

MATES

MATES is a one-to-one mentoring program for young people aged 5 to 19 years.

Its aim is to better opportunities and outcomes for young local people.

Mentoring builds:

- ❖ young people's confidence and self-esteem
- ❖ the ability and motivation to set goals for the future
- ❖ a better understanding of life and the world of work
- ❖ mentors' understanding and appreciation of young people

Mentors and young people meet at mutually convenient times and places.

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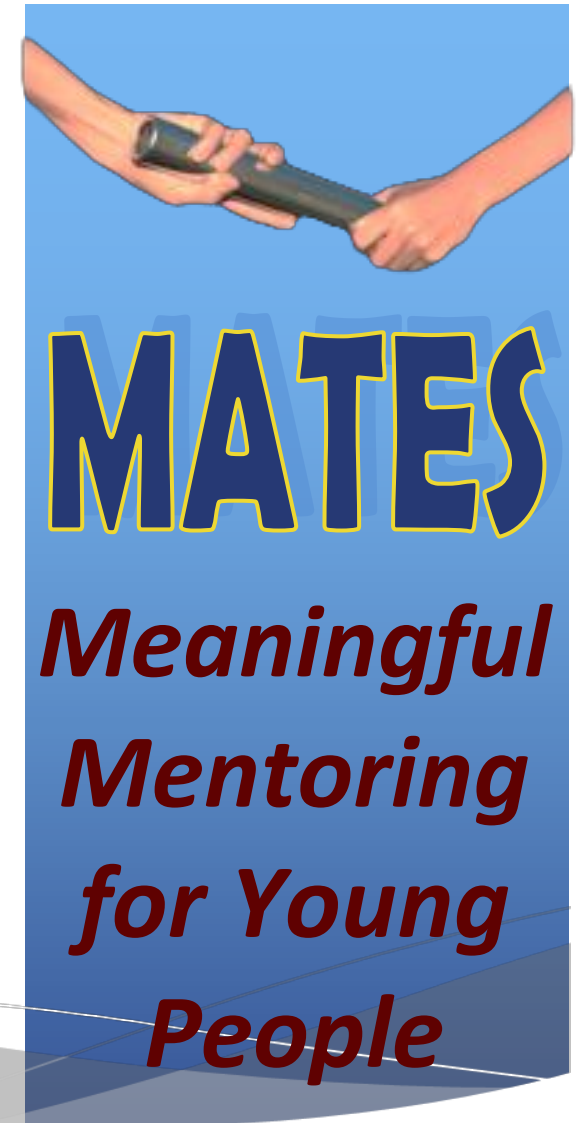
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Wedderburn
P-12
College



MATES

“Mentoring is a mutually beneficial relationship which involves a more experienced person helping a less experienced person to achieve their goals.”

MATES is based on:

- ❖ Self respect and respect for others
- ❖ The right to learn and reach one’s potential
- ❖ Meaningful and caring relationships
- ❖ Each person’s unique qualities and intrinsic worth
- ❖ Opportunities rather than barriers



Young people will be:

- ❖ aged 5 to 19 years
- ❖ willing participants
- ❖ attending school or a school-based program
- ❖ keen to broaden educational and social opportunities

Mentors must be able to:

- ❖ Meet with their young person 1 hour a week or 2 hours a fortnight for 12 months or more
- ❖ Attend one training session, occasional group activities and briefings with the coordinator
- ❖ Satisfy a Working with Children check and name three referees

Mentors will be:

- ❖ A positive influence in a young person’s life
- ❖ Understand young people’s issues
- ❖ Non-judgmental, empathetic and good listeners

Program Coordinator

with Wedderburn College will:

- ❖ Manage the choice of mentors and young people
- ❖ Provide training for mentors
- ❖ Fund Working with Children Check
- ❖ Match mentors and mentees
- ❖ Facilitate initial contact between mentor and mentee
- ❖ Support mentors and mentees over the course of their relationship
- ❖ Ensure communication between mentor, mentee and coordinator
- ❖ Organise events and activities as required
- ❖ Evaluate the program

Benefits of having a mentor:

- ❖ a role model outside family or social network
- ❖ share experiences and understanding of the workplace
- ❖ explore possible career pathways
- ❖ someone to listen who is non judgmental
- ❖ help to build self-esteem and confidence
- ❖ help with school work and study program
- ❖ help to build resilience and improve motivation
- ❖ talk about direction and determine future goals.