



***Join the Team! Be a Mentor!***

**What is TeamMates?**

TeamMates is a school-based, one-to-one mentoring program co-founded by Dr. Tom and Nancy Osborne. The focus of the mentoring relationship is for an adult volunteer to help build a positive relationship with a student to help them reach their full potential.

**How can I support TeamMates?**

There are many ways you can support TeamMates and each way makes an important investment in the future. These include becoming a mentor, making a donation, providing in-kind services, or encouraging your friends and colleagues to become involved.

**Who can volunteer?**

Any adult who has a desire to make an impact in their community is encouraged to become a Mentor. Mentors must be at least 18 years of age and have a high school degree or GED equivalent. Mentors apply, complete a background screen, provided references and train. They also complete an Interest Inventory to help our coordinators match them with a Mentee.

**Why should I mentor?**

Mentoring is making an investment in the future. By spending just one hour each week with a student and showing your interest in their life, you can increase the likelihood they will graduate from high school and become a contributing member of society. Mentors help identify the gifts and talents of young people that provide them a sense of hope and vision for their life.

**What age are the youth involved in TeamMates?**

TeamMates focuses on mentoring students (Mentees) beginning as early as 3rd grade. Mentors are encouraged to continue in the mentoring relationship until the student graduates from high school. Matches are encouraged to participate in post-secondary mentoring through the TeamMates+ Program.

**How can a student become involved?**

Students can either self-nominate or they are nominated for the program by a caring adult in their life. Typically, this is a teacher, guidance counselor, parent, or community member. When a student agrees to becoming a Mentee, they commit to meeting once a week, during the school day, during the school year. Mentees complete an Interest Inventory and complete a training on what it means to be in TeamMates Mentoring Program. This helps our coordinators make the best match possible.

**How much time does a Mentor commit to TeamMates?**

Just 30 to 45 minutes a week! As a school-based mentoring program, you will meet with your mentee during the school day, during the school year (September-May). Typically, over lunch or a Study Period.

**My schedule changes every week. Is that a problem?**

Not at all. Just communicate your schedule with the TeamMates Coordinator and they can coordinate with your Mentee's school.

**What happens during a mentoring session?**

Each mentoring relationship is unique. Activities can include playing a board game or cards, sharing a hobby or special interest. You can chat, do a craft, go for a walk or shoot hoops in the school gym. Whatever you do, you should let your mentee take a lead in deciding how to spend your time together. Visit the [TeamMates.org](http://TeamMates.org) resource library for more ideas!

**What types of support and programming does TeamMates offer their mentors?**

TeamMates Coordinators have regular contact with mentors offering guidance and support. TeamMates also offers ongoing training opportunities and an entire resource library dedicated to helping you make the most of your mentoring relationship.

**Who do I contact to become involved?**

For TeamMates of Bennington, please contact Megan Detjens at [mdetjens@bennps.org](mailto:mdetjens@bennps.org) or visit [www.teammates.org](http://www.teammates.org)  
You may also call 1-877-531-8326 (TEAM) for TeamMates Central Office.