

# MENTORING CENTRAL



**2026 CATALOGUE**



I am pleased to share the 2026 *Mentoring Central* catalogue with you. This catalogue represents the culmination of 27 years of research, partnerships, and program development dedicated to advancing the field of youth mentoring.

At *Mentoring Central*, our mission is to positively impact the lives of young people by developing and delivering evidence-based products and services that foster effective mentoring relationships. We partner with mentoring programs to help them reach their greatest potential, offering tools, trainings, and resources grounded in science and shaped by real-world experience. Every program and resource in this catalogue reflects the dedication and expertise of our multidisciplinary team of scientists, mentoring practitioners, multimedia designers, and software developers. Together, we blend research, technology, and thoughtful design to ensure our offerings are engaging, effective, and practical for use by your mentoring program staff and stakeholders.

Our research-based trainings and resources are carefully crafted using our state-of-the-art online technology and years of expertise in the field of youth mentoring and prevention science. From asynchronous, web-based mentor training to comprehensive program supports, our programs and services are designed to help mentoring programs improve outcomes and achieve excellence with ease.

*Mentoring Central* is also a leader in advancing best practices in the field. We have helped craft MENTOR's *The Elements of Effective Practice for Mentoring™* (EEPM), which defines the Standards of Practice for youth mentoring programs. By adhering to these Standards, programs can enhance their quality and build strong, long-lasting, and effective mentoring relationships, based upon our basic research and the research of others. Our research scientists have also contributed to multiple EEPM supplements, including the STEM, workplace, e-mentoring, group mentoring, peer mentoring, and mentoring youth with disabilities supplements.

Through our research and publications, technical reports, presentations, and professional development workshops, *Mentoring Central* disseminates cutting-edge strategies and findings that help elevate the quality of mentoring programs nationwide. Through our creation of first-of-their kind, evidence-based trainings, we help mentors build the skills they need to play an impactful role in the lives of their mentees and help young people understand the value of a mentoring relationship in their life as well as prepare mentees to establish relationships that will benefit them.

Thank you for your commitment to mentoring and for your interest in our work. We look forward to partnering with you to strengthen mentoring relationships and create meaningful positive outcomes for young people.

Sincerely,  
Dr. Janis Kupersmidt  
President and Senior Research Scientist

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# ANNUAL MEMBERSHIP

## MAXIMIZE THE VALUE OF *MENTORING CENTRAL*.

Become a member of *Mentoring Central* and receive access to our mentoring products.

## TRAINING PRODUCTS INCLUDED IN MEMBERSHIP

### ONLINE MENTOR TRAINING COURSES:

- *Building the Foundation for Mentors* (community-, site-, group-based, STEM, young adults, and e-Mentoring versions)
- *Ethics and Safety* (community- and site-based versions)
- *Building and Maintaining the Relationship*
- *Promoting Enhanced Resilience and Learning (PERL)*
- *Substance of Change: Building Assets in Mentees Affected By Substance Misuse*

### RESOURCES FOR MENTORS:

- *Building Assets Together: A Guide for Youth Mentors*

### ONLINE PARENT TRAINING COURSE:

- *Building the Foundation for Parents*

### LIVE WORKSHOP TRAINING MATERIALS:

#### Mentees:

- *Building the Foundation for Mentees Workshop*

#### Mentors:

- *Orientation to Your Mentoring Program for Pre-Match Mentors*
- *Building the Foundation for Training Pre-Match Mentors* (community- or site-based)
- *Building Your Mentoring Skills*



## EVALUATION PRODUCTS

### SURVEYS:

- Create online surveys to send to your mentors, mentees, or parents/guardians of mentees
- Use the eTrove data collection system to deploy your surveys

### EQUIP

- Complete the EQUIP Program Quality Self-Assessment questionnaire about your program's practices
- Receive EQUIP Self-assessment Report

“ I would highly recommend *Mentoring Central's* trainings to a new program. The training courses provide a simple-to-understand template for programs who are not sure where they're going yet. ”

-Tamara Veit, Executive Director of Surry/Stokes Friends of Youth

“ The content within *Mentoring Central's* courses directly addresses questions that our mentors commonly ask. ”

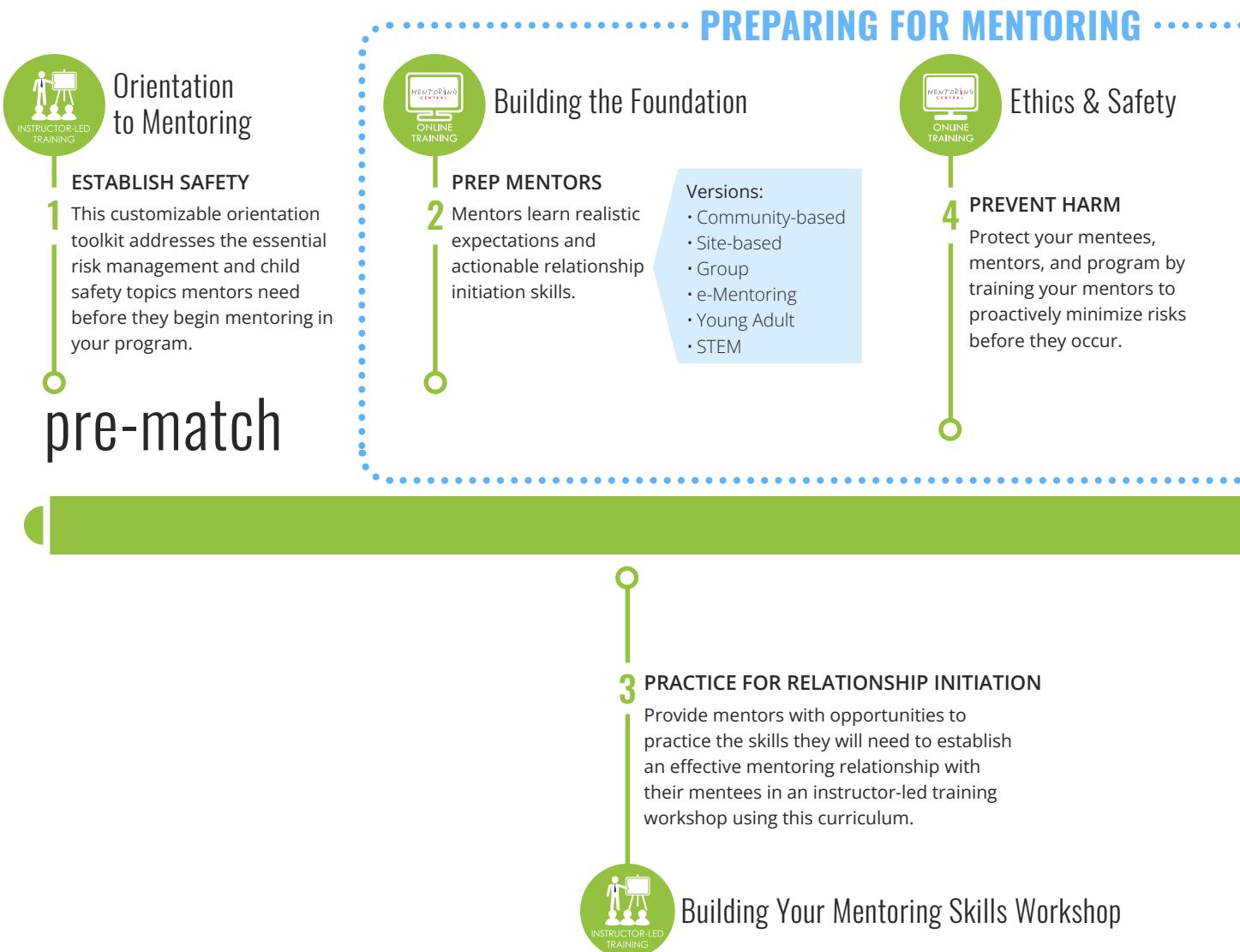
-Tammy Hopman, Grants Administrator for Surry/Stokes Friends of Youth

## PRICING

Membership Plan	Licenses per Course	Program Staff Licenses per Course	Cost of Annual Membership
XXS	15	2	<b>\$360</b> SAVE \$3,065
XS	25	2	<b>\$500</b> SAVE \$3,975
Small	50	3	<b>\$800</b> SAVE \$7,150
Medium	125	3	<b>\$1,400</b> SAVE \$13,925
Large	200	6	<b>\$1,900</b> SAVE \$23,350

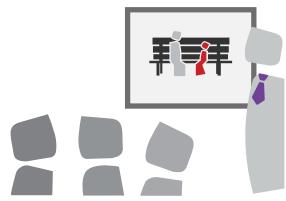
Additional seats are available at a 10% discount off the regular retail price.  
Licenses are good for one calendar year from initiation date.

