptive description
- Use personal examples if applicable
- Upload video(s) to Classroom Cast as often as you'd like
- Upload your video into the correct folder (Elementary School - ES, Middle School -MS, High School - HS)

DO NOT ...

- Use profane language
- Talk about adult content / topics
- Discuss religion or voting for any specific political party
- Try to sell your services / products (use this as a commercial for yourself or your business)
- Ask students to visit your website or join your organization
- Include links, phone numbers or any contact information in your video
- Turn On Closed Captioning



MENTOR MESSAGES SUGGESTED TOPIC

(this is not an exhaustive list)

- Self Esteem
- Anxiety
- Anger Management
- Growth Mindset
- Financial Literacy
- Stress Management
- Meditation
- Self Care
- Importance of graduating from High School
- Hobbies
 - Camping
 - Reading
 - Music
 - Board Games
 - Movies
 - Sports
 - Biking
 - Cooking
 - Arts & Crafts
 - Relaxation
 - Nature
 - Swimming
 - Cars
 - Etc
- What you do for a living and why you chose to do it
- Hygiene
- Business (how to start a business)
- College Life
- Trade Schools
- Life after High School (if college / school isn't what you want)
- How to get good grades
- Study Tips
- How to get scholarships
- Any appropriate topic you'd like to discuss ...