

# Mentoring in Action

*Guiding, Sharing, and Reflecting with Novice Teachers in October*

## Mindful Mentoring Memo

*“A good teacher walks around the classroom helping everyone do things they don’t understand.”  
7<sup>th</sup> Grade Student (page 70 Mentoring in Action book)*



### A MESSAGE to Mentor Leaders

This memo is designed to support you in using the **Mentoring in Action** 2<sup>nd</sup> edition as a resource for purposeful mentoring conversations.

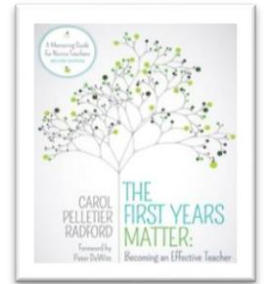
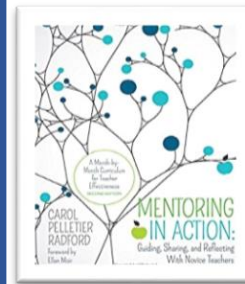
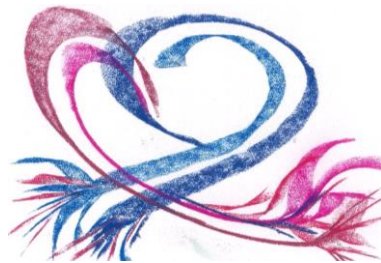
Getting through the beginning weeks of school can be exciting and exhausting. Taking time for mentors and mentees to actually talk to each other may seem impossible to schedule. Be persistent and make the time to meet! Encourage your mentee to prepare for the meeting by reviewing the ACTs in the companion book, **The First Years Matter**. The goal at this time should be meeting the needs of your novice teachers. That is why it is so important to anticipate possible questions and to also ask some questions of your own. Use page 73 to guide you.

Mentors are teacher leaders! Your leadership is demonstrated by your commitment to mentoring another teacher who is entering the profession. Review the image on page 4 in your **Mentoring in Action** book and notice how teacher leaders are the roots for the mentoring program. Without you there would be no quality mentoring or support

So this means you need to take time for yourself too. Being “in action” in your own classroom and then adding mentoring to your commitments can be overwhelming. I invite you to stop “doing” for 10 minutes to just listen and breathe as I guide you through this simple [meditation](#) that aligns with Principle 2 on page 10. How will you build a trusting relationship?

**Balance. Inspire. Lead. Transform** from the 

*Carol*  
Carol Pelletier Radford EdD  
Founder, Mentoring in Action



### ACTIONS



Differentiating your mentoring conversations

requires good planning. You want your mentoring conversations to focus on your novice teachers’ needs. Here are three ways to support you.

- Interview your mentee using The First Act on page 76.
- Review the Overview of Acts on page 77 and choose one.
- Read page 84, Act 7, and plan a Student Survey. You can also find the videos on the [MentoringinAction.com](http://MentoringinAction.com) Video Library using the titles.

Use the templates in the Appendices to organize your conversations.

When will you schedule your time to talk?

### CONNECTIONs

Review page 75 and watch the [Teachers Make a Difference](#) Video and discuss it.





# Being a Mindful Mentor

*"I inspire novice teachers to be their best selves."*



## REFLECT

Effective mentors take the time to reflect alone and with their mentee.



Choose a bubble stem on page 88 and complete it in your book or using the [Mentor journal](#) available from Corwin.

## NEW TEACHER PHASE

In October, the novices are entering the survival phase. With the first month of teaching down, your novice teacher is most likely overwhelmed and experiencing situations not learned about in their preparation programs.

Help your novice teacher slow down and focus on what is the most important.

Use the October chapter to guide your conversations.



## USING MINDFULNESS



Teaching is complex, and often, there are not clear answers to situations that arise while you are mentoring a novice. Each month, a dilemma will be featured to help you and your novice grapple with some challenging issues. By anticipating challenges and reflecting on them before they happen, we help our novice teachers to prepare instead of react.

- **Dilemma #3** is: ***So Many Teaching Practices Off Track.*** As you read the dilemma in your Mentoring in Action book, think about how you would discuss this. A mindfulness protocol is included on page 89 to help you reflect and clarify the issue for yourself.
- Note that if you are using ***The First Years Matter*** book that the dilemma is written from the novice teacher's perspective.

## VIDEO

To learn more about the October chapter, listen to one of our mentor leaders

- [October Chapter Overview](#)



## WEBSITE RESOURCES

Visit [MentoringinAction.com](#) to find free resources like the District Action Plan samples and a video library. Practice mindfulness using the mindful mentor meditations that align with page 10 in your MIA book.



To purchase the 2<sup>nd</sup> editions of the **Mentoring in Action & The First Years Matter** and receive a bulk order discount call 1-800-233-9936.

## SELF CARE CORNER

Take some time for YOU! What can you do today that will refresh your spirit?



Also, point out what your novice teacher is doing well! It is time for a compliment!

Watch the video, [How to Make Stress Your Friend](#), by Kelly McGonigle to hear some surprising finds!

Review page 90 for more ideas!