## MENTORING CENTRAL'S SUGGESTED



# TIMELINE FOR MENTOR TRAINING





## ORIENTATION TO YOUR MENTORING PROGRAM

The *Orientation to Your Mentoring Program* Workshop toolkit provides a turnkey, customizable, solution for conducting an instructor-led (in-person or web-based video) workshop to ensure your mentors are fully prepared to uphold the highest standards of child safety. This way, you can make sure that everyone is working together towards a common goal!

Establishing a solid orientation experience for new mentors that outlines the risk management and child safety policies and structure of your specific mentoring program can help ensure that everyone participating in your mentoring program is on the same page.

This workshop toolkit also introduces new mentors to your program's unique mission, history, team, requirements, and culture, so they feel connected to your organization.



# PUTTING SAFETY FIRST: MENTOR PREPARATION STARTS HERE.



The Toolkit includes:

- 1. Trainer's Manual:** Step-by-step instructions and realistic safety scenarios to discuss with new mentors. These guided discussions help mentors prepare to navigate the potential boundary issues and emergency situations that can occur in mentoring relationships. Fill-in the blank sections allow you to customize the orientation to reflect the details of your program's procedures and risk management policies.
- 2. Customizable PowerPoint Presentation:** A professionally designed slide deck that provides the structure and sequence you need for orienting new mentors to your program. The slides include examples of topics to discuss with new volunteers interested in being a mentor that can be modified and customized to reflect your specific program.

## OBJECTIVES

As a result of attending this workshop, mentors will be able to:

- Describe the history and requirements of your mentoring program**
- Explain the goals and mission of your program**
- Describe and adhere to your program's risk management and safety policies**

## PRICING

\$50 for one instructor to train an unlimited number of mentors

Price includes access to online workshop materials for two years.

# PREPARING FOR MENTORING

## MENTOR TRAINING PROGRAM OVERVIEW

### THREE CORE TRAININGS FOR EVERY STAGE OF MENTORING.



#### IMPROVE READINESS

Before meeting their mentees, potential mentors establish realistic expectations, identify their goals, and learn actionable relationship initiation skills.

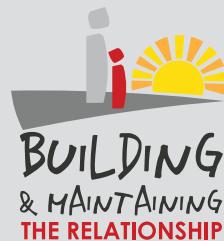
[\(See p. 11 for more info\)](#)



#### INCREASE PREPAREDNESS

Mentors prepare for common ethical and safety issues, and learn a code of conduct, contributing to healthier, more confident decision-making.

[\(See p. 13 for more info\)](#)



#### STRENGTHEN EFFECTIVENESS

Mentors access a toolbox of ideas and strategies to help them form relationships that are stronger and longer lasting.

[\(See p. 14 for more info\)](#)

We were the first team to create interactive, evidence-based, online training for mentors.

Why?

To meet the needs of mentoring programs for high-quality, effective training delivered consistently to every volunteer.

### ADVANTAGES OF OUR MENTOR TRAINING PROGRAM:

Helps improve your mentoring program in the following ways:

- Ensures your mentors are knowledgeable
- Increases your mentors' readiness and feelings of preparedness
- Helps your mentors establish realistic expectations
- Prepares your mentors to anticipate and handle common challenges
- Helps you to eliminate unsuitable volunteers early

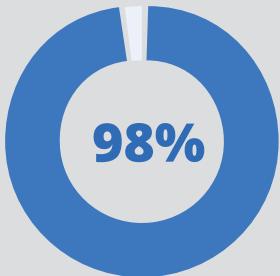
A convenient approach to mentor training:

- Web-based training, on-demand, 24/7
- PC, Mac, and tablet accessible
- Extensively piloted and tested
- Used by mentoring programs around the world
- Aligned with national Standards (MENTOR, 2025)
- Continually updated, accurate, research-based, and practice-informed content

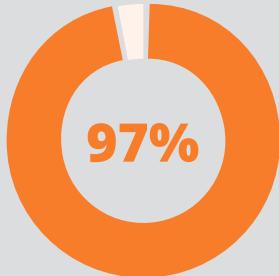
## PREPARING FOR MENTORING



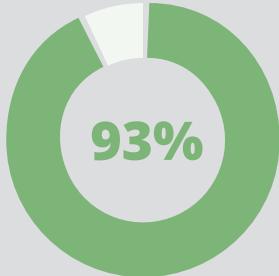
### WHAT DO OUR USERS SAY? AFTER COMPLETING ONLINE TRAINING:



of mentors report  
**being excited to start  
mentoring**



of mentors report that the  
**training was a good introduction**  
to the topic of mentoring



of mentors would  
**recommend the training**  
to others

**“** I learned so much with this training...

Now, I feel ready, prepared, and excited for  
the journey ahead. I feel very confident. **”**

-Mentor who completed the Preparing for Mentoring program

**SINCE 2010...**  
**TRUSTED BY OVER 600 PROGRAMS**  
**TO TRAIN MORE THAN 13,000 MENTORS.**



### RESEARCH CORNER

*Mentoring Central* researchers conducted a randomized controlled trial (RCT) to evaluate the effectiveness of the *Preparing for Mentoring* online mentor training program consisting of *Building the Foundation*, *Ethics & Safety*, and *Building & Maintaining the Relationship*. Mentors who enrolled in the study were randomly assigned to receive either *Mentoring Central* training, in addition to their mentoring program's own training, or their programs' training only. Mentors who completed the *Preparing for Mentoring* program reported being **more ready to begin mentoring, self-efficacious, and knowledgeable about the roles that mentors should and should not play, and had less unrealistically positive expectations about mentoring**, than mentors who didn't receive this training program.

Kupersmidt, J. B., Stelter, R. L., Rhodes, J. E., & Stump, K. N. (2017). Enhancing mentor efficacy and preparedness through web-based, pre-match training. *Journal of Nonprofit Education and Leadership*, 7(3), 197-216.



## GREAT RELATIONSHIPS START WITH A STRONG FOUNDATION.



Average length: 2 hours

### This course empowers mentors to:

- Assess their readiness to begin mentoring
- Align personal motivations with their mentee's motivations
- Understand the essential roles of a successful mentor
- Prepare for meeting their mentees
- Solidify their commitment to the mentoring relationship



## SIX MOTIVATING LESSONS. PRACTICAL. INTERACTIVE. FUN.

### 1. IMPROVE READINESS

Feeling ready and prepared contributes to more effective mentoring relationships.

### 2. ESTABLISH POSITIVE EXPECTATIONS

Having realistic expectations for your mentoring relationship will contribute to better outcomes.

### 3. UNDERSTAND BOUNDARIES

Discover the importance of maintaining boundaries and how they promote healthy, safe relationships.

### 4. ALIGN MOTIVATIONS

Identify motivations for mentoring, and learn to manage differences in the goals of mentors and mentees.

### 5. DEFINE ROLES

Understand the essential roles a mentor plays in the lives of children—from trusted friend to role model.

### 6. PREPARE FOR INITIATION

Access tips, checklists, and scenarios to prepare for successful first meetings with mentees.

### AVAILABLE VERSIONS:

	Web-based Training	Instructor-led Training
Community-based	✓	✓
Site-based	✓	✓
Group-based	✓	
Young adults	✓	
e-Mentoring	✓	
STEM (See page 12 for details)	✓	

**“** Mentoring Central's online training is a highly instructive training tool with real life examples of mentor-mentee scenarios and discussions about the essential steps needed to establish a solid mentoring relationship which helps provide potential mentors with the confidence they need to feel prepared to start their mentoring relationship. **”**

-Ashleigh Diserio, Co-founder, Eyes Wide Open Mentoring

### PRICING: Web-based Training

One Course for 1 - 9 participants \$25 per person

One Course for 10 or more participants \$10 per person

\*Price includes access to online course for one year.

