

THE TEN COMMANDMENTS OF HOW TO GET ALONG WITH PEOPLE:

- 1. Keep skid chains on your tongue. Say less than you think. Cultivate a soothing voice. How you say it often means more than what you say.**
- 2. Make promises sparingly and keep them faithfully. No matter what the cost.**
- 3. Never lose an opportunity to say a kind word to or about somebody. Praise work well done, regardless of who did it.**
- 4. Be interested in others, their pursuits, their homes and their families. Let everyone you meet, however humble, feel you regard him as important.**
- 5. Be cheerful. Keep the corners of your mouth turned up. Hide your worries and disappointments under a smile.**
- 8. Keep an open mind on all debatable questions. Discuss, but don't argue. It is a mark of a superior mind to disagree and remain friendly.**
- 7. Let your virtues speak for themselves and refuse to discuss the short-comings of others. Discourage gossip by changing the subject.**
- 8. Have respect for the feelings of others. Wit and humor at the expense of a friend is never worth it.**
- 9. Pay no attention to destructive remarks and personal attacks on you. Live so that no one will believe them. Remember, a common cause of back-biting is dissatisfaction with oneself.**
- 10. Don't be concerned about your "just due". Do a good turn for the sake of being helpful.**

Research on Attributes of Successful Mentors

Current research indicates that the personal attributes which a mentor brings to the program significantly affects the degree of success it may have. These attributes include but are not limited to:

Energy

Good Interpersonnal Skills

Positive Attitude

Good Character

Positive Role Model

Self-Confidence

Leadership

Sense of Humor

Relates Well To Youth

Empathetic

Open Minded

Committed

MENTORING: AN OPERATIONAL DEFINITION

Mentoring is a particular relationship in which a person with identified abilities, talents, or competences enables another person to develop his or her own abilities and talents.

Mentoring includes helping the mentee/protege to:

- 1. Translate his/her life experiences into knowledge that can be used for growth and action;**
- 2. gain new experiences and learn new skills;**
- 3. clarify personal goals;**
- 4. develop competence in managing his/her life.**

Mentors advise, coach, counsel, teach and model successful behaviors. These roles may vary depending on the needs and abilities of both the mentor and mentee. Mentees are active participants in this relationship acknowledging their mentors and seeking assistance in specific skill areas.

Mentoring makes a difference in the lives of both the mentor and the mentee.