

Figure 7 Board of Mentors Process

Directions: Use this tool in discovering who is in your support system. Your mentor is only one person and cannot meet all the social and emotional needs you may have this year.

Print your name in one of the chairs at the table. Notice that YOU are the leader of your Board of Directors. There is a blank line near every chair, and the line is where you will print the "role" the person who is sitting in that chair plays in your life. Your role is to reflect on your practice and make appropriate changes as well as to acknowledge your successes. For example, your line would say reflective practitioner because your role is to reflect on your teaching practices. Your mentor's name is on a chair next to you, and that role would be mentor. Another person's role may be "best friend" or "financial advice." Everyone sitting at your table has a role, and their name is listed in the chair.

In a conversation with your mentor, or in your own personal reflection, discover the names of the people in your life who support you in different ways. For example, if you are moving to a new apartment, your best friend might be your mentor. We all have mentors who help us with finances, social networking, spiritual support, and educational decisions. Your role in this process is to list the people in your life and what role they serve. This will allow you to see that your mentor is not your entire support system, just one of many on your Board of Mentors. You are the head of the Board and make the final decisions as to who will provide you with the support you need to be successful.