### PRICING: Instructional materials for conducting instructor-led training:

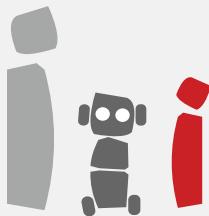
- Instructor's Manual licensed to each individual instructor
- Downloadable PDF workbook to print and provide to your trainees
- Web-based multimedia presentation access for 2 years

\$200  
for one  
instructor  
to train an  
unlimited  
number of  
mentors

RENEWAL: Two years of access to the instructional materials for one instructor

\$25

## PREPARING FOR MENTORING



Building the Foundation  
for STEM Mentors

Average length: 4.5 hours

The fields of Science, Technology, Engineering, and Math need new, diverse voices, and the youth of today will be those voices. Our engaging, multimedia, web-based training equips mentors with the specialized skills they need to inspire and support the next generation of youth to claim their future in STEM.

## CUSTOMIZABLE TRAINING ON FOUNDATIONAL MENTORING SKILLS, DEVELOPED SPECIFICALLY FOR STEM MENTORS.

Help unlock the potential of the next generation with *Building the Foundation for STEM Mentors*. This course includes 11 engaging lessons designed to help create impactful mentoring relationships. Program administrators can select which of the 11 lessons their mentors should complete or select the standard course that includes all lessons.

1. INTRODUCTION TO MENTORING
2. INTRODUCTION TO STEM MENTORING
3. MOTIVATIONS FOR BEING A STEM MENTOR
4. EXPECTATIONS
5. ROLES MENTORS SHOULD PLAY
6. NAVIGATING ROLES AND BOUNDARIES
7. INITIATION OF YOUR MENTORING RELATIONSHIP
8. USING YOURSELF AS A CHANGE AGENT
9. HOW MENTORING CAN HELP INCREASE RECRUITMENT & RETENTION IN STEM
10. BUILDING CULTURAL COMPETENCY IN STEM MENTORS
11. MICROAGGRESSIONS IN STEM & HOW TO DEAL WITH THEM



## PREPARE MENTORS TO BUILD THEIR MENTEES' ENGAGEMENT IN STEM.



## PRICING

One Course for 1 - 9 participants	\$40 per person
One Course for 10 or more participants	\$16 per person

Price includes access to online course for one year.

## PREPARING FOR MENTORING



## FIRST-OF-ITS-KIND APPROACH TO TRAINING BASED ON THE MENTORING CODE OF ETHICS.



Average length: 45 minutes

### Why does ethics training matter for mentors?

Just as ethical guidelines are crucial in other professions (e.g., doctors, lawyers, psychologists), training on ethical guidelines is equally fundamental to creating successful mentoring relationships.

This interactive online course is based on the code of six ethical principles of mentoring proposed by Drs. Jean Rhodes, Belle Liang, and Renee Spencer in their seminal paper "First do no harm: Ethical principles for youth mentoring relationship".

Two versions of this course :

1. **Site-based mentoring**
2. **Community-based mentoring**

**Ethics & Safety** participants will:

- Internalize ethical guidelines
- Learn appropriate responses to ambiguous or risky situations with mentees
- Practice safe and ethical decision-making in a wide range of everyday activities
- Ensure mentee safety
- Help build their mentoring program's reputation

## SIX ETHICAL PRINCIPLES APPLIED TO EVERYDAY SITUATIONS.

Prospective mentors complete the self-paced course, which includes six sections — one for each ethical principle.

Mentors encounter a series of everyday situations that require making decisions. Using the code of ethics helps mentors make decisions that will protect both the mentor and the mentee from uncomfortable or problematic situations that can jeopardize their relationship, or the health and safety of mentees or mentors.



### PRICING

One Course for 1 - 9 participants	\$25 per person
One Course for 10 or more participants	\$10 per person

Price includes access to online course for one year.

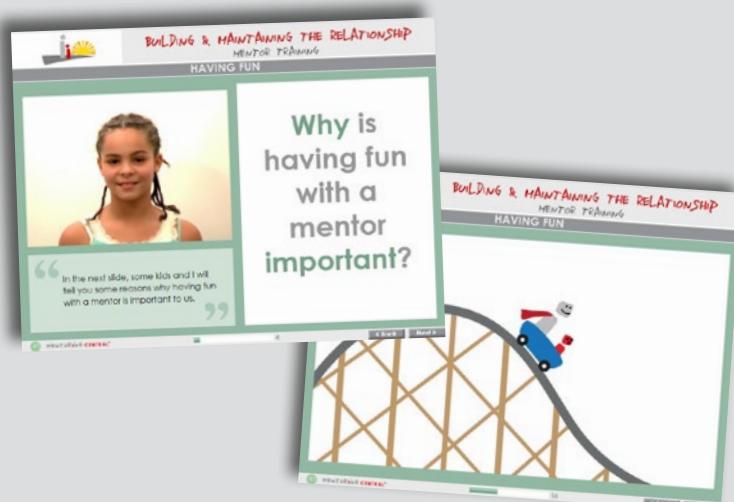


### BUILDING & MAINTAINING THE RELATIONSHIP

Average length: 2.5 hours  
After the initial excitement of meeting their new mentee, mentors can struggle with what to do next in their mentoring relationship. The *Building and Maintaining the Relationship* course provides training on how to build an enduring relationship using realistic, interactive scenarios, lots of practical tips, and easy to remember skills.

Participants in this course will:

- **Learn how to build trusting relationships with their mentees**
- **Learn ways to have fun with their mentees**
- **Build collaboration skills**
- **Learn how to help mentees to set goals**
- **Explore how to share decision-making with mentees**
- **Review three key behaviors of effective mentors**
- **Learn relationship closure skills**



## BUILDING ENDURING RELATIONSHIPS.



### FIVE KEY SKILLS TO BE FULLY PREPARED TO MENTOR.

#### BEHAVE FOR SUCCESS

Learn three behavioral characteristics of effective mentors and how to apply them.

#### OPTIMAL APPROACHES

Learn the four common approaches to establishing new mentoring relationships and discover which two are most likely to lead to more effective relationships.

#### COMMIT TO FUN

Research shows that engaging in fun activities is a major mentee priority across all age groups. Learn how to have fun together with your mentee or mentees.

#### PLANNING ACTIVITIES

Discover how setting goals and adhering to plans increases healthy mentoring relationships.

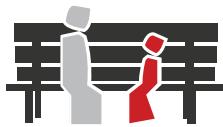
#### CLOSURE WITH CARE

Grasp the difference between closing and redefining the relationship. See how carefully executed closure impacts future growth for all.

### PRICING

One Course for 1 - 9 participants	\$25 per person
One Course for 10 or more participants	\$10 per person

Price includes access to online course for one year.



# Building Your Mentoring Skills



Average length: 2 hours

The *Building Your Mentoring Skills* toolkit provides all the materials you need to conduct a 2-hour, in-person, instructor-led workshop with pre-match mentors.

The Toolkit includes:

1. **Instructor's Manual** - fully scripted, downloadable PDF
2. **Workbook for mentors** - downloadable PDFs
3. **Web-based multimedia presentation** for use at the workshop (access for two years)



## REVIEW, APPLY, AND BUILD ON CONCEPTS FROM THE ONLINE TRAINING

As a result of attending this workshop, mentors will be able to:

- Demonstrate knowledge of the roles mentors should and should not play
- Be prepared for the first meeting with their mentees
- Apply the key behaviors of successful mentors to mentoring a youth
- Practice cultural humility and navigate diverse perspectives with sensitivity and awareness
- Discuss and resolve difficult situations with their mentees
- Understand the importance of a thoughtful, planned closure of a mentoring relationship

This workshop includes community-, site-, and group-based mentoring examples.

## PRICING

\$200 for one instructor to train an unlimited number of mentors for two years

RENEWAL: Two years of access to the Toolkit for one instructor - \$25

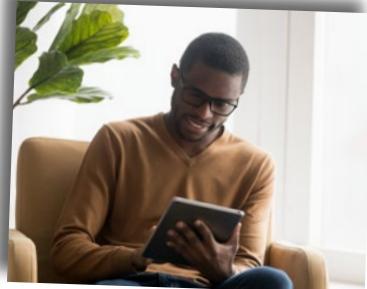
## BUILDING ASSETS TOGETHER

## PLAN IMPACTFUL MATCH ACTIVITIES.



Mentoring Central's *Building Assets Together* (BAT) Guide is designed to directly address the recurring request of mentors for effective, useful suggestions of things to do with their mentees. The BAT Guide provides mentors with a resource that contains a curated springboard of ideas of possible match activities.

