

# Teen Program Mentorship





# About Me

Hi! My Name is Zoraya Quintanilla

I'm the RS Manager at the Apex. This is my 3rd year leading Teen Program & I'm excited to share a few resources that could add to your sessions with your students.

Feel free to reach out to me:  
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# Canvas/StudentVue



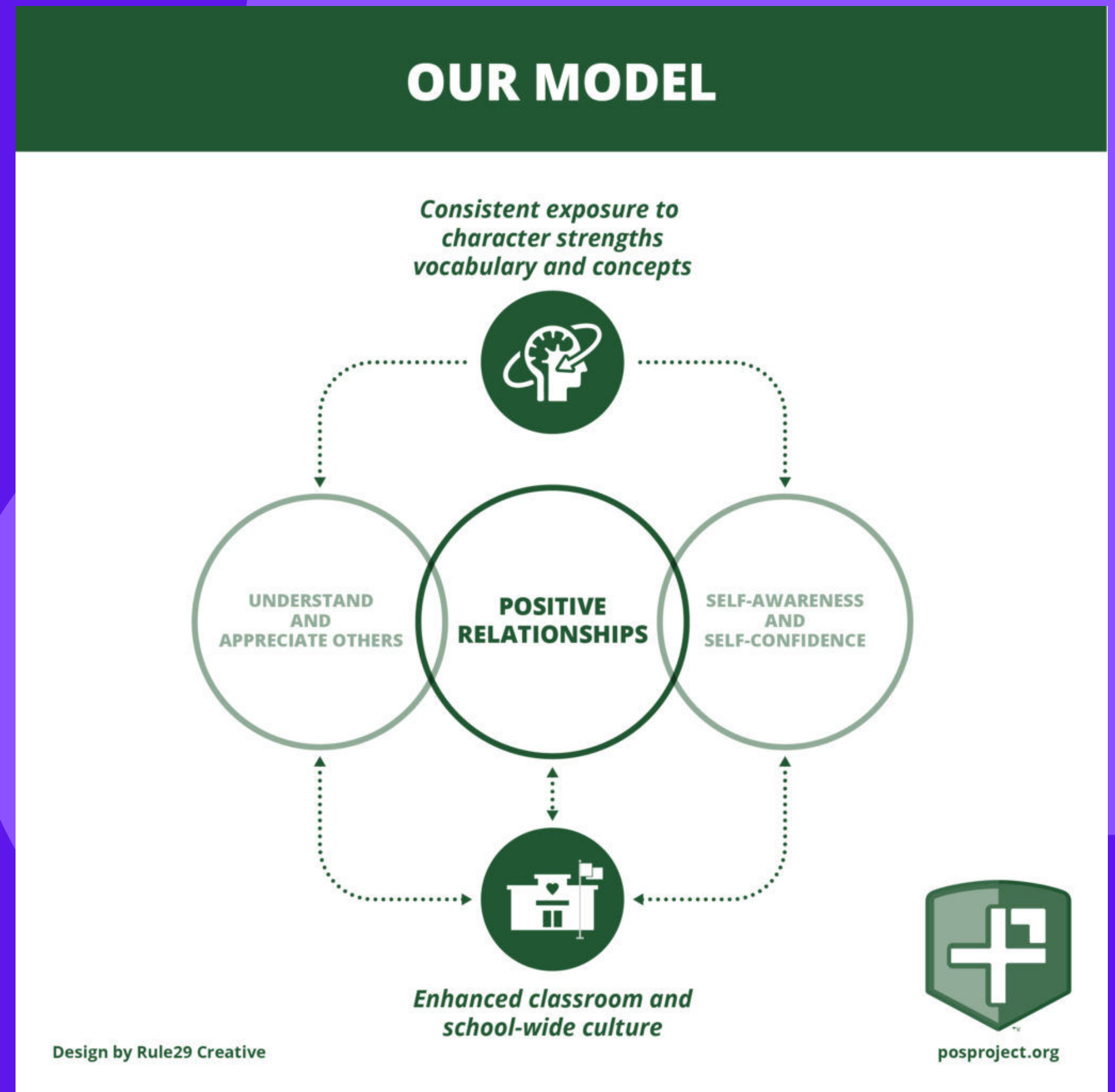
- Highly encourage you to view your teen's Canvas account every session you meet with them. **Allow the student to show you their account.** If your student forgets their Log-In info, a staff member will have it available.
- Things to view in Canvas: select each class to view their grades, assignments, syllabus, To Do list, any teacher feedback/reminders, school announcements.
- Things to view in StudentVue: Quarter grades and teacher emails

# Social Emotional Learning/P2

- This year, we began a new project called Positivity Project or P2 at all our sites.
- What is P2?

## SEL/P2 Resources/activities:

- Teen Program P2 Weekly Calendar
- Ask site staff for SEL resources.
- P2 Resources for families & educators



# College/Career Readiness



- Scholarship List
- [Virtual Campus Visits](#)
- [Guide to Trade Schools.](#)
- Discuss your career journey.
- [Explore Careers, Learn about College and Scholarships + Take a quiz on best fit. .](#)
- [Job Shadowing](#)
- [Resume Writing for HS students](#)
- [Opportunities Workbook](#)
- [VA Opportunities Workbook](#)

# Other Lessons/Activities



## Games/Get to know you

- Get to know the teens Academic and Enrichment goals. Ask them for updates.
- All sites have board games you can borrow .
- Learn/talk with your students – forming a mentorship takes time!
- Ice Breaker games

## Lessons/Activities

- Most sites have subject workbooks you can borrow .
- Some sites have folders made for each teen containing extra activities or a Binder dedicated to lessons.
- Learn about Volunteering
- Read about current events
- Read a book together & check in every week.
- Extra subject practice: <https://www.khanacademy.org/>
- Open Arlington library card or browse library resources

# Thank You

"A reminder that showing up consistently is super important, even if you don't end up doing much tutoring. Positive adult relationships are a huge protective factor for youth health and wellbeing" - Teen Program Mentor

