



SPECTRUM SKILLSHARE

Participant Training

WELCOME!



INTRODUCTIONS/ ICEBREAKER

Who are you and what brought you here?

INTRODUCE YOURSELVES!

- * Name
- * Location
- * Preferred pronoun (optional)
- * Three interesting facts about yourself
- * Three things you want to get out of Spectrum Skillshare



MENTORING FACTS

INTERACTIVE ACTIVITY

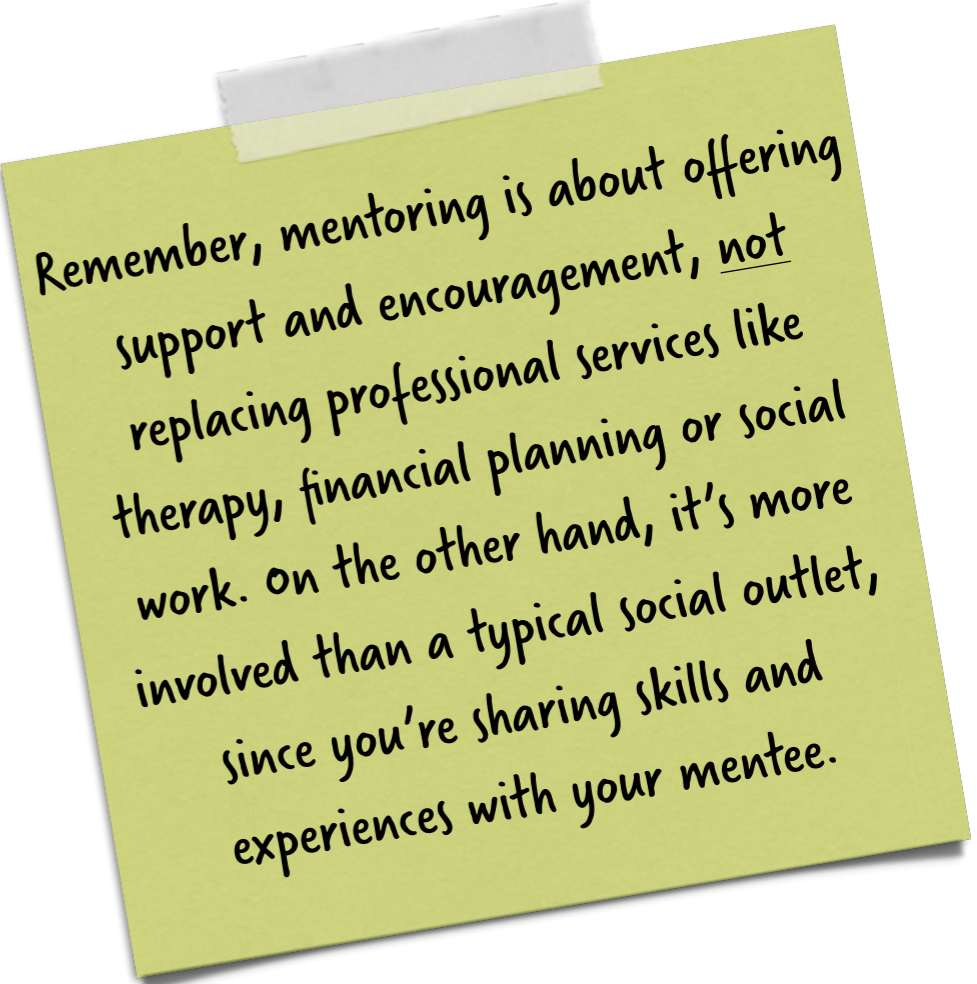
What is mentoring to you?

WHAT IS MENTORING?

- * A time-limited, goal-oriented relationship
- * Personal and professional learning/development
- * Experienced people providing guidance and support to less experienced people
- * Mentee directs goals

WHAT *ISN'T* MENTORING?

- * Therapy
- * Job coaching
- * Social work
- * Financial planning or tax prep
- * A dating service
- * Only a social outlet



Remember, mentoring is about offering support and encouragement, not replacing professional services like therapy, financial planning or social work. on the other hand, it's more involved than a typical social outlet, since you're sharing skills and experiences with your mentee.

WHAT WILL WE BE DOING?