The Guide also provides guidance to mentors by helping them identify their mentees' personal assets or strengths and then, develop strategies or activities to do together that can strengthen or grow these assets during their day-to-day mentoring interactions.



## GUIDANCE FOR GROWTH ACROSS THE LIFE OF THE MENTORING RELATIONSHIP.

Topics in this Guide are organized to provide mentors with strategies to meet the goals of building the mentoring relationship or achieving the mentee's goals for themselves. The activities are organized across the life cycle of the mentoring relationship beginning with Initiation, through the Growth and Maintenance stage, culminating in Closure.

### Guide Topics:

- **Get Acquainted**
- **Do Fun Activities Together**
- **Goal Setting**
- **Fostering Gratitude**
- **Prepare for an Upcoming Event or Holidays**
- **Practice Making Positive Healthy Decisions**
- **Increase School Engagement**
- **Increase Civic Engagement**
- **Build Positive Peer Friendships**
- **Prepare to End the Mentoring Relationship in a Healthy and Growth-Fostering Way**

### PRICING

One Guide for 1 - 9 mentors or staff	\$25 per person
One Guide for 10 or more mentors or staff	\$5 per person

Price includes access to the Guide for one year.





PROMOTING  
ENHANCED  
RESILIENCE  
& LEARNING

## BUILD POSITIVE ATTITUDES TOWARD SCHOOL AND LIFE.

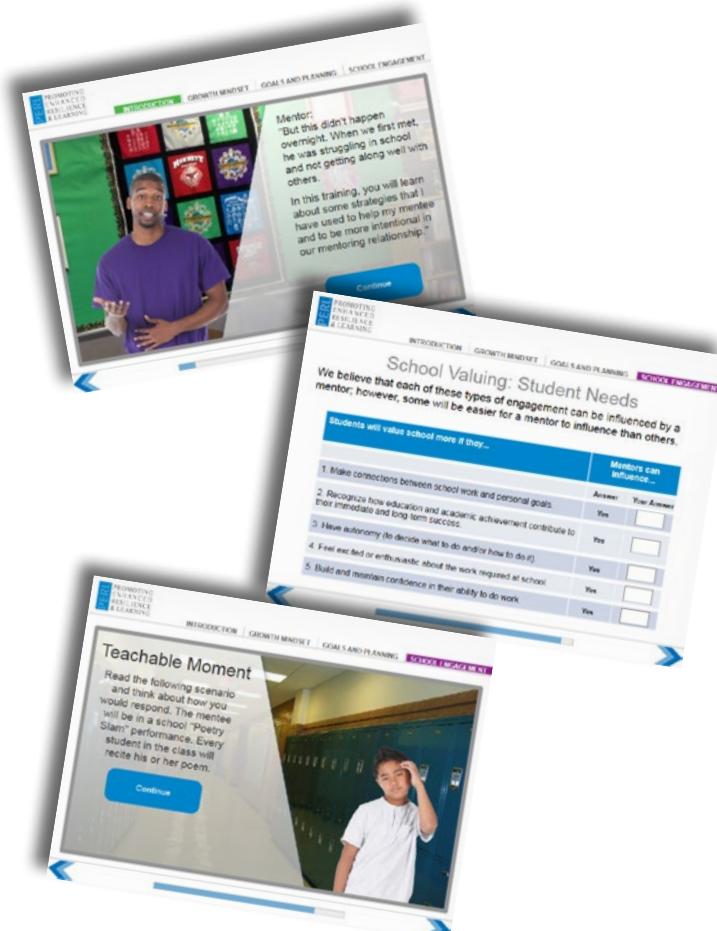


Average length of online course : 1-1.5 hours

The *PERL* learning program translates the latest research on the factors that positively influence school functioning into **practical strategies** that mentors can easily learn and use in their **everyday interactions** to create **teachable moments** with their mentees.

### Participants will:

- Learn to support enhanced educational outcomes in their mentees
- Create a growth mindset in mentees



### Course Topics:

#### GROWTH MINDSET

Teaches mentors what a growth mindset is, and how to identify and encourage a growth mindset in their mentees.

#### GOALS AND PLANNING SKILLS

Discusses the importance of goal setting, and teaches mentors how to apply goal setting and planning strategies in their interactions with their mentees.

#### SCHOOL ENGAGEMENT

Defines school engagement and suggests strategies for how mentors can increase school engagement in their mentees through their mentoring relationships.

“ PERL’s real-life, practical tools of building a growth mindset, working on achievable goals and planning for them, and emotionally engaging in school are powerful...If I were a mentor just starting to build a relationship with a mentee, the PERL course would give me the clearest understanding of what I need to actually SAY and DO to help my mentee. ”

-Greg Ingle, Executive Director, Youth Wise

## PRICING

One Course for 1 - 9 participants	\$25 per person
One Course for 10 or more participants	\$10 per person
One Course for 20 or more participants	\$7.50 per person

Price includes access to online course for one year.



## HELP MENTORS SUPPORT MENTEES IMPACTED BY OPIOIDS OR OTHER DRUGS.



Average length: 1.5 hours for required lessons (2.5 hours for full course)

The opioid epidemic, as well as misuse of other addictive substances, has impacted children and families across America.

Your mentors need basic information about opioids as well as guidance for how they can be supportive and helpful to their mentees, who may be recovering, using, or at risk of using opioids or other drugs.

The *Substance of Change* course is a key resource for your mentoring program for training your mentors about opioids and other drugs, how substance misuse can affect the lives of mentees, and practical strategies mentors can learn to be a positive change agent in the lives of their mentees.

**“** Giving mentors the tools and resources to talk specifically about what might lead to substance misuse helps them open a dialog with their mentees and have honest conversations about difficult subjects. **”**

-Maggie Middleton, Amachi Program Director, Lexington Leadership Foundation

Participants will:

- **Understand pathways to addiction**
- **Learn how to support positive growth in their mentee**
- **Learn key goals for their mentee who may be impacted by opioids or other drugs**

### LESSONS:

4 core lessons:

1. **Why train mentors about opioids and other drugs?**
2. **What are opioids?**
3. **Why do people use opioids?**
4. **How can mentors be positive change agents in the life of their mentee?**

Mentors also pick from additional lessons including:

1. **How can mentors support mentees who are in treatment or recovery from drug misuse?**
2. **How can mentors support mentees who are close to someone who is misusing opioids or other drugs?**
3. **How can mentors support mentees exposed to risk factors associated with misuse of opioids or other drugs?**



### PRICING

One Course for 1 - 9 participants	\$25 per person
One Course for 10 or more participants	\$10 per person

Price includes access to online course for one year.



## MENTEE-INITIATED MENTORING

Connected Scholars teaches high school and college-aged students the rarely taught relationship- and network-building skills needed for college and life success.

**What is the Connected Scholars program?**

- 15 lessons (50-75 minutes each)
- 1 hour “Making a Successful Transition to College” panel (optional)
- 1.5 hour Networking Event



“Connected Scholars was a godsend. I hadn’t thought about how to be strategic in building relationships and I tend to be shy. So I didn’t know how to talk to someone I don’t know.”

-Connected Scholars College Student



**Network and build relationships**



**Identify mentors from their existing networks**



**Recruit new mentors**



**Overcome challenges to networking**

# TEACH STUDENTS TO BUILD NETWORKS OF SUPPORT.



## What impact can the *Connected Scholars* program have on students?

*Evaluations of early versions of the program found Connected Scholars students:*

- Earned a higher GPA at the end of first year in college
- Built knowledge, skills, and feelings of self-efficacy related to networking and connecting with mentors
- Increased their willingness to seek support from others
- Improved relationships with teachers and school staff

## What is included in the *Connected Scholars* virtual kit?

- Teacher’s Manual (PDF)
- Teacher’s desk copy of the Scholar’s Workbook (PDF)
- Web-based, multimedia presentation slides
- General course materials (e.g., customizable syllabus)
- EXTRA: Memos to Mentors about program
- 2-day teacher training and certification is available



“I know there is a deep connection between my students’ academic success and the community of support they develop.”

-Connected Scholars Instructor

## PRICING

### Connected Scholars

Virtual instructor’s kit

\$200 per instructor

### Scholar’s Workbooks

Virtual Workbook (minimum order 30 licenses)

\$138.00 for 30 licenses

### Renewal

Two years of access to the virtual instructor’s kit

\$25 per instructor



## PREPARE MENTEES FOR SUCCESS.

Average length: 30-45 minutes

Many mentees have no idea what it means to be mentored or what they are getting into when they are enrolled to participate in a mentoring program. Their lack of knowledge or understanding of mentoring can quickly undermine establishing a new mentoring relationship.

