

eMENTORING



About eMentoring

Schools use mentors for many different purposes, often including:

- to raise levels of attainment in exams
- to develop students' self-confidence and self-esteem,
- to encourage the development of social skills and personal responsibility
- to offer guidance and support with future career choices
- to raise students' aspirations.

eMentoring differs from traditional mentoring in that the relationship is entirely virtual and pairs build their relationship via email.

CSV has been running eMentoring programmes for several years and has found that it has great benefits for volunteers, schools and young people. The mentees for this programme are sourced from schools linked to The Co-operative.

Volunteer Role

eMentoring gives you the opportunity to support and encourage a student in a high school. There is a secure email system to use and you will email your mentee on average once a week. The mentor and mentee never meet and are only able to contact each other through an encrypted email address, so that they cannot have contact outside of the secure website.

Experience and Skills

If you can remember what it was like to be a teenager with many things to think about – exams, friends, etc, you have enough experienced to be a mentor.



Time Commitment

Approximately half an hour per week. This is an ideal opportunity for someone who is not in a position to leave the office on a regular basis but would still like to get involved in inspiring young people, as it can be done from your desk at a time that suits you.

Training

Volunteers will need to undertake an e-training module which can be completed at your desk. The training takes approximately 1 ½ hours to complete.

DBS Requirements

All volunteers are required to have a DBS (Disclosure and Barring Service) check and this will be arranged by CSV.

The **co-operative**
volunteer programme

Email: volunteer@co-operative.coop
Phone: 07956 848 791

