

Mentor Training Books and Guides

An Asset Builder's Guide to Training Peer Helpers: Fifteen Sessions on Communication, Assertiveness, and Decision-Making Skills by Barbara B. Varenhorst, 2003. Published by Search Institute (ISBN: 978-1-57482-724-8)

This resource provides an asset-based framework for training peer mentors, covering the mentor's roles and responsibilities, as well as skills for helping others develop and build on their own assets in dealing with peer pressure, making good choices, and communicating effectively.

Becoming a Friendly Helper: A Handbook for Student Facilitators (Revised Edition) by Robert D. Myrick and Robert P. Bowman, 2004. Published by Education Media Corporation (ISBN: 978-1-93057-231-7)

This resource is designed to train elementary age peer helpers, so some of the content may need to be adapted for training high school youth for the role. However, the handbook does have concrete advice for working with elementary students and specific chapters address concepts such as generating responses to questions, giving positive feedback, and joint problem-solving.

Building Effective Peer Mentoring Programs in Schools: An Introductory Guide by Garringer, M., MacRae P. (2008) Folsom, CA. The Mentoring Resources Center.

Excellent information on how to design a cross-age peer mentorship program, selecting and training youth mentors, an annotated list of resources for orienting and training peer mentors, and activities for mentors to use with mentees.

Building Everyday Leadership in All Teens: Promoting Attitudes and Actions for Respect and Success. A Curriculum Guide for Teachers and Youth Workers by Mariam G. MacGregor. 2007. Published by Free Spirit Publishing (ISBN: 978-1-57542-213-8)

This resource can give peer mentors many of the skills they need to work effectively with mentees across a wide spectrum of issues. Training sessions include topics such as what it means to be a leader, how to work with others, ethical decision making, risk taking, team building, effective communication, creative thinking and more.

Guidebooks for Teens (ISBN: 978-1-57542-212-1) for additional assignments as they move through the training sessions.

Helping Teens Handle Tough Experiences: Strategies to Foster Resilience by Jill Nelson and Sara Kios, 2008. Published by Search Institute Press (ISBN: 978-1-57482-248-9)

This book gives an overview of many difficult issues facing teens, provides tips for working with teens on the topic, includes a list of online and print resources, and provides a summary handout that is included in the CD accompanying the book. Programs may find it useful in training to help mentors deal with tough issues that may come up in mentoring relationships. Topics covered include anxiety, bullying and relational aggression, depression, eating disorders, foster care, gangs, physical abuse, and many more. Some handouts are provided for teens to coach them on how to help themselves and each other.

Kids Helping Kids: A Training Manual for Elementary and Middle School Peer Helpers and Peer Mediators (2nd Edition) by Trevor Cole, 1999. Published by Peer Resources (ISBN: 978-1-89589-044-0)

This 160 page training manual provides dozens of activities on topics such as helping and attending skills, setting boundaries, and handling difficult situations. It also offers a lot of good content on setting up and managing a peer helping program, as well as a large collection of handouts and tip sheets that can be used independent of the training activities.

Mentoring for Meaningful Results: Asset-Building Tips, Tools and Activities for Youth and Adults by Kristie Probst, 2006. Published by Search Institute (ISBN: 978-1-57482-875-7)

This is an excellent tool for preparing both adult and peer mentors. It features ready-to-use handouts that explain a mentor's role, the meaning of developmental assets, and techniques for building a relationship and establishing trust. The content is written in easy-to-understand terms and is flexible enough to be useful to a wide spectrum of program types. This resource also offers several activities and tools mentors can use in their mentoring relationship.

Peer Helping Skills: Leader's Guide for Training Peer Helpers and Peer Tutors. For Middle & High School by John DeMarco, 1993. Published by Johnson Institute (ISBN: 978-1-56246-090-7)

This classic guidebook offers a number of training activities to prepare young people to work with other students. It is especially strong in teaching interpersonal skills that can come in handy when working with youth, such as listening skills, paraphrasing and restating, identifying roadblocks, and suggesting alternatives.

Student Leadership Training: A Workbook to Reinforce Effective Communication Skills. Diane Taub, 2002. Published by Scarecrow Press (ISBN: 978-1-81084-555-8)

This British resource provides dozens of ready-to-implement training activities on effective communication. Many of these activities expand on common communications skills topics in fun and creative ways. Special chapters address communication roadblocks, providing feedback, talking about values, effective questioning and more.

Teambuilding with Teens: Activities for Leadership, Decision Making, & Group Success.

Mariam G. MacGregor, 2008. Published by Free Spirit Publishing (ISBN: 978-1-57542-265-7)

This is another guide centered on youth leadership that can easily be adapted for preparing peer mentors. There are activities, complete with reproducible handouts on topics such as the qualities of leadership, social issues, working with others and creative problem-solving.