By giving mentees a strong foundation in understanding what they can get from a mentoring relationship to build their motivation as well as what they need to do to help sustain and build a strong, positive mentoring relationship, your program is more likely to achieve positive youth outcomes.



This workshop helps mentees:

- **Know what mentoring is and what a mentor does**
- **Understand what they may do when they are with their mentor**
- **Understand their roles and responsibilities as a mentee**
- **Be prepared to meet their mentor for the first time**

This workshop is fun and interactive. It includes testimonials from other mentees and lots of useful information to help mentees prepare for their first match meeting.

Includes a downloadable Trainer's Manual, multimedia presentation, and downloadable Mentee Workbook for use in conducting a live workshop.

The workshop can be conducted in-person with a group of mentees or via a web conferencing software application like Zoom.

### PRICING Instructional materials for conducting instructor-led workshop:

Two years of access to the training materials to train an unlimited number of mentees	\$200 per instructor
RENEWAL: Two years of access to the training materials	\$25 per instructor



## PARENTS ARE PARTNERS.

Average length: 1 hour

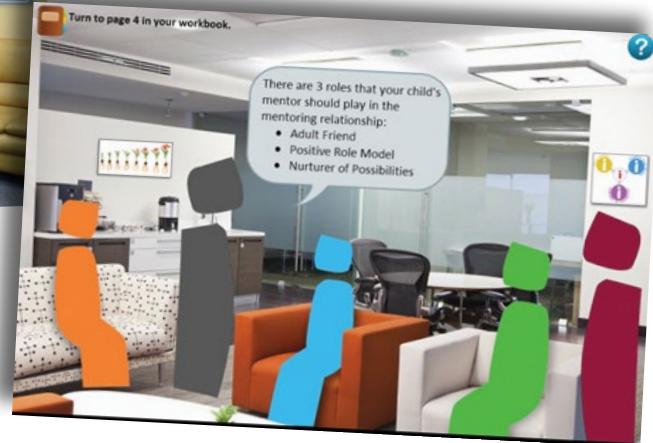
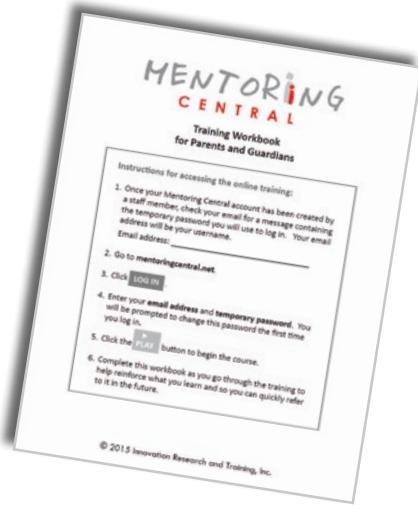
Effective mentoring relationships don't "just happen"; it takes dedication from everyone. This training will help your mentoring program lay the foundation for developing an authentic partnership with parents.

Participants in this course will:

- **Understand what mentoring is and what a mentor does**
- **Understand how they can support their child's mentoring relationship**
- **Understand how to communicate effectively with their child's mentor**
- **Understand when to communicate with their mentoring program staff**

This online course is paired with a downloadable Parent Workbook which includes handouts that accompany each lesson.

The course is interactive and includes testimonials from both parents and mentees.



### PRICING

One Course for 1 - 9 participants	\$25 per person
One Course for 10 or more participants	\$10 per person

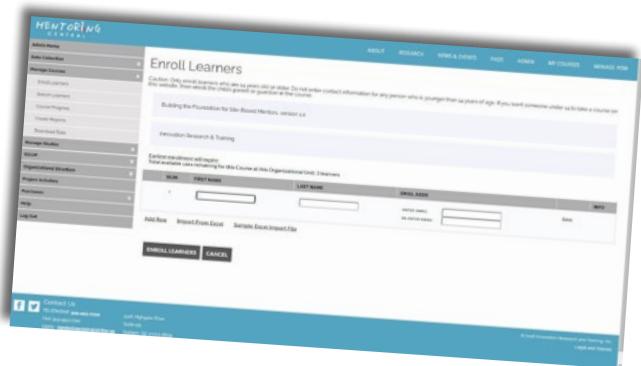
Price includes access to online course for one year.

# ADMINISTERING MENTORING CENTRAL IS EASY!

## ENROLL, MONITOR, SUPPORT, REMIND, REPORT

With the *Mentoring Central* Administration Portal it's EASY to:

- **Seamlessly enroll mentors, parents, and staff in courses**
- **Quickly download materials for instructor-led trainings**
- **Monitor course engagement and completion at a glance**
- **Review dashboard with high-level visual summaries of online course statistics**
- **Easily purchase additional courses and products**
- **Review knowledge test scores to ensure competency**
- **Instantly download reports and data to meet your reporting requirements**

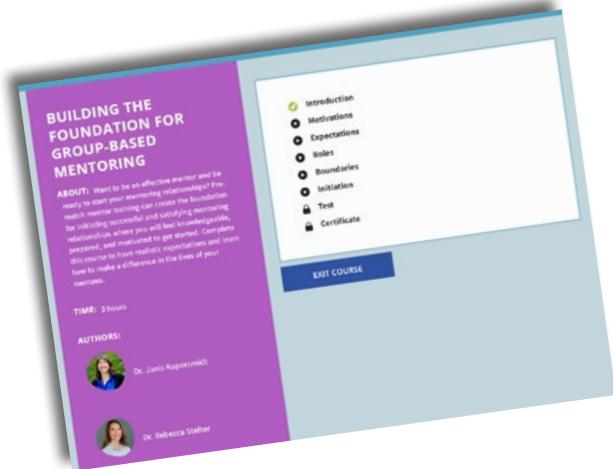


## COMPLETING ONLINE TRAINING ON MENTORING CENTRAL IS EASY!

Mentors, parents, and staff of all levels of technology experience are able to complete online training.

There are many benefits to online training, including:

- **Easy access, without having to log into the website**
- **On demand access on a phone or computer**
- **Save progress and return to it at another time**
- **View and download training certificates**
- **Reminders to complete training via email and text message**



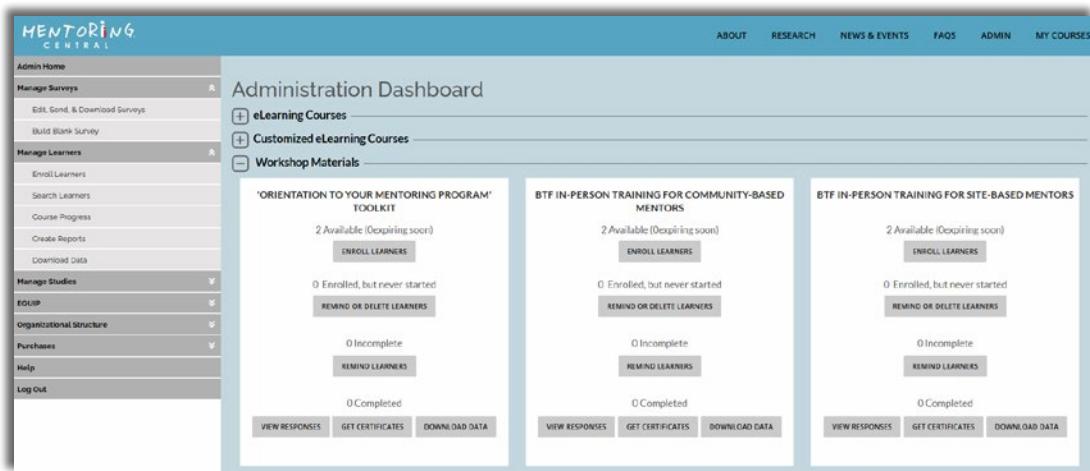
**“** The *Mentoring Central* administration dashboard is a helpful tool for program administrators to quickly enroll volunteers in training and monitor their progress. It's a helpful way to see who's really serious about becoming a committed mentor. **”**

-Beverly Woodrome, Independent Mentoring Consultant and former Mentoring Director for the Oklahoma Foundations for Excellence's Boren Mentoring Initiative

# AUTOMATE THE MANAGEMENT OF YOUR MENTORING PROGRAM, SO YOU CAN FOCUS ON RELATIONSHIPS.

Between getting those coveted mentor applications, training mentors, and sending countless emails and text messages to check-in with your program participants, building and supporting mentoring relationships in your program can get sidelined.

eTrove helps automate the routine tasks of your mentoring program, so you can spend less time on data entry and more time focused on supporting mentoring relationships.



