

Yes! I want to be a Met Mentor!

At The Met High School, students learn through internships (LTI), identifying their passions and connecting with mentors. As a mentor, I will guide my intern helping them learn about my field and about the professional world. I will support the student developing a project with the advisor that will both give back to my workplace and be a vehicle for the student's academic and personal growth.

Qualities of good mentors	Basic expectations of mentors
<ul style="list-style-type: none">• Have a passion for working with youth• Can structure time to support and involve student• Excited about job they do• Are willing to nurture a relationship above and beyond a work relationship with the youth• Are strong communicators• Are patient	<ul style="list-style-type: none">• Expect the student for 10-12 hours a week for 3 months as agreed in set up meeting• Call us if the student is absent & doesn't call you• Plan to spend time each day with the student• Communicate all questions/concerns you have to the advisor in a timely manner• Meet with the advisor once a month

Name: _____ Title: _____ Dept: _____

Phone: _____ Email: _____ Fax: _____

Briefly, my job is...

An intern could work with me on the following projects:

I understand that interested students will write a cover letter explaining to me why they are interested in meeting me and perhaps interning with me as well as indicate any relevant past experiences they have had.

I understand that the informational interview is usually with 3-5 students at my place of work and that from that group I will have 1-2 students come for a shadow day before picking my intern.

I understand that if I don't feel that the students who interviewed or shadowed me are the right matches for the internship, then I am not obligated to fill the position.

Signature: _____

Date: _____

Please return to The Met LTI Office

Fax: (401) 752-2625 Email: MetLTIinfo@metcenter.org The Met LTI Office, 325 Public St, Providence, RI 02905