



# Mentor Check-in Questions

## *Best Practice Resources – Monitoring and Support*

These questions are examples of match support questions program staff may ask mentors during regular check-ins. For information on documentation, see our handout on Match Support Case Notes.

Choose at least one question from each category:

Category	Examples of questions	What are you looking for?
Communication	<ul style="list-style-type: none"><li>• How is your match going?</li><li>• How often did you speak to your mentee over the past month? How did you communicate (phone, text, email, Facebook, etc)?</li><li>• How often do you speak to your mentee's parents? Do you communicate and plan with your mentee or his parents or both?</li></ul>	<ul style="list-style-type: none"><li>• Appropriate frequency and means of communication.</li><li>• Signs of match not communicating.</li></ul>
Activities	<ul style="list-style-type: none"><li>• What activities did you do together over the past month?</li><li>• How do you decide what activities to do together?</li><li>• What do you both like? What activities did one of you like more than the other person?</li><li>• What are you planning to do together next month?</li><li>• Is there any way that I can help you look for a free or discounted x?</li></ul>	<ul style="list-style-type: none"><li>• Developmental, pro-social activities that were jointly chosen.</li><li>• Mentor aware of youth's preferences.</li><li>• Appropriate activities.</li></ul>
Goals	<ul style="list-style-type: none"><li>• Have you been doing any activities that target X?</li><li>• How do you provide guidance to your mentee?</li><li>• What are your thoughts about how the youth is doing?</li></ul>	<ul style="list-style-type: none"><li>• Appropriate time dedicated to instrumental activities.</li><li>• Appropriate guidance.</li><li>• Mentor feeling okay about pace, etc.</li></ul>
Relationship	<ul style="list-style-type: none"><li>• How are you building an encouraging and strong relationship with your mentee?</li><li>• How do you feel about your mentee? What do you think about your relationship with your</li></ul>	<ul style="list-style-type: none"><li>• Relationship development.</li></ul>

	<ul style="list-style-type: none"> <li>mentee?</li> <li>How do you feel about the mentee's caregivers?</li> <li>Have you noticed any changes in your mentee since we last spoke?</li> <li>What stage of the mentoring relationship would you place yourself in?</li> <li>What are you feeling positive about? What are you struggling with?</li> </ul>	
Child Safety	<ul style="list-style-type: none"> <li>Does your mentee's parent know what you are doing before each outing?</li> <li>When you meet with your mentee, does anyone else come with you?</li> <li>Have you had the mentee over to your home?</li> <li>Have you ever had an overnight visit?</li> <li>Can you tell me more about x activity?</li> <li>Does your mentee follow typical safety guidelines like wearing a seatbelt?</li> </ul>	<ul style="list-style-type: none"> <li>Red flags relating to safety of the child.</li> </ul>
Support	<ul style="list-style-type: none"> <li>How confident do you feel in your role as a mentor?</li> <li>How else can I support you?</li> <li>Do you have my contact information handy? When would you perceive running into a situation where you need to contact me?</li> <li>Are you receiving x? Do you know about x future training?</li> </ul>	<ul style="list-style-type: none"> <li>Opportunities to better support the match.</li> </ul>