You can use the eTrove software platform to:

- **Support mentor recruitment:** Collect mentor applications online; review and accept applicants
- **Track the mentor screening process:** Ensure mentors are completing all the screening requirements of your program
- **Monitor completion of mentor training:** Administer and track mentor training course and/or workshop attendance, and ensure mentors are ready to begin mentoring
- **Assess impact:** Collect surveys from matches to track match needs and keep case notes about mentoring relationships
- **Customize and automate communications:** Send automated emails and text messages to remind your mentors to complete training

**WITH THE ETROVE PLATFORM PROVIDING THE GROUNDING AND TOOLS FOR MANAGING YOUR COMMUNICATION AND WORKFLOW, THE POSSIBILITIES ARE ENDLESS FOR AUTOMATING AND CUSTOMIZING THE OPERATIONS OF YOUR MENTORING PROGRAM.**

# EQUIP **SUCCESS STARTS WITH SELF-ASSESSMENT.**

EQUIP is a breakthrough improvement process that assesses your program against national standards – the *Elements of Effective Practice for Mentoring* (EEPM). The result is an actionable improvement plan.



Before self-assessing your mentoring program's practices, you receive access to the EQUIP Training. This training consists of two online courses for completion by your mentoring program staff members.



Using EQUIP's web-based software self-assessment tool, you are guided through a series of questions about your program's practices.



Upon completion of the self-assessment, you receive your customized Self-Assessment report. This professional report highlights areas for improving your program practices as well as your current strengths.



Examples of topics covered in the training:

- **Foundation and research basis of the EEPM**
- **Benefits and challenges of engaging in a quality improvement process**
- **How to prepare to complete the program self-assessment**
- **Overview of the EQUIP life cycle**
- **The structure and content of the EQUIP self-assessment tool**
- **How to access and use the EQUIP web-based software tool**

## SELF-ASSESSMENT PRICING

1 or more assessments      \$150 per assessment

Training and access to web-based questionnaire for one year.



## RESEARCH CORNER

*Mentoring Central* conducted a research study to determine whether implementation of the Benchmarks and Standards reported in the EEPM was associated with match outcomes. After conducting the EQUIP program self-assessment with 45 mentoring programs across the United States, and collecting match longevity data from 29,708 community-based matches from those programs, we reported that programs reporting high levels of benchmark implementation on EQUIP (implementing 85% or more benchmarks) had longer matches than programs reporting low to average levels of benchmark implementation. The Training Standard was the only Standard that was significantly, positively associated with match length.

Kupersmidt, J. B., Stump, K. N., Stelter, R. L., & Rhodes, J. E. (2017). Mentoring program practices as predictors of match longevity. *Journal of Community Psychology*, 45, 630-645.

# IMPROVE YOUR PROGRAM PRACTICES.

## MEET ALL SIX STANDARDS. IN SIX STEPS.

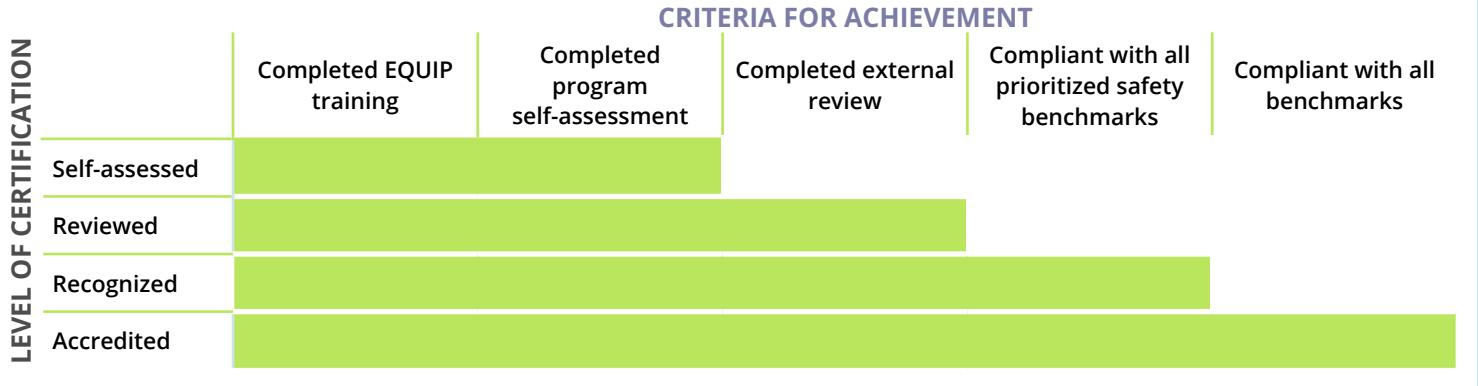
To determine if your program is meeting all six Standards, EQUIP's comprehensive self-assessment tool walks you through a series of questions. Trained external reviewers clarify and verify your results, and identify areas where your program needs improvement. Then, your reviewer develops a detailed quality improvement plan for you to help bring your program into alignment with Standards for the field.

Here's how EQUIP helps you achieve excellence:

- **Measures your program quality against 30+ benchmarks**
- **Identifies exactly which practices you excel in and which need improving**
- **Prioritizes recommendations emphasizing safety**
- **Produces an actionable improvement plan**
- **Systematic and repeatable—allowing you to track progress from year-to-year**



## GET CERTIFIED!



“ EQUIP identified areas that needed to improve and the changes we will make will have a big influence on the quality of our program. In summary, what we gained from this process was priceless. ”

## EQUIP EVALUATION PRICING

Components	Price
Step 1: Training Step 2: Self-Assessment Step 3: External Review and Validation Step 4: External Reviewer Report Step 5: Quality Improvement Consultation Step 6: Custom Quality Improvement Plan	\$6,000

## EVALUATE PROGRAMS

*Mentoring Central* can provide your program with graphic-rich and descriptive reports to help track your programs' progress after they complete their self-assessments or engage in the full EQUIP quality improvement planning process.

### Are you a single mentoring program?

If yes, then *Mentoring Central* can provide you with individualized feedback about your adherence to the Benchmarks and Standards in the EEP. We can also work with you to develop a quality improvement plan tailored to meet your needs. Complete your self-assessment to get a baseline on your use of best practices.

Here is an example infographic from a report outlining a program's overall compliance with program practices.

#### Summary of Compliance

Benchmarks	Met	Total	%Met
Recruitment	2	7	29%
Screening	5	12	42%
Training	2	4	50%
Matching and Initiating	2	4	50%
Monitoring and Support	5	12	42%
Closure	4	9	44%
Total	20	48	42%

We can detail what resources your program reports that it needs, so you can implement each benchmark.



### RESEARCH CORNER

A cornerstone of our mission is to understand what makes mentoring work, particularly for youth who have experienced stress or trauma. The ultimate goal of this work, is to help support mentoring programs so they can implement the most effective mentoring practices. In support of this goal, *Mentoring Central* researchers conducted a large, multisite study to identify the best practices of mentoring programs for children who have been impacted by parental incarceration. In this study, 45 mentoring programs, serving over 25,000 mentees completed the EQUIP program self-assessment questionnaire and participated in a follow-up interview. During the interview, programs answered questions about three specific enhancements related to mentoring youth who have a parent who has been incarcerated including whether their program had specific goals for these matches, whether their program sought and received additional funding to better serve these matches, and whether their program provided specialized training to the mentors assigned to these matches. We conducted analyses to determine whether mentees who had an incarcerated parent experienced better outcomes when their programs implemented these three enhancements compared to programs that did not. Results indicated that, among youth who had an incarcerated parent, those whose programs had specific goals for their matches had higher educational expectations, compared to youth participating in programs that did not have specific goals for matches. In addition, children who had a parent who was incarcerated had longer and stronger relationships with their mentors when their program provided specialized mentor training or when their program received additional funding, compared to youth who had a parent who had been incarcerated but who participated in a program that did not offer specialized mentor training or had not received additional funding. This research shows how the EQUIP self-assessment can be used for research purposes, can be easily used by mentoring programs, and is evidence-based. Results from this study provide information about what practices should be used by mentoring programs serving this unique population.

