EO M303.02 – PARTICIPATE IN A MENTORING RELATIONSHIP

1. **Performance.** Participate in a Mentoring Relationship.

2. **Conditions**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall participate in a mentoring relationship.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the mentoring relationship, to include: a. recognizing the purpose of a mentoring relationship; b. identifying the benefits of participating in a mentoring relationship; c. contributing to a mentoring match; d. being open to new things; e. being responsive to suggestions and constructive criticism; f. providing feedback to the mentor; g. learning from the mentor's example; h. participating in mentoring activities; and i. appreciating the mentoring relationship.	Interactive Lecture	15 min	C0-258 (pp.15–21, pp. 37–48, pp. 70–73)
TP2	Conduct a group discussion about mentoring, to include: a. self-reflection, b. self-assessment or recording in a journal as required, and c. mentoring sessions.	Group Discussion	10 min	C0-258 (pp. 37–48) C2-109 (p. 36)

5. **Time**

   a. Introduction/Conclusion: 5 min

   b. Interactive Lecture: 15 min

   c. Group Discussion: 10 min

   d. Total: 30 min

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6. **Substantiation**

   a. An interactive lecture was chosen for TP 1 to orient the cadets to the mentoring relationship, to generate interest and present basic material.

   b. A group discussion was chosen for TP 2 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions and feelings about the mentoring relationship.

7. **References**

   a. C0-258 (ISBN 978-1-59869-450-5) Nigro, N. (2008). *The Everything Coaching and Mentoring Book*. (2nd ed.). Avon, MA: F+W Publications Company.

   b. C2-109 (ISBN 0-7872-6561-6) Sugarman, D., Doherty, K., Garvey, D., & Gass, M. (2000). *Reflective Learning: Theory and Practice*. Dubuque, IO: Kendall/Hunt Publishing Company.

8. **Training Aids.** Presentation aids (eg, whiteboard/flip chart/OHP/multimedia projector) appropriate for the classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** N/A.

11. **Remarks.** After this lesson each Silver Star cadet will choose at least one Green Star cadet to mentor. Each Silver Star cadet will also be asked which Gold Star cadet, they would like to mentor them.

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