The Journey 2015

-Student & Mentor Guidebook-

IRON sharpens iron, and one man sharpens another. Proverbs 27:17
The Genesis Journey

Personal Project Overview

February 2015

Dear Mentor,

The Rite Journey outlines, from a Christian perspective, the importance of good, Christian role models in our students’ lives. Families and our College work in partnership in providing the solid foundations of faith, responsibility and respect, and a mentoring program such as this can further strengthen these foundations.

Thank you for coming on this journey with us. We are excited to have you on board. The importance of ‘natural’ mentoring relationships in helping young people make successful transitions to adulthood is well recognised. Existing evidence indicates that these relationships provide vital support and that the advice and guidance received not only helps in practical ways at important ‘transition’ points, but also helps in developing resilience.

As a mentor, we do not expect you to be a replacement for a parent or to take on the role of a teacher or counsellor; instead, we would encourage you to be a sounding board and confidant to your mentee.

Thank you for your willingness to be a part of this program and we hope that you will experience enormous feelings of satisfaction from ‘making a difference’ in the life of the very special young man/ woman you will be working with.

Kind regards,

The Genesis Journey Team
Dear Student,

Welcome to the ‘Genesis Journey 2014’. In order to develop an honest and open relationship with your mentor and to get the most out of this important aspect of the program, we require you to complete a personal project together.

Projects do not have to be complicated and are not graded. However, you will present the outcome of your project at an exhibition night towards the end of the year.

A well-chosen project will involve an activity or task that both you and your mentor enjoy doing or share an interest in. Investing yourself in this experience will help you develop a meaningful relationship with your mentor and bring you personal satisfaction.

Sample projects:

- Create a recipe book (and learn how to cook along the way!)
- Learn how to maintain a car, e.g. change a tyre, oil…
- Design and create a garment
- Build and grow a veggie garden
- Create an original piece of art/ music/ dance composition…
- Create a game/ website/ sport/ book…
- A written piece of work on a topic that interests you
- Create a model- solar car/ boat…
- Reclaim and restore something old, e.g. doll’s house, go-kart…
- Learn a language
- Find the best burger joint

~The possibilities are endless~

Kind regards,

The Genesis Journey Team
**Project Guidelines**

The following pages will help you breakdown the project into manageable sections and will serve as a timeline.

It is expected that you will meet with your mentor regularly (ideally at least once a month). The purpose of meeting is to:

- Assist you in determining and completing a project
- Support you to meet timelines
- Receive guidance, ideas and feedback on both your project and topics covered in your journey class
- Develop an open and honest relationship
SMART Goal Setting

Goals should emphasise what you WANT to happen.

<table>
<thead>
<tr>
<th>SPECIFIC</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>● What are you going to do?</td>
<td></td>
</tr>
<tr>
<td>● How are you going to do it?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEASURABLE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Choose goals that allow you to SEE the change occur e.g. “I want to run 10 kilometres” not “I want to be a good runner”.</td>
<td></td>
</tr>
<tr>
<td>● How will you measure your progress?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACHIEVABLE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Make sure to consider ALL your commitments when setting your goal.</td>
<td></td>
</tr>
<tr>
<td>● Don’t set goals that you can’t achieve.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REALISTIC</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Your goal must be do-able and realistic.</td>
<td></td>
</tr>
</tbody>
</table>

Cutting out all form of sugar (especially if it’s your favourite) might be unrealistic. A more realistic goal might be replacing sugary items in your morning tea and lunch with fruit and veggies.

| ● Your goal should not be easy. It should stretch you but not break you. |

<table>
<thead>
<tr>
<th>TIMELY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Set a time frame (using the timeline provided) so that you have a target to aim for. Otherwise, there won’t be any urgency.</td>
<td></td>
</tr>
</tbody>
</table>
My Personal Project Proposal

Part A: Introduction
Name: _________________________________________
Mentor: _________________________________________

Goal:

How is it SMART?

<table>
<thead>
<tr>
<th>Specific</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurable</td>
<td></td>
</tr>
<tr>
<td>Achievable</td>
<td></td>
</tr>
<tr>
<td>Relevant</td>
<td></td>
</tr>
<tr>
<td>Timely</td>
<td></td>
</tr>
</tbody>
</table>

- Why do you want to embark on this project?

- What do you need to investigate, research or prepare for this project?
**Part B: Process**

- What steps do you need to take to successfully complete this project?
- What resources, materials or facilities will you need?
- What access do you have to these resources, materials or facilities?
- What costs are involved? (keep them low)

**Part C: Reflection**

- What do you hope to gain from this project?

Student’s Signature: ____________________________

Parent/ Guardian’s Signature: ____________________________

Mentor’s Signature: ____________________________

Teacher’s signature: ____________________________

*Work on the project may begin when all the above parties have signed off on it.*
**Personal Project/ Mentoring Log**

Record in the chart below some details about the time you spend with your mentor regarding your project AND other topics covered in your Journey class.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME SPENT</th>
<th>WHAT DID YOU DO?</th>
<th>WHAT DID YOU SPEAK ABOUT?</th>
<th>WHAT DID YOU ENJOY?</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g.</td>
<td>17/2/14</td>
<td>Learned how to change a tyre</td>
<td>-How to maintain a car in general&lt;br&gt;-Important things to remember when changing a tyre&lt;br&gt;-Journey topics: rites of passage, growing up, things I need to let go of…</td>
<td>-I enjoyed listening to my mentor’s perspective on growing up and learning about the things they have had to let go of.&lt;br&gt;-learning how to change a tyre was also a lot of fun and it gave us something to talk about…so it wasn’t weird!</td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
“Mentoring is a brain to pick, an ear to listen, and a push in the right direction.”

John C. Crosby
American Politician

True education does not consist merely in the acquiring of a few facts of science, history, literature, or art, but in the development of character.

David O. McKay

meetville.com

“The best help we can offer the youth of today is to prepare them for tomorrow.”

- Mark W. Boyer