

MENTORSHIP MATTERS

Mentorship fosters connection and opens doors to new opportunities. Quality mentorship has been proven to have a positive impact at any age upon both the mentee and mentor.

By the Numbers

- 25% of US adults are currently engaged in mentoring relationships
- 18-29 year olds are more than 2x as likely to have had a mentor as adults over 50
- 83% of Americans support government investing in youth mentoring

At-risk youth who had a mentor were

- 55% more likely to enroll in college
- 78% more likely to volunteer regularly
- 90% are interested in being a mentor
- 130% more likely to hold leadership positions

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CARLSON FAMILY FOUNDATION



Different programs require different amounts of time. Most community-based programs require 6-8 hours per month.

Types of Mentorship

- 1:1 mentoring
- Peer to Peer mentoring
- Team mentoring
- Group mentoring
- E-mentoring

Sources: mentormn.org, The Mentoring Effect, 2014 via mentormn.org., The Power of Relationships Report, 2018. mentoring.org

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