



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

DREAM staff, along with other Guides will lead you through a mentor-in-training curriculum to kick off your mentoring experiences. You will gain the tools, resources, and confidence to provide mentorship to elementary school-aged youth while being mentored yourself. Along with your mentees, you'll explore how who you are intersects with your community and be empowered to impact your life and the lives of others - and you'll have a blast doing it!

“DREAM gives extraordinary opportunities to all those involved.”



**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 to learn when and why to shift between these two roles, and to explore how you can be and bring your authentic self into your endeavors. Spending meaningful time with peers optimizes the experience.

“In simple words, DREAM means love, community, and leadership to me.”

**GUIDED MENTORING** fun  
 learning purpose  
 meaning relationships  
 opportunities exploration  
 community teamwork identity  
 celebration experiences growth  
 connection



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.



# Curriculum Overview

## Mentorship

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

## Identity

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

## Sense of Place

Mentors and mentees alike will discover — on their own terms — the assets and opportunities that exist within their own communities. They will celebrate their communities' strengths and their roles within it

## Meaning & Purpose

Mentors will discover the ways in which their skills, abilities, and interests intersect with their communities. They will practice a variety of leadership roles, gaining self-efficacy and agency



## The Commitment

High School Mentors are expected to participate in the program for two years, beginning with mentor-in-training foundational work. You will take part in group programming and mentoring, totaling one to three hours per week.

To honor this commitment, you will have opportunities to develop and demonstrate proficiency in Transferable Skills for graduation.

## 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.



**DREAM**  
Closing the opportunity gap.

For more information, please contact Bruce G. Perlow, Director of Guided Mentoring at [bperlow@dreamprogram.org](mailto:bperlow@dreamprogram.org).

PO Box 361  
Winooski VT 05404

[dreamprogram.org](http://dreamprogram.org)  
(802) 338-8979