Stump, K. N., Kupersmidt, J. B., Stelter, R. L., & Rhodes, J. E. (2018). Mentoring program enhancements supporting effective mentoring of children of incarcerated parents. *American Journal of Community Psychology*, 62, 163-174.

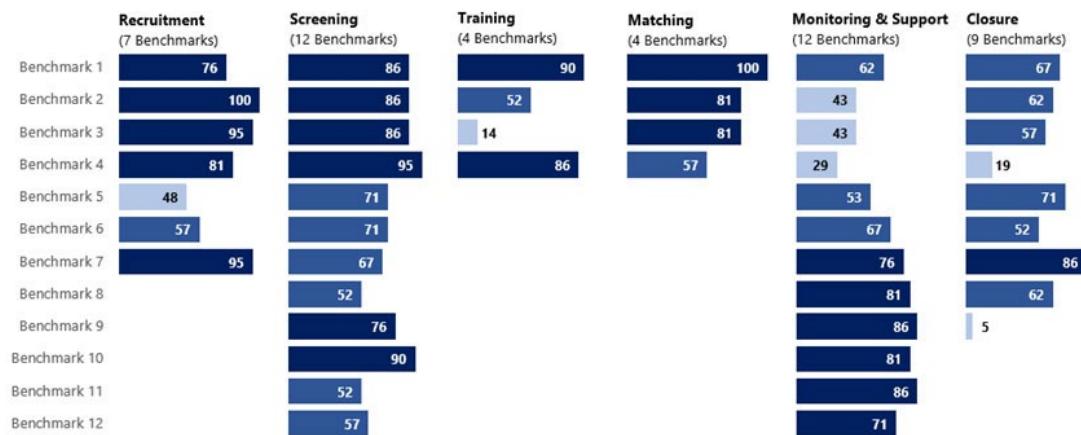
## Do you lead or are you part of a network of mentoring programs?

If yes, then each program in your network can complete the EQUIP self-assessment questionnaire and receive a cross-site report to allow you to identify each programs' strengths and needs.

### Cross-site benchmark implementation

% of programs that reported implementing each benchmark

Here is an example infographic from a cross-site report outlining how many programs within a network report implementing each benchmark.

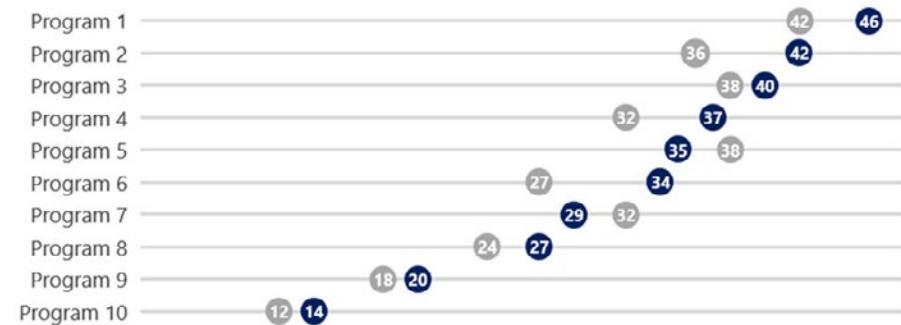


Complete the EQUIP self-assessment multiple times over the course of your quality improvement initiative and track how your programs change over time. Our reports will highlight which programs are showing the most improvements and which might need technical assistance.

Here is an example infographic from a cross-site report outlining how programs have changed their benchmark implementation over time.

### Total Number of Benchmarks Implemented by Program (Maximum=48 Benchmarks)

Most programs reported implementing more benchmarks in Year 2 (dark blue) compared to Year 1 (light gray).



## RESEARCH CORNER

*Mentoring Central* examined the relations between program practice implementation and match and youth outcomes for youth in foster care.

Analyses from over 70,000 matches from over 200 mentoring programs revealed that youth in foster care had shorter matches and were more likely to experience premature match closure compared to youth who were not in foster care.

After a subset of mentoring programs serving youth in foster care completed the EQUIP program self-assessment, the results indicated that youth in foster care whose programs implemented at least 75% the practices outlined in the EEPM had matches that lasted disproportionately longer than youth in foster care whose programs implemented fewer practices.

# EVALUATE YOUTH OUTCOMES.

Of course, you believe in your program and that it is working...but how do you demonstrate your effectiveness to yourselves, your stakeholders, and others? Let the experts at *Mentoring Central* help you to evaluate your program's effectiveness.

## WHAT TYPES OF HELP CAN I GET?

We can assist you during all stages of the evaluation process including:

- Helping you articulate your mission and desired outcomes into a **logic model, conceptual framework** (grounded in research and theory), and **measurable goals**
- **Working collaboratively** with you to design a feasible evaluation plan that achieves your goals
- **Customizing our software** application to meet your project management and data collection (e.g., use of web-based or mobile surveys) needs
- Conducting **data coding, cleaning, and management**
- Designing and conducting **statistical analyses**
- Describing **technical statistical findings** to you in terms that an educated layperson can understand
- **Interpreting the findings together** to understand their implications for **recommendations for your program model or continuous quality improvement processes**
- Producing attractive, **infographic-rich reports** and one-pagers that stakeholders and other audiences can easily understand
- Providing appendices for technical audiences that contain all **methodological and statistical details**



## WHO WILL HELP ME?

Our team of scientists, researchers, and statisticians—in combination with use of our web-based data collection and project management software—will help you design an evaluation that fits your needs and budget.

Our team's diverse experience includes:

- 40 years of scientific and technical assessment expertise
- Seven behavioral scientists on staff, many of whom are psychologists and mentoring experts
- Recipients of numerous evaluation contracts and Federal grants on mentoring and other positive youth development topics
- Co-authors of peer-reviewed studies on mentoring and preventive interventions



## RESEARCH CORNER

### Overview

For over five years, researchers from *Mentoring Central* and University of Massachusetts-Boston partnered with 20 mentoring programs across 15 states to conduct a randomized controlled trial (RCT) to evaluate the effectiveness of program enhancements developed to better serve children of incarcerated parents. Program enhancements delivered by Youth Collaboratory focused on use of a strengths-based approach to mentoring and included providing supplemental training to mentors, conducting more frequent and focused match support contacts, having matches participate in community events and community service activities, and conducting strengths-based supervision discussions with intervention staff members.

## Quantifying the impact of your program is a first step towards improving it.



### Power your program with accurate data.

Understanding the effect specific program factors are having on the youth you serve is powerful knowledge. It

gives you the ability to adjust and modify your practices to make your program more effective—for mentors and mentees, and for your program staff members.

### Scientific. Accurate. Essential.

*Mentoring Central* can work with your program to develop an evaluation protocol that combines your quality improvement goals with your outcome evaluation goals. We can work with you to monitor how your mentees, mentors, and program staff change over time, as your program evolves.

### An evaluation of your mentoring program can:



Benefit your community



Help increase funding of your program



Elevate recruitment quality



Boost your reputation

For more details about consultation and evaluation, email [MentoringCentral@irtinc.us](mailto:MentoringCentral@irtinc.us)

### Procedures

*Mentoring Central* worked with staff members at 20 mentoring sites to recruit participants into this large-scale research project. Over 1,300 mentees, along with their mentors and parents, participated in the project. Mentees were randomized to receive either enhanced mentoring or business-as-usual (BAU) mentoring at their program. Researchers collected survey data from mentees, mentors, and parents before matches were made and then, at three follow-up time points.

### Results

After 12 months, mentees in the Enhancement Condition reported improved positive self-cognitions, and reduced internalizing behavior problems, substance use, and intentions to use substances, compared to mentees in the BAU Condition. Mentees in the Enhancement Condition, however, had shorter matches than mentees in the BAU Condition. Results provide support for the use of a strengths-based approach to mentoring that is rooted in a positive youth development framework. Purposefully integrating a strengths-based approach with staff members, such as conducting staff supervision discussions that focus on strengths and assets of mentees, can spread to creating positive conversations and interactions among mentors, mentees, and parents.

