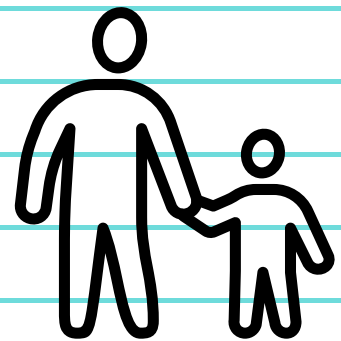




THE POWER OF MENTORING



How one-on-one time
with a caring, consistent
adult enriches the lives of
students





THE POWER OF MENTORING

INTERPERSONAL SKILLS

How mentoring supports the way a student interacts with others in a social setting.

02

INTRAPERSONAL SKILLS

How mentoring shapes a student's inward communication with themselves.

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RELATIONAL SKILLS

How mentoring fosters relational growth through conversations and consistency.

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INTERPERSONAL SKILLS

Mentoring is an opportunity for students to grow in interpersonal skills

Interpersonal skills involve the way a student interacts with others in a social setting. A mentoring relationship serves as an opportunity for students to grow in these interpersonal skills by learning how to work as a team and listen to their friends.



Working as a team and listening to others are two of the most important interpersonal skills that children learn during their elementary years. Through a one-on-one mentoring relationship, children can advance these skills and continue to grow into great listeners and teammates.



HOW MENTORING SUPPORTS INTERPERSONAL SKILLS

When a mentor and student meet regularly, behavior is among one of the many areas that a student will grow. This mentorship allows a child to work on these interpersonal skills.

1. Mentoring Advances Teamwork

In our blog post [“Beyond Arts and Crafts: How Creative Activities Support Life Skills”](#) we see how something as simple as working together to color a picture strengthens a relationship and reiterates the concept of teamwork.

Mentoring gives a child time to work with someone one-on-one to accomplish goals and complete tasks together. Whether it is playing a game or drawing a picture, these tasks show the student that working together and taking turns is the best way to complete a task.



2. Mentoring Increases Listening Skills

Listening is an important interpersonal skill that children need to learn from a young age. A mentoring relationship creates an opportunity for an adult to demonstrate listening skills and the importance of using these skills throughout everyday life. A mentor demonstrates these skills through asking questions regarding what the child has told them.



3. Mentoring Teaches Consistency

Children pick up on behaviors quickly, so a mentor showing up for a child teaches that student how to be consistent and show up for others. When their mentor visits them weekly, students can elevate this relational skill.

Listening and remembering what your student told you the week before emphasizes the importance of this skill to a child. For example, if the child mentions to you that they are excited to go to the beach during their break, asking them about this trip the next time shows them that their mentor listens to them, remembers what they say, and truly cares about them.

INTERPERSONAL SKILLS & MENTORING



Through a mentoring relationship, children are given the chance to work on their interpersonal skills firsthand. Working one-on-one gives a child space to further work on teamwork and listening skills to support their lives in the future.

Kids Hope USA is a proven and established mentoring program that connects elementary aged children with a mentor to spend one hour per week with just each other. Another consistent and caring adult can be beneficial to all children and gives them space to continue to grow in their interpersonal skills.

"STUDENTS EAGERLY LOOK FORWARD TO THE DAY EACH WEEK WHEN THEIR SPECIAL MENTOR ARRIVES JUST FOR THEM, GIVING THEM A SAFE SPACE WHERE THEY EXPERIENCE JOY, LAUGHTER, FRIENDSHIP, AND UNCONDITIONAL SUPPORT. THE CHILDREN KNOW THEY ARE NOT ALONE IN THE DAY-TO-DAY CHALLENGES THEY FACE."

-Kids Hope USA School Administrator

INTERPERSONAL SKILLS SUMMARY



MENTORING ADVANCES TEAMWORK



MENTORING INCREASES LISTENING SKILLS



MENTORING TEACHES CONSISTENCY



INTRAPERSONAL SKILLS

Mentoring is an opportunity for students to grow in intrapersonal skills

In a mentoring relationship, mentors have the unique opportunity to demonstrate skills on a personal level and teach students how they should view themselves. Intrapersonal skills involve your inward communication with yourself and the way you face obstacles in life. Mentoring can motivate students to work on intrapersonal skills such as self-confidence, resilience, and overall control of their emotions.

HOW MENTORING SUPPORTS INTRAPERSONAL SKILLS



1. Mentoring Increases Confidence

Trusting yourself and your abilities is not always an easy skill to have, but having a mentor can support you in this area. Self-confidence is an important intrapersonal skill to possess as it helps your work and your behavior toward that work improve.

In a recent study, we found that students who are paired with a Kids Hope USA mentor experience increased confidence (Greenway, 2022). This improved confidence is noticed by mentors, teachers, and family members of the mentee. In the words of a Kids Hope USA grandparent, "Kids Hope USA has done my grandson a world of good. His schoolwork has definitely improved as his confidence has increased."



2. Mentoring Promotes Resilience

Resilience is another skill that students can work on in a mentoring relationship. Mentoring creates a space for mentors to help their students solve problems and continue to grow. This is what resilience is all about, getting back up and overcoming obstacles.

Through playing games or working on some extra schoolwork with their mentors' encouragement to keep working at it, students gain follow-through skills to help them successfully finish assignments, read books, and much more!



