

# L.O.V.E Mentoring

Latinas On the Verge of Excellence



## OBJECTIVES

- Provide theoretical and practical evidence of the benefits of leading a healthy lifestyle to increase the probability of healthy lifestyles among young Latinas
- Educate, promote and provide resources related to mental health such as information regarding comprehensive adolescent health centers. This will empower young women to love themselves by increasing their levels of self-esteem, self-respect, and self-confidence, independent of external world expectations
- Educate and provide resources related to comprehensive sex education such as information regarding reproductive health care centers, which can teach young women to be sexually responsible
- Provide academic, professional and business acumen through mentorship and access

## OUTCOMES

- Increase the likelihood of young Latinas to practice and lead healthy lifestyles
- Decrease the rates of depression and suicide attempts among young Latinas
- Aid, educate and provide resources to reduce high rates of teen pregnancy in the Latina community
- Bolster educational achievement and career success among young Latinas

## ROLES AND RESPONSIBILITIES

L.O.V.E empowers young Latinas to make positive life choices that enable them to maximize their full potential. The mentoring program recruits female university students to support, guide, and be a role model to a young Latina for a period of a school year. By becoming part of the young Latina's life, the mentor serves as a guide to help her achieve her academic and personal goals.

## MENTOR'S ROLE

- Take the lead in supporting a young Latina through an ongoing relationship
- Serve as a positive role model
- Build the relationship by planning and participating in activities together
- Strive for mutual respect
- Build self-esteem and motivation
- Help set goals and work toward accomplishing them
- Be a willing listener, encouraging, supportive, patient, flexible, and respectful of individual differences

## BENEFITS TO MENTORS

Mentors receive the satisfaction in helping young Latinas achieve their educational and personal goals. The mentors inspire, motivate, and guide the mentees to strive for a successful future. Mentors also help raise levels of self-esteem, self-efficacy, and self-confidence, thereby raising academic achievements and quality of life.

**Schedule:** Semester long, at least 1 - 5 hours per week

## **PROGRAM INTERN**

### **Responsibilities:**

- Help plan, implement and facilitate L.O.V.E. mentoring sessions
- Provide direct support to students at partner schools by referring them to services (i.e. tutoring, SAT prep, homework assistance etc.)
- Create a master resource list of services for high school students within NYC
- Perform outreach to potential partner universities and cultivate current university partnerships
- Recruit for mentors at colleges/universities through volunteer fairs and recruit mentees through sample sessions, tabling and distribution of marketing materials at high schools
- Coordinate end of year college tours for mentees
- Assist with data entry and conduct L.O.V.E. Mentoring Program evaluations
- Communicate effectively with L.O.V.E. Mentoring Program Coordinator

### **Qualifications:**

- University student
- GPA: 3.0 and above
- Excellent written and verbal communication skills
- Strong organizational, project management and presentation skills
- Creative capacity
- Be proficient in MS Office applications (Word/Excel/PowerPoint) and Google Drive

**Schedule:** Semester long, 10-15 hours per week (three days per week preferred). Length of internship and hours per week flexible depending upon the requirements of your program Preferable if intern has his/her own laptop, but not required

**Compensation:** College credit will be offered with the permission of the successful candidate's college or university.