

The Bridge into Adulthood

More so now than ever before, growing up is not easy. Everyone has a unique series of struggles moving from being a high school kid to being a responsible, healthy adult. Sometimes it isn't clear how to get from here to there.

Where did you go to learn to be an adult? Where did you go to find healthy role models, healthy attitudes to emulate – adults you could look up to and become like? Where did you go to find someone to know you well enough to help you define your strengths? Where do kids go to learn to become adults?

There are no becoming an adult schools. There is no authoritative book that tells how to complete the process. But there are **MENTORS**. One of the best places to go in the pursuit of adulthood is into a mature mentoring relationship.



The formula is simple – Talk to your assigned mentor or mentee. The mentor doesn't see you as a child, but as another mature person who is worthy of adult respect. The mentoring relationship provides a context for such respect to be earned and expressed. Many mentors will not give you advice, but will simply live their life in front of you and allow you to be with him.

Another step in reaching adult maturity that is aided by the mentoring relationship is the definition of one's self-concept. Self concept is a psychological term that defined loosely as the sum total of all the adjectives you use to describe yourself, both positive and negative.

When a mentee has a poor self concept, a mentor can begin questioning the negative adjectives and reinforcing the positive adjectives so the mentee's self concept becomes progressively more positive, healthier, stronger and clearer.

A large part of growing into adulthood is simple having a mentor who cares enough to help us define our strengths, our growth areas, and help us develop a bridge of personal growth as we make the transition from child to adult.



One reason mentoring has become such an important issue in this decade is that a part of what is involved in mentoring is a relationship with a mature man whom you respect and who also respects you as a man.

The beginning of manhood is when a man you respect a great deal accepts you as an adult peer, whether he's your father or father figure, your uncle, or your MENTOR. Again, this is why the mentoring relationship holds such promise for so many men. It is a relationship in which one's manhood can be affirmed by another respected, mature man.

Literally millions of men have never heard their father say two of the most meaningful phrases in the English language: "I love you, and I'm proud of you." And tragically many never will. That is where you as a mentor can become the cheer leader for your mentee. You can be the one that says: "I am proud of you."

Questions to Ponder - -



1. A mentee should expect advice from his mentor?
2. As a mentor, would I do anything for my mentee including loaning him money?
3. I know that my mentee has the following strengths.
4. I know my mentor has the following strengths.