Structure and Timeline

TIMELINE

First month: getting to know each other

Second month onwards: starting work towards goals

Third month: starting workshop planning

Fourth and fifth month: wrapping up

RULES AND POLICIES

GUIDELINES

- * Meet in person at least once a month for one hour to an hour and a half
- * Meet in an accessible public place
- * Follow up every week for 30 minutes - 1 hour
- * Keep weekly mentoring journals
- * Reschedule 48 hours in advance if necessary



GROUND RULES

- * Respect each other's personal boundaries
- * Be aware of your own boundaries
- * Respect each other's beliefs and emotions
- * Meet in a public place
- * Don't lend each other money
- * Respect each other's accessibility needs

INTERACTIVE ACTIVITY

Connecting Interests to Goals

EXERCISES

- * The first step to identifying a successful life path is identifying your interests and needs, and finding your solution from there.
- * The following exercises will help you identify what may work best for you.
- * Pair up with your partner to work on these activities.



NARROWING THINGS DOWN WITH LIKES AND DISLIKES

Example: Picking the right college/university classes

LIKES

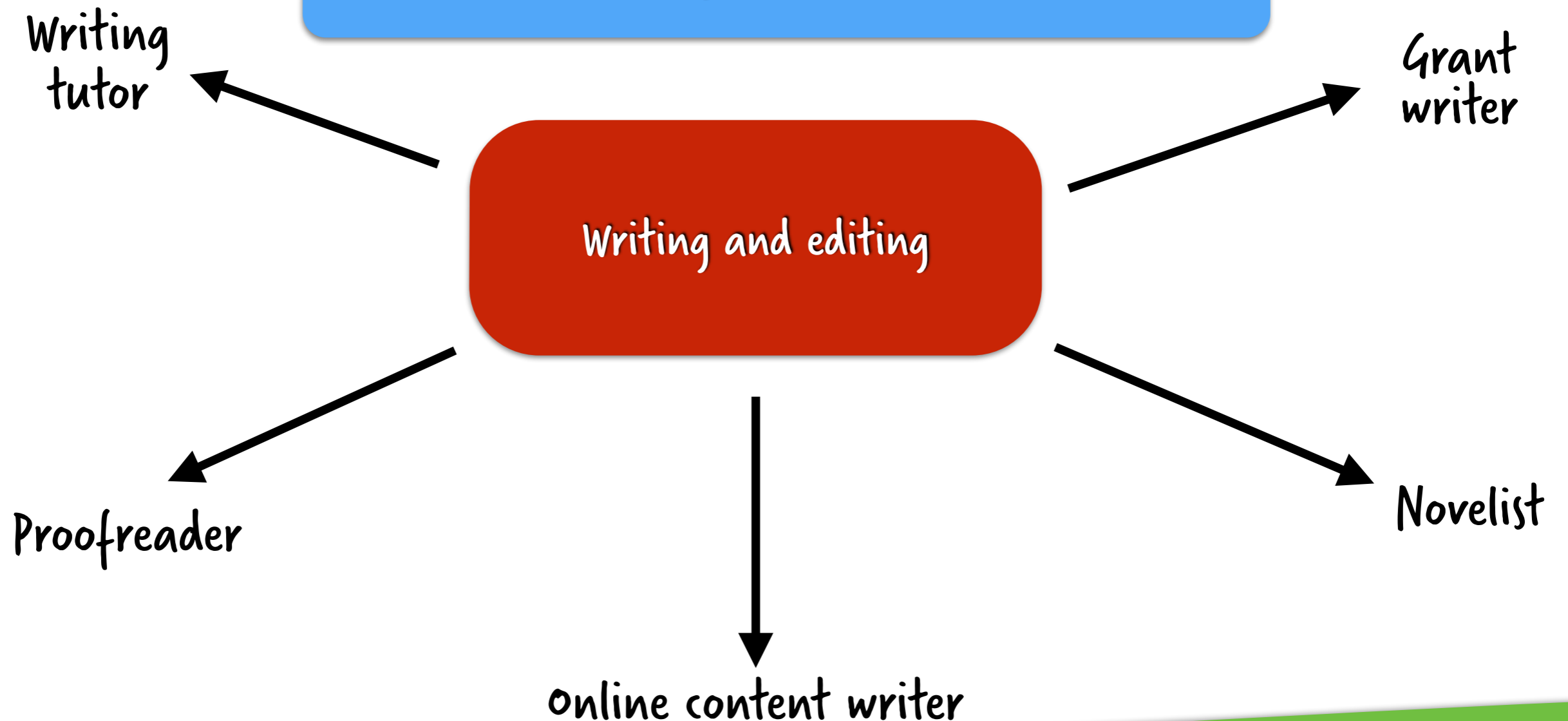
Small class sizes
Attentive professors
Intellectually challenging
work
Good balance between
readings and discussions
Smaller classrooms
Essays and projects

