



## EU Erasmus + project

**“Mobile youth peer mentoring application to facilitate distance mentoring guidance for youth with disabilities”**

**Project number: 2017-1-TR01-KA205-039752**

## **Strategy for conducting mentoring sessions, based on indicators for success**

|                           |   |
|---------------------------|---|
| <b>IO number</b>          | 1   |
| <b>Activity</b>           | A3  |
| <b>Status</b>             | Final - June 2018                           |
| <b>Project start date</b> | 01/09/2017                                  |
| <b>Project duration</b>   | 24 months                                   |
| <b>Authors</b>            | REDVET (Leading Partner)and<br>All Partners |

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## MyPeerMentor Assessment Tools

The purpose of this feedback form is to develop **One-to-one peer support model where physically disabled youth will be supported** by young mentors based on IO1 pedagogy and IO2 tools as it is indicated on the **Assessment scale strategy**. This goal can be accomplished through structured non-formal communication, mentoring which MyPeerMentor Project intends to implement - **a mobile application for peer mentoring implementation for Android device**. Please note that this is voluntary based and informal. The process is not compulsory and is not highly regulated as it is suggested at the framework.

As it is also indicated In the context of the MyPeerMentor project the acceptable scheme of the meetings **at least three face-to-face meetings (induction, midterm and final)** and **ten online and mobile mentoring sessions** spread in accordance with the preliminary agreed work plan by each couple. **The blended learning approach used within the mentoring programme will guarantee that all youth peer mentors and mentees needs are satisfied**. The materials used may sometimes be in hard copies, in others electronically or online.

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### My Peer Mentor Training Feedback Form

We are always keen to receive your views on the training we deliver. The feedback you give allows us to continually adapt training to better suit your needs. We would appreciate it if you could spend a few minutes filling in this form before you leave (please hand it to the trainer when you've finished).

#### **SECTION I. This Section needs to be filled by the mentors**

##### ***Evaluation of Session and Program***

| <i>Please answer questions below. Put (✓)mark under the option expresses best of your opinion</i> |                   |                         |                         |                     |
|---|-------------------|-------------------------|-------------------------|---------------------|
| 1. <i>How would you rate the mentor program?</i>  | <i>excellent</i>  | <i>very good</i>        | <i>good</i>             | <i>poor</i>         |
| 2. <i>How would you describe the quality of your experience as a participant in the program?</i>  | <i>excellent</i>  | <i>very good</i>        | <i>good</i>             | <i>poor</i>         |
| 3. <i>Would you volunteer to serve as a mentor in the future?</i>                                 | <i>yes</i>        | <i>possibly</i>         | <i>not sure</i>         | <i>No</i>           |
| 4. <i>Did the mentor training session help you prepare for your mentoring experience?</i>         | <i>yes</i>        | <i>somewhat</i>         | <i>not sure</i>         | <i>no</i>           |
| 5. <i>Would you have liked additional training for mentors?</i>                                   | <i>yes</i>        | <i>maybe</i>            | <i>probably not</i>     | <i>no</i>           |
| 6. <i>How clearly defined were your mentor responsibilities?</i>                                  | <i>very clear</i> | <i>moderately clear</i> | <i>a little unclear</i> | <i>very unclear</i> |

|  |                     |                  |                   |              |
|--|---------------------|------------------|-------------------|--------------|
| 7. What do you think about mentor coordinators? At which level were they accessible and easy to talk to and seek advice from when necessary? | <i>always</i>       | <i>somewhat</i>  | <i>Not much</i>   | <i>never</i> |
| 8. How would you describe your relationship with your mentee?  | <i>very good</i>    | <i>good</i>      | <i>fair</i>       | <i>poor</i>  |
| 9. Do you think that the time you spent with your mentee was sufficient?   | <i>yes</i>          | <i>almost</i>    | <i>Not really</i> | <i>no</i>    |
| 10. Do you think that the time you spent together was helpful for your mentee?   | <i>yes</i>          | <i>somewhat</i>  | <i>Not really</i> | <i>no</i>    |
| 11. Did you gain personally from this relationship?  | <i>yes</i>          | <i>somewhat</i>  | <i>Not much</i>   | <i>no</i>    |
| 12. How often would you prefer to meet with your mentees?  | <i>often</i>        | <i>sometimes</i> | <i>rarely</i>     | <i>no</i>    |
| 13. What was most satisfying about the mentor program?   | <i>Your answer:</i> |                  |                   |              |
| 14. What was least satisfying about the mentor program   | <i>Your answer:</i> |                  |                   |              |
| 15. What would you suggest to improve the mentor program?  | <i>Your answer:</i> |                  |                   |              |