"WHEN YOU AS A MENTOR SHOW UP, STUDENTS CAN LEARN THIS ABILITY TO MAKE A CHOICE AND STAND BACK UP, AND NOT BE KNOCKED DOWN."

– Dr. Kathy Koch, Founder and President of Celebrate Kids

8 WAYS TO PROMOTE RESILIENCY

During our National Mentoring Month [webinar](#) in January 2023, Dr. Kathy Koch shared ways to promote this resiliency through a mentoring relationship. Using the eight ways outlined below, mentors can encourage resiliency throughout their mentoring relationship.

- Teach, so they can be successful
- Demonstrate unconditional love
- Build trust; keep your promises
- Allow them to struggle (some)
- Don't rescue them too soon
- Help them to solve the problem
- Compliment them specifically
- Correct, don't criticize



Each of these components is important in the success of a mentoring relationship. Elementary students copy behaviors quickly, so the way a mentor acts and carries themselves is vital to conveying these skills to their student. To promote resiliency in a beneficial way, students must be able to struggle a little bit before the mentor comes in and helps them solve the problem at hand.





3. Mentoring Improves Emotion Control

Mentoring also benefits students by encouraging students to better control their emotions. Controlling emotions can be difficult for many children, and they may need some extra time to work on this skill. Mentoring allows children to spend that extra time working on their overall behavior and control of emotions.

Through a Kids Hope USA Teacher Survey, we found that “86% of student made good or some progress in their behavior, self-regulation, and control” (Greenway, 2022).

INTRAPERSONAL SKILLS & MENTORING



Mentoring allows students to watch and learn many intrapersonal skills. These skills are crucial to the development of a child, and mentoring can help support these skills and help a child grow in them. Self-confidence, resiliency, and overall emotional control are skills that students are shown during a Kids Hope USA mentoring relationship and are reinforced each and every week.

Kids Hope USA is a proven and established school-based mentoring program that connects community-focused church congregations with students in the local elementary school. Mentors walk alongside these children and provide them with another consistent and caring adult in their lives to build life-changing relationships with one another.



INTRAPERSONAL SKILLS SUMMARY



MENTORING INCREASES CONFIDENCE



MENTORING PROMOTES RESILIENCY



MENTORING IMPROVES EMOTIONAL CONTROL



RELATIONAL SKILLS

Mentoring is an opportunity for students to grow in relational skills

Creating and sustaining relational skills is a vital developmental step for children that can be taught through modeling a quality relationship. Having a one-on-one relationship with a mentor gives children a valuable opportunity to work on their relational skills.



RELATIONAL BENEFITS NURTURED IN MENTORING

Conversations, consistency, and reciprocity are three important relationship skills nurtured in a mentoring setting.

1. Mentoring Supports Conversation Skills

A mentoring relationship creates a safe space for the student to work on their conversation skills. By talking about their weekends or their favorite foods, children learn how to hold a conversation, answer questions, and demonstrate care about the other person in the relationship.

In our blog post, ["Beyond Conversations: How Mentoring Strengthens Skills,"](#) we learn how this hour with a child each week helps them grow in their conversation skills. From taking turns and making eye contact to introducing themselves and describing their feelings, children boost their conversation skills during their mentoring time.

2. Mentoring Displays Consistency

As the popular saying goes, "Consistency is the key to success." In the case of mentoring, the same is also true. Every child can benefit from another consistent adult in their life to walk with them on their journey.

Children pick up on behaviors quickly, so a mentor showing up for a child teaches that student how to be consistent and show up for others. When their mentor visits them weekly, students can elevate this relational skill.



Mentoring is all about consistency, showing up for a child day in and day out. No matter the challenge, a mentor encourages and walks alongside their student. These relationships foster consistency by continuously relaying it to the child each and every week.

"WE LOVE SEEING THE MENTORS COME INTO OUR SCHOOL TO MEET WITH OUR STUDENTS. THEIR CONSISTENCY AND ENCOURAGEMENT ARE TRANSFORMING OUR STUDENTS."

-Kids Hope USA Principal

3. Mentoring Models Reciprocity

In any relationship, reciprocity is a healthy give-and-take dynamic where both people contribute and receive support and care equally, fostering mutual respect, trust, and understanding.

Mentoring models reciprocity well. Students learn how to communicate well, listen effectively, and also give the mentor an equal say in the activities in which they participate. In creating an atmosphere where both of them feel valued and heard, students learn how to build relational equity.



The National Mentoring Resource Center states, "...mentoring programs in schools have shown to be a cost-efficient way of increasing the positive relationships students have in their lives, while also having the potential to boost factors that can lead to educational success."

RELATIONAL SKILLS & MENTORING

A mentor guides a student through a relationship. They model a consistent friend that will be there for them through all life's ups and downs. This experience provides a significant relational benefit for students.

Kids Hope USA is a proven school-based mentoring program that connects community-focused churches with students in the local elementary school. Mentors show up for students as an additional consistent, caring adult in their lives as they walk together in life-changing relationships.



RELATIONAL SKILLS SUMMARY



MENTORING SUPPORTS CONVERSATION SKILLS



MENTORING DISPLAYS CONSISTENCY



MENTORING MODELS RECIPROCITY



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