DISLIKES

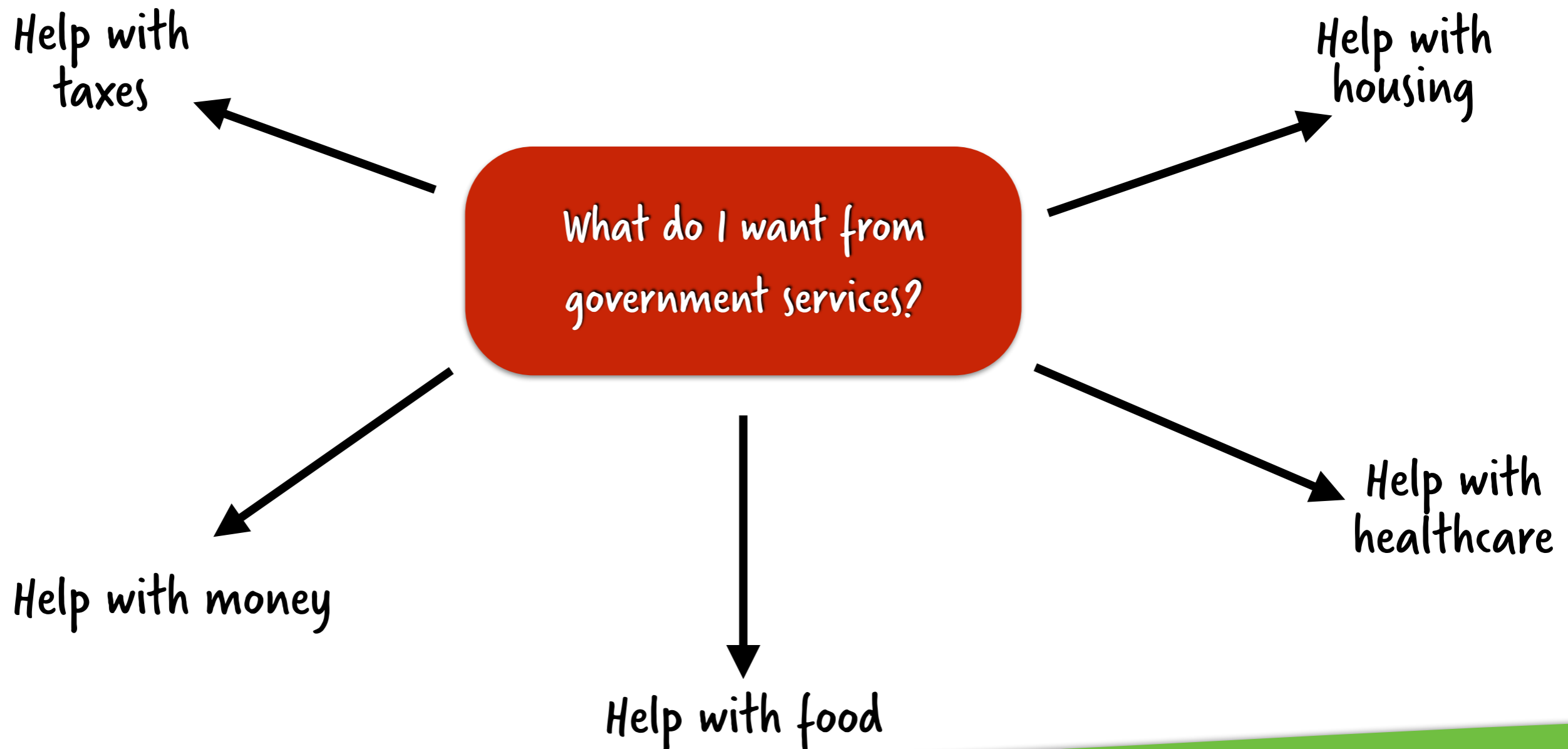
Large class sizes
Distant professors
"Busy work"
More discussions than
reading
Large lecture halls
Exams (as opposed to
essays)

INTEREST/CAREER MIND MAP

What careers are possible with this interest?



IDENTIFYING GOALS WITH A MIND MAP



Q & A

Is there anything we've left out?

CREDITS

- * Partners for Youth with Disabilities' Best Practices Guide
- * Research Autism/Cygnnet Project
- * UMass Lowell Student to Student Mentoring Training Guide

THANK YOU!