### Our capabilities

*Mentoring Central*'s team of experts designed and managed this complex national, multisite research project. Execution of this project was possible through use of *Mentoring Central*'s eTrove software application. This software allowed for online collection of data from mentors, mentees, parents, and mentoring program staff members, and automation of this longitudinal, multi-informant data collection protocol. This sophisticated software can be used to conduct and manage research and evaluation projects - both big and small - at your mentoring program. Contact us for more information about this study and eTrove.

Stelter, R. L., Stump, K. N., Rhodes, J. E., & Kupersmidt, J. B. (2023). A randomized controlled trial of enhanced mentoring program practices for children of incarcerated caregivers: Assessing impacts on youth and match outcomes. *Journal of Community Psychology*, 51(8), 3216-3242.

# CUSTOMIZATION

## Elevate the *Mentoring Central* experience for your program participants with customization.

*Mentoring Central* includes a team of mentoring subject matter experts, highly skilled web applications developers, and talented multimedia and instructional designers. With this powerhouse team, we can offer customization of any *Mentoring Central* product to help you improve the experience of your staff, mentors, mentees, and parents.

### Course Customization

Customize *Mentoring Central* to match your program's branding so your mentors, mentees, and parents feel welcome and safe on the *Mentoring Central* website. There are several options for course customization.

#### Option 1: Website login page

This option allows your program to create a custom website address (URL) that features your mentoring program's name, giving program participants an easy-to-remember, familiar website address to access online training and resources.

#### You can choose to customize your login page by:

- Selecting a photo to welcome participants to the website
- Featuring your program's logo at the top of the page
- Adding a unique welcome statement from your program

Purchase website login customization in the *Mentoring Central* store.

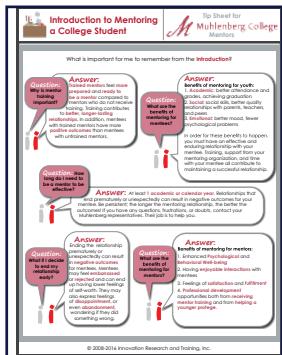
<https://admin.mentoringcentral.org/mgmt/orders/>



Add your logo, colors, welcome statement, and/or photo



Add your logo and/or colors



#### Option 2: Handouts and tip sheets

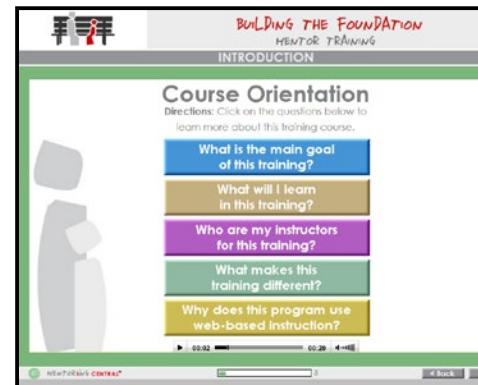
Take your customization of *Mentoring Central* to the next level by branding the tip sheets and handouts that are included in each course. These are materials that your program staff, mentors, mentees, and parents can download and refer to again and again to remind them of important information that they learned online.

### Option 3: Course customization

The ultimate level of customization is tailoring the content of a *Mentoring Central* course for your unique mentoring program. Perhaps your mentoring program is exclusively for girls or for children in foster care, and you want the language, examples, and animations in your mentor training to reflect your population. If so, then course customization will help you accomplish that goal.

#### You can customize a training course by...

- Changing the course color scheme to match your program's color palette,
- Adding your program's logo to lessons,
- Including a welcome video from your program staff,
- Incorporating your program's policies and procedures into course content,
- and more!



Add your logo, colors,  
videotaped welcome,  
animations, custom content,  
and/or style



### Mentoring Central eTrove software customization

The *Mentoring Central* website is powered by a software platform called eTrove that supports all phases of the mentoring process from onboarding, through training and culminating in match closure. eTrove is both a project management and learning management software (LMS) system.

The eTrove platform can be customized in a variety of ways to improve operations of your program. Visit [pages 22 and 23](#) for more information.

**Contact us ([MentoringCentral@irtinc.us](mailto:MentoringCentral@irtinc.us)) to discuss your customization needs.**

# BUILD CAPACITY AND ELEVATE YOUR MENTORING PROGRAM.

**1 UNDERSTANDING YOUR NEEDS:** Our process begins with understanding the mission and goals of your program. Whether you have a well-established program or you are just getting your program started, this process helps ensure everyone is on the same page. Through the discovery process, we assess the needs, resources, and barriers your program is experiencing in the operations and implementation of your program.

**2 GROUNDING IN BEST PRACTICES:** With a foundation of knowledge about your program, we review the research literature relevant to your program that will inform our work together. For mentoring programs, we draw on our deep knowledge of mentoring research. As collaborators on the *Elements of Effective Practice for Mentoring* (EEPM; 5<sup>th</sup> Edition) and multiple supplements of the EEPM for specific mentoring populations and models, we can ensure your program is following the latest best practice recommendations for mentoring programs.

Mentoring Central's team of expert researchers and practitioner is prepared to support your staff and problem solve with your organization to develop and deliver your highest quality mentoring program. Our approach to training and technical assistance (TTA) is always collaborative, systematic, targeted, flexible, customized, and results-driven. Our work is informed by the latest research-based frameworks and findings from the fields of mentoring, implementation science, design thinking, person-centered and strength-based approaches to intervention, and positive youth development, among others.

Here is an overview of our process:

**3**

**OUR EXPERT RECOMMENDATIONS:** Our talented team of professionals with expertise in mentoring, juvenile justice, substance misuse prevention, mindfulness education, social-emotional development and learning, and peer relations work closely with your organization's leadership to identify and develop the resources your organization needs. TTA can include software solutions, web-based or in-person training, webinars, curriculum materials, and evaluation tools, among many other solutions.

**5**

**REFLECTING AND ASSESSING:** Throughout the TTA process, we like to reflect on progress--identify what is working and what may need additional resources--and we always consider evaluation. Whether we are conducting an outcome evaluation to measure the effectiveness of your program with mentees, or a process evaluation to unpack how your program or new initiatives are implemented, we have the expertise and tools to guide your evaluation goals. Our top priority when considering evaluation is how the data will be of value to your organization.

**4**

**BUILDING CAPACITY:** Drawing on our expertise in implementation science, and experience implementing programs and research studies, we will guide your organization as you implement changes to build capacity at your program, including troubleshooting any difficulties you may encounter.

**To learn more about our training and technical assistance services, contact us ([MentoringCentral@irtinc.us](mailto:MentoringCentral@irtinc.us)) to schedule a consultation call.**



Mentoring Central is a division of innovation Research & Training (iRT). iRT is a behavioral science research company that develops and evaluates cutting edge products and services—all designed to improve the lives of youth, families, organizations, and communities.

## WHY WORK WITH US?

YOU + = + +



iRT is a behavioral sciences research company that:

- conducts basic and evaluation research;
- provides training and technical assistance; &
- disseminates research-informed and evidence-based products and services.

We work together in a multidisciplinary team of research and clinical psychologists, web applications developers, multimedia and instructional designers, former mentoring program staff members, social workers, and more.

Our purpose is to improve the health & well-being of youth, families, organizations, & communities.

### iRT's Formula

for +



=

## WHAT DO WE DO? WHO ARE WE?

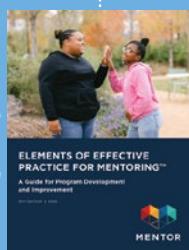
### our process

- Constantly conduct thorough reviews of the theoretical, empirical, and practice literatures
- Conduct basic and applied research studies
- Talk to other scientists; practitioners at mentoring programs; and mentors, mentees, and their parents or guardians



### collaboration

We collaborated on writing the *Elements of Effective Practice for Mentoring* with MENTOR to help create Standards for the field.



ONLINE TRAINING



IN-PERSON TRAINING



QUALITY IMPROVEMENT EVALUATION

### our results

Drawing upon all of these experiences, we have created a variety of research-informed and evidence-based products to support mentoring programs in providing high quality, effective services.

# WHAT DO WE DO?

## what else do we offer?

We also offer evidence-based programs, training, technical assistance, and evaluation services in:

- Media literacy education
- Sexual health
- Substance abuse prevention
- Mindfulness education
- Social-emotional learning

- Program evaluation assistance
- Web-based project management and data collection software system to support the evaluation of your program

...and more!

To learn more, go to [www.mentoringcentral.org](http://www.mentoringcentral.org) or call (919) 493-7700



## MENTORING CENTRAL

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