

# Cowichan Valley Teachers' Union

## Mentee/Mentor Opportunities

A mentee is a person who is advised, trained or counselled by a mentor. A mentor is an experienced and trusted advisor. Mentorship is the activity of giving a less experienced person help and advice over a period of time. There are many ways to work with a mentor and at different times in your career you may seek mentorship for various reasons.

Would you like to be a mentee \_\_\_\_\_ or a mentor? \_\_\_\_\_ (check one)

Name \_\_\_\_\_ Date of Application: \_\_\_\_\_

Home Email \_\_\_\_\_ School \_\_\_\_\_

Grade/Subjects Assigned \_\_\_\_\_ Number of years teaching \_\_\_\_\_

Release Days: There is maximum of 2 days available. if you need more release time, contact the CVTU office. Please do not book off time until you have been approved. Upon mentorship completion you will be asked to fill out a short survey.

**FOR MENTEES** Please indicate which description below applies to you

1. I am in the first five years of my teaching career \_\_\_\_\_
2. I am an experienced teacher in the first or second year of a significantly different position \_\_\_\_\_
3. I do not fit into one of the above categories and would like to access mentorship \_\_\_\_\_

Please fill out the following:

1. Area you would like to focus on (*see Possible Mentorship Focus Area below*)
2. Is there someone you would like to have as a mentor? Yes \_\_\_\_\_ No \_\_\_\_\_
3. If yes, please provide their name and school. If no, we will refer a mentor.

**FOR MENTORS** Thank you for agreeing to mentor a colleague.

Have you been a mentor in the past? Yes \_\_\_\_\_ No \_\_\_\_\_

Please advise which areas you would be interested in mentoring:

### **Possible Mentorship Focus Area:**

Communicating with parents	establishing class routines	motivating reluctant learners
Maintaining student discipline	Assessing student needs	Modifying for individual learners
Embedding technology	Evaluating student progress	Organizing/setting up classroom
Using library and resources	Working with support services	Organizing my day/week
Following daily/weekly schedule	Lesson planning	Maintaining personal/professional balance

You will be informed by email if you have been approved for the mentorship program. Please submit your completed mentorship application to **cowichandta@shaw.ca**.