

MATURE MENTOR RESOURCE

TELLING YOUR STORY

STORY TELLING

"Storytelling is a fundamental human experience that unites people and drives stronger, deeper connections. From the earliest recorded history, storytelling was a method used by cavemen to communicate, educate, share, and connect"
Forbes 2018

Sharing your stories will help to inspire trust and identify commonalities between your mentees' own stories.

GOALS FOR THIS SESSION:

- 1** Present your story in a thoughtful and engaging way.
- 2** Help mentees feel comfortable enough to share their own stories.
- 3** Mentees will write out a list of personalised affirmations that they can refer back to whenever necessary.

MATERIALS NEEDED: MENTOR TOOLKITS | MENTEE TOOLKITS

BEFORE YOUR SESSION

- Review or **practice telling your story** so you are comfortable sharing it (See Part 1)
- Think about 1-2 major fears you had leading up to / during college and what you did to overcome them (**Fill in "Fears and Affirmation "template** for Part 3)



MY MENTOR STORY

Use whatever is applicable to you from the "Hero's Journey" template to reflect on your own experiences in school and college. What have the significant moments in your educational journey been? Use this space to write down the key points in your 'hero's journey' to date.

A large, empty white rectangular area intended for writing the mentor story.

SECTION 1

SHARING YOUR STORIES



Part 1: SHARE YOUR STORIES

 approx. 10 mins/mentor

- Introduce yourself and let your mentees know that you are part of the Community Mentoring Programme. The programme connects students from IADT, NCAD, Marino Institute of Education, UCD and TCD, so you can share your experiences on what it's like to go to college, some ways to get there, and the supports that are available.

Part 2: MENTEES' STORIES

 approx. 10 mins

- Get to know your mentees. Facilitate a group discussion to encourage the group to share their own stories and experiences.

Suggested ice breakers (if required):

- Did anything from our stories resonate with you?

Part 3: FEARS AND AFFIRMATIONS

 20 mins combined

- **Group Talk:** You should have already filled in the Fears and Affirmations template on the following page. Use this template to share what your fears were leading up to/when first attending college, and what you did to overcome them.

 10 mins

- **Worksheet:** Have mentees fill in the "Fears and Affirmations" template themselves.

 10 mins

FEARS AND AFFIRMATIONS TEMPLATE



We have probably all allowed fear to slow us down (or even stop us) from making a positive life change at some stage of our lives. It is often helpful to acknowledge what fears (rational or not) may be standing in our way, and then to articulate how we intend to challenge them.

This template was designed for an academic goal, but may also be used for any goal if Higher Education does not interest you.

1 In 5 years I want to... (be as specific as possible):

2 My biggest fears surrounding this goal are:

3 3. I am committed to overcoming my fears because:

2 4. I can do this because (write your affirmations here):

FEEDBACK



- Explain that it is ideal for the forms to be completed as soon as possible while the session is still fresh in everyone's minds.
- Fill in the mentor feedback forms and bring back to your college's access office.
- Log your session on <https://www.collegeaware.ie/submit-your-event/>

Our next visit will be:

The next topic we will cover is:
