



Interested in helping today's youth develop through health education? Mentor with MIKE!

Apply now to launch with youth beginning in:

North Portland: January Thursday, 10, 2019 or Beaverton, Tuesday, January 29

Support local youth while gaining experience and honing skills in health education and youth development by mentoring with MIKE Program! MIKE is accepting applications for health mentors now for Spring Semester 2019.

MIKE empowers youth to be health leaders through education, mentorship, and community outreach.

Health and education are linked. The level of education is the best predictor of health outcomes. The healthier you are the more likely you are to attain an education. The more education you have, the more likely you are to be healthy. Therefore, MIKE works toward health equity and educational parity. MIKE's vision is all people meeting their potential of vibrant good health, contributing as citizens of a vibrant, strong society.

As a mentor, you will act as a guide and positive role model for a group of 3-5 youth. You will join a teacher and MIKE staff to work with your youth along with a team of other mentors and their assigned youth. Mentors facilitate small group discussions, assist with hands-on activities, participate in a field trip, and facilitate a final Health Leadership Project as each youth team creates a project to promote health within their own community. Mentors will take turns providing healthy snacks to the class (paid for by MIKE Program).

When and how often: Mentors meet once per week, only during weeks when school is in session, from **January 10-May 30, 2019 in North Portland or January 29-May 16, 2019 in Beaverton.**

Where: In a high school health classroom at De La Salle North Catholic High School in North Portland just off the Yellow Max Line or an afterschool program at Health & Science School in Beaverton, just off the Blue Max Line on 185th Avenue in Beaverton

Meeting time (you may apply for one or both sessions) in north Portland is Thursday:

- **10:45 AM-12:10 PM (with youth 11:00-11:55 AM)**
- **12:20-1:30 PM (with youth 12:35-1:30 PM)**

Meeting time in Beaverton is Tuesday 2:10-4:00 PM (with youth 2:30-3:45 PM)

Benefits to Mentoring:

- Fun
- Networking with like-minded people
- Professional Development
- Experience working with adolescents (9-graders) from diverse backgrounds
- Free training and support in areas of adolescent health, youth development, and education
- Making a difference by guiding youth to learn about and embrace healthy behaviors

- Possible eligibility for academic credit, internship credit, or volunteer hour (*direct service hours!*) completion credits
- Professional recommendations for committed and dependable qualifying mentors

Qualifications:

- 20 years or older
- Live in the Portland Metro Area
- Reliable transportation (includes public transportation)
- Interest in public health, education, youth development, social service, diverse communities
- Role model for health
- Good communication and listening skills
- Encouraging and supportive
- Patient and flexible
- Punctual and responsible
- Embraces individual differences
- Responsive to e-mail communication
- Open to participate in training and give feedback on your experience
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Application Process:

- Complete on-line mentor application, which includes your resume, and provide at least 3 references
- Orientation and Interview with MIKE Program staff
- Fingerprint background check and reference check
- On-line and in-person on-boarding and training—arranged at time of interview
- Commitment throughout entire project time: every time/every week school is in session. It is *imperative* that once placed as a MIKE Program mentor, you attend all mentoring sessions and complete your term of service so that as a MIKE mentor you do not join the ranks of adults who have disappointed a vulnerable teen. Any absences should be planned with MIKE staff prior to undertaking this volunteer opportunity
- **Attend a free full day MIKE Program Mentor Training just prior to placement with youth** at Providence St. Vincent Hospital (9155 SW Barnes Rd., Portland, Oregon 97225). Planned dates 1/8/2019 and a make-up for the Beaverton site, 1/25/2019.

To learn more and apply online, please visit <http://mikeprogram.org/get-involved/become-a-mentor/>.

MIKE Program

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