

DREAM

Guided Mentoring

Guided Mentoring is a two-tiered approach to peer-to-peer mentoring.

DREAM staff, along with young adult Guides will lead a mentor-in-training curriculum for high school youth. Youth will gain the tools, resources, and confidence to provide mentorship to elementary school-aged youth while being mentored by their Guides. Mentors and mentees will explore how their identities intersect with their community and be empowered to create social change - and they'll have a blast doing it!

“DREAM picked me up and taught me the most important lesson of my life: it is perfectly okay to be yourself.”



Why two-tiered, guided mentoring?

Throughout our lives we are mentors, those who provide guidance to others, and mentees, those who learn from and lean on others. Often we are in both roles. It is important for youth to learn when and why to shift between these two roles, and to explore how they can be and bring their authentic selves into their endeavors. Spending meaningful time with peers optimizes this experience.

“DREAM isn't a program; it's an action.”

fun

learning purpose

meaning relationships

opportunities exploration

community teamwork identity

celebration experiences growth

connection



DREAM
Closing the opportunity gap.

DREAM operates with a core value of inclusion and strives to honor and celebrate all participants regardless of race, color, sex, sexual orientation, gender identity, religion, disability, age, socio-economic status, place of residence, veteran status, ancestry, or national or ethnic origin.

The Commitment

For Students

High School Mentors are expected to participate in the program for two years, beginning with a semester-long class. Mentors will take part in approximately two hours of group programming and meet one-on-one with their Guide, totaling about three hours per week. To honor this commitment, high school mentors will have opportunities to develop and demonstrate proficiency in Transferable Skills for graduation.

For Schools

Programming will be tailored to meet the needs of every site. Participating in this new and exciting model means co-creating elements in real time.

These are a few key pieces that will help us launch the program at your school:

- A designated advisor's time and energy - we're looking for at least one high school advisor per school to act as a liaison with DREAM and to assist in recruiting and organizing high school mentors.
- Space - A classroom or other place to gather for programming.
- Enthusiasm - we want our school-based partners to be just as invested as us!



DREAM builds trusting relationships.

92% of DREAM participants report having people they can trust because of DREAM.

About The DREAM Program

DREAM (Directing through Recreation, Education, Adventure, and Mentoring) was founded in January of 1999 and became a non-profit organization in November 2001. Our aim is to make sure our youth know that they can achieve anything and provide them with the necessary skills to overcome obstacles. Our ultimate mission is to close the opportunity gap for children in low-income housing.



Curriculum Overview

Mentorship

Youth will understand the role and purpose of mentoring and develop the skills and confidence to build positive mentoring relationships.

Identity

Youth will understand their positionality and develop skills and abilities to step into various leadership roles.

Sense of Place

Youth will identify their community's strengths and areas for growth and learn from community leaders to envision their roles in making their community stronger.

Meaning & Purpose

Youth will understand how they intersect with their community, developing a strong sense of agency to make social change together.

DREAM
Closing the opportunity gap.

Need more info? Contact:
Bruce Perlow
Upper Valley Senior Youth Service Director
bperlow@dreamprogram.org

dreamprogram.org
(802) 338-8979
PO Box 361
Winooski VT 05404