



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

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