

Identifying Positive Qualities, Accomplishments and Skills (Appropriate for Grades 4-8)

Goal: To assist your mentee in identifying and appreciating his strengths and personal skills.

Materials: Pen or pencil; writing paper; or you may choose to do this activity as a discussion.

What to Do:

- Ask your mentee to write three qualities he likes about himself.
- Ask your mentee to write three things he has accomplished that were hard for him to do. For example, your mentee may say getting a “B” in English class or going an entire week without arguing with a sibling. Identify the skills your mentee has which enabled him to achieve these accomplishments. For example, your mentee exhibited patience and self-control by going an entire week without a quarrel.
- Have your mentee list three things he does that he feels good about. Examples may include playing guitar, training a pet to do tricks, helping around the house.
- Help your mentee identify specific ways he can build upon these strengths, or additional things he might be good at doing as a result of these skills.
- Review the list with your mentee and discuss how his qualities and achievements may serve as assets in the future. Identify career choices which may be applicable to the qualities and achievements of your mentee.

Note: When reviewing your mentee’s written work, correct only glaring grammatical spelling errors unless this is the primary purpose of the exercise. Focus instead on the learning behind this activity.

Source: The Baltimore Mentoring Institute – “the Two of Us – a Handbook for Mentors”

