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Mentors' Roles in Adolescence

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Mentors' Roles in Adolescence

A mentor is an individual with more knowledge and experience, guiding a less experienced person by building trust with them and enhancing positive behaviors. As claimed by most youth development institutions, adolescents need mentors for positive outcomes to be attained. Notably, mentors do not replace the parents' roles by acting and helping the youths on matters the parents would not reach. Adolescents would not open up some things to parents for fear of being condemned, yet the issues are essential. For that reason, mentors have to understand that they need to be dependable, authentic, and engaging to guide and assist adolescents. The literature describes the mentors' roles and actions needed to affect the adolescents' environments positively.

Mentors play a role in supporting development in social, emotional, and cognitive learning and identification development (Cox, 2020). In doing so, they ought to teach them social skills and interpersonal relationships. In the adolescent stage, the youth begin interacting with people beyond the family and therefore need guidance on how to relate with different people. Here, they should learn how to respect others' cultures and opinions and have personal stands to prevent negative connections. Another role mentor needs to execute is helping the adolescents cope with life challenges. At this juncture, they are educated on coping skills by insisting that life issues must occur, but their reactions determine the outcomes. For example, the mentors would touch on their relationship with parents where in that stage, chances of conflicts are high. Instead of engaging in substance abuse, they need to be supported in talking about the issues to have a better relationship with the parents. Besides, the mentors ought to help the youth develop cognitive skills, self-regulation, and identity.

The above roles would be achieved if the mentors positively influence the adolescents' environment. One thing they need to do is establish a good relationship with

them. The youths need to feel confident and safe while sharing information; otherwise, they would hide some things. With the right relationship, the mentors guide, motivate, and offer support, making them understand the surroundings. Also, the mentors need to be role models in that they act and talk similarly to the advice they give to the youth. For example, if the mentor teaches about adopting virtues in life to interact well with people, they also need to apply them in life as they tend to copy their mentors. Together, they again need to have goals to remain on the same page and celebrate success.

Mentoring is not only supported by youth development organizations but also by the Bible. As the books of 2nd Corinthians, Philippians, and Colossians show, Timothy was highly mentored by Paul to become a good Christian (King James Bible, 2017). They developed a goal of teaching the people, evident by the several letters they wrote together. In the book of Titus 2: 4-5, women are told to mentor the young girls on how to love their husbands and be kind (King James Bible, 2017). Paul also tells the older men to teach the young and train them on being respectful and model the good works. The pieces show that the Bible acknowledges the mentorship concept, where the older people assumed to have more experience are to guide the young, so they remain on the right path.

In summation, mentoring the youth is necessary, as advocated by organizations and the Bible. Mentors guide, motivate and support the young to live a meaningful life and cope with challenges. Normally, it is done by creating a good relationship with them, being role models, and setting goals together.

References

Cox, R. (2020). *Mentoring Minutes: Weekly Messages to Encourage Anyone Guiding Youth*.

Wipf and Stock Publishers.

King James Bible. (2017). *King James Bible Online*. <https://www.kingjamesbibleonline.org/>

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