



# Employee Health & Wellbeing

## Become a



*The University of Delaware has partnered with Connecting Generations to mentor high school students. Starting in the fall, employees will mentor area high school students. Connecting Generations will pair mentors and mentees throughout the 2017-2018 school year for in-person discussions and fun activities.*

### Benefits

- Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter.
- Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic and professional situations
- Mentoring connects a young person to personal growth and development, social and economic opportunity, and is incredibly rewarding
- School-based mentoring programs benefit not only the teenager and peer mentor, but also the school and communities by establishing social networks that integrate positive role models as mentors from the same community

### Statistics

- Young Adults Who Were At-Risk for Falling Off Track But had a Mentor Are:
- 55% more likely to enroll in college
- 78% more likely to volunteer regularly
- 90% are interested in becoming a mentor
- 130% more likely to hold leadership positions

***1 in 3 young people grow up without a mentor. Let's start to change that statistic!***