**SECTION II. This Section needs to be filled by the mentees**

**Evaluation of Content and Mentor**

| <i>Please circle your level of agreement with each of the following statements.<br/>Five is the highest level of agreement.</i> |                  |           |                     |            |   |   |
|---|------------------|-----------|---------------------|------------|---|---|
| 5-Agree   | 4-Slightly Agree | 3-Neutral | 2-Slightly Disagree | 1-Disagree |   |   |
| <i>1-Mentoring received was adequate for me</i>   |                  | 5         | 4                   | 3          | 2 | 1 |
| <i>2- Instructional methods used during mentoring were effective</i>  |                  | 5         | 4                   | 3          | 2 | 1 |
| <i>3- Provided training materials were clearly and accurately written</i>   |                  | 5         | 4                   | 3          | 2 | 1 |
| <i>4- I received a sufficient amount of resources/materials</i>   |                  | 5         | 4                   | 3          | 2 | 1 |
| <i>5- Mentoring was provided in a timely manner</i>   |                  | 5         | 4                   | 3          | 2 | 1 |

| <i>Please answer questions below. Put (✓)mark under the option expresses best of your opinion</i>  |     |          |          |    |
|--|-----|----------|----------|----|
| <i>1. The mentor shared information about his/her background, skills and interests;</i>  | yes | somewhat | Not much | no |
| <i>2. The Mentor listened and drawn out the thoughts and ideas of the mentee;</i>  | yes | somewhat | Not much | no |
| <i>3. The mentor offered mentee constructive, meaningful and trustworthy advice and feedback;</i>  | yes | somewhat | Not much | no |
| <i>4. The mentor maintained intimate and confidential relationship</i>   | yes | somewhat | Not much | no |
| <i>5. The mentor ensured an environment in which mentee feels comfortable about voicing his/her concerns, fears and desires;</i>   | yes | somewhat | Not much | no |
| <i>6. The mentor sought support or advice by other specialist when he/she is feeling not confident enough;</i>   | yes | somewhat | Not much | no |
| <i>7. The mentor recognised and respect the boundaries of the mentor-mentee interaction and understand the need for delicacy and support;</i>  | yes | somewhat | Not much | no |
| <i>8. The mentor initiated contact with the mentee within one week after the induction trainings to develop mutually agreed upon goals and staying in touch with the mentee till the end of the mentoring process;</i> | yes | somewhat | Not much | no |

|  |            |                 |                 |           |
|--|------------|-----------------|-----------------|-----------|
| <p><b>9.</b> <i>The mentor prepared together with the mentee a detailed agreement about the mentoring relationship as well as an action plan for the implementation of the mentoring process, outlining the frequency and places of the meetings, the topics of discussion, and spheres of interaction, final goals and expected outcomes;</i></p> | <p>yes</p> | <p>somewhat</p> | <p>Not much</p> | <p>no</p> |
| <p><b>10.</b> <i>The mentor provided appropriate guidance to the mentee's questions, needs, or concerns, and developing realistic, measureable and achievable goals for the mentee;</i></p>  | <p>yes</p> | <p>somewhat</p> | <p>Not much</p> | <p>no</p> |
| <p><b>11.</b> <i>The mentor shared knowledge and experience with the mentee in a way that benefits the mentee in his/her self-determination, social adaptation and professional career development;</i></p>  | <p>yes</p> | <p>somewhat</p> | <p>Not much</p> | <p>no</p> |
| <p><b>12.</b> <i>The mentor provided encouragement for building up self-confidence and self-esteem;</i></p>  | <p>yes</p> | <p>somewhat</p> | <p>Not much</p> | <p>no</p> |
| <p><b>13.</b> <i>The mentor committed the necessary time to the mentoring relationship and being available at the mutually agreed upon times;</i></p>  | <p>yes</p> | <p>somewhat</p> | <p>Not much</p> | <p>no</p> |

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**SECTION III. This Section must be completed by both parties (mentor and mentee)**

**Self-Evaluation of Personal Acquisition**

Please put “yes” - “partly” - “no” to the each statement below

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**I have gained the following Personal Qualities through this mentoring program:**

**Self-esteem :**

**Sociability :**

**Self-management :**

**Making decisions :**

**Time Management :**

**Problem Solving :**

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**I have gained the following Soft skills (Interpersonal Skills) through this mentoring program**

**Participating as a member of a team :**

**Learning from others :**

**Exercising leadership :**

**Engage in inclusive communication with peers :**

**Problem solving**

**Decision making :**

**Thank you!**