

## Module 1: Welcome to the ChalleNGe Team

### Question 1

The National Guard Youth ChalleNGe Program (NGYCP) is a co-educational, preventative program for high school dropouts ages sixteen to nineteen years old.

- True
- False

### Question 2

This website provides specific information for National Guard Youth ChalleNGe program mentors.

- <http://www.communityforyouth.org>
- <http://www.bbbs.org>
- <http://www.mentoring.org>
- <http://www.ngycp.org/site/mentor>

### Question 3

"The mission of the National Guard Youth ChalleNGe Program is to intervene in and reclaim the lives of at-risk youth to produce program graduates with the values, skills, education and self-discipline necessary to succeed as adults."

This is the \_\_\_\_\_ for the ChalleNGe program.

### Question 4

Throughout this online training series, you will use \_\_\_\_\_ to start to build a virtual community of mentors.

- Twitter
- Facebook
- LinkedIn
- Telephone

### Question 5

List one thing you learned from the introduction video show in this module.

## Module 2: Overview of the ChalleNGe Program

### Question 1

Select the eight core components addressed by all cadets in the ChalleNGe program.

- Leadership/fellowship
- Confidence
- Job skills
- Health and hygiene
- Poise
- Physical fitness
- Service to community
- Self-respect
- Life-coping skills
- Academic excellence
- Responsible citizenship
- Independence

### Question 2

Pick one of the eight core components and define that component in your own words. Be sure to list what component you are defining.

### Question 3

During the residential phase, cadets attend daily classes in support of the Academic Excellence core component.

- True
- False

### Question 4

One of the ways the "Job Skills" core component is accomplished is by training cadets on how to give a successful job interview.

- True
- False

### Question 5

The National Guard Youth ChalleNGe Program was piloted in this year: \_\_\_\_\_ (four digits).

### Module 3: What is a Mentor?

#### Question 1

Name three of the five areas of the mentoring pyramid: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

#### Question 2

You are talking with your cadet and you ask "How has your week been?" The response you get is "Good." Write one example of an open-ended question that you could ask your cadet to get a more in-depth response.

#### Question 3

With active listening, if you do not understand exactly what your cadet is saying to you, try repeating back the information as you understand it. What is the process called?

- Obtaining information
- Self-awareness
- Paraphrasing
- Simulation

#### Question 4

A mentor is a person or friend who guides a less experienced person by building trust and modeling positive behaviors.

- True
- False

### Module 4: Characteristics of a Mentor

#### Question 1

The research has demonstrated that youth in high quality relationships improve in the following areas (check all that apply):

- academic performance
- reduce the likelihood of dropping out
- decrease incidence of high risk behaviors—substance abuse, carrying a weapon, unsafe sex and violence
- supports young people in their development-academic, emotional and social

#### Question 2

There are many characteristics of mentors. The lesson indicates that mentors should be able to reflect on their own motivations, \_\_\_\_\_, and \_\_\_\_\_ to the relationship.

#### Question 3

There are many characteristics of mentors. The lesson indicates that mentors should be able to identify realistic expectations about the relationship, the \_\_\_\_\_, and the \_\_\_\_\_ they can have on youth

#### Question 4

According to the article "Getting to the Gold", goals and activities are at the heart of the mentoring relationship. The key is to pay attention to the mentee's needs and \_\_\_\_\_.

#### Question 5

According to the article "Mentoring Works" by Jonathan Alter, "mentoring is not the solution to the problems of the next generation. \_\_\_\_\_ comes first."

- Schools
- Parenting
- Training
- Extra-curricular activities

## Module 5: The Case Manager

### Question 1

Case management refers to the “oversight practices employed by a program that lead to active mentor matches and successful cadet placement” within which phase of the ChalleNGe program?

- Pre-Challenge
- Challenge
- Residential
- Post-Residential

### Question 2

\_\_\_\_\_ refer to situations in which mentors and mentees are fulfilling their contact requirements and meeting monthly reporting requirements.

### Question 3

According to the "Key Points" section of this module, one of the most important roles of the case manager is to be a cadet \_\_\_\_\_.

- cheerleader
- advocate
- guidance counselor
- representative

### Question 4

Some of the duties of the case manager include (check all that apply):

- maintaining monthly communication with mentors
- monitoring and recording mentoring activities and contacts
- recording cadets' placement activities
- maintaining and reporting on contact with cadets who are active duty military

### Question 5

Your mentoring \_\_\_\_\_ will outline your reporting requirements.

## Module 6: Qualities and Needs of Adolescents and At-Risk Youth

### Question 1

\_\_\_\_\_ addresses the youth need to be good at something, rather than stay caught in a cycle of failure.

### Question 2

This module lists the needs of adolescent youth. \_\_\_\_\_ is the need to be accepted and loved by others, rather than be alienated from them. Youth seek to gain the acceptance, attention, and affection of others.

### Question 3

This need of youth addresses the need to gain control of one's destiny, rather than be at the mercy of others.

- Belonging
- Mastery
- Independence
- Generosity

### Question 4

Generosity is the need to give to others, rather than to be always receiving.

- True
- False

### Question 5

Summarize one of the things you learned about adolescent youth and the role of mentors from watching the video in this module.

## Module 7: Relationship Building

### Question 1

Successful early stages of the relationship—Forming and Norming—are crucial to the long-term effectiveness of the match and the achievement of ChalleNGe goals. This is why the first \_\_\_\_ months of the mentoring relationship are important and need a lot of attention.

- 1  2  3  4

### Question 2

The stages of a relationship include forming, norming, storming, performing, and mourning / morning. The stages listed are always sequential.

- True  
 False

### Question 3

During this phase the primary role of the mentor is to participate in mentor training and to help the cadet prepare their Post-Residential Action Plan (P-RAP).

- Pre-ChalleNGe  
 Residential  
 Post-Residential  
 None of the above

### Question 4

During this phase the mentor "matching ceremony" happens.

- Pre-ChalleNGe  
 Residential  
 Post-Residential  
 None of the above

### Question 5

List one thing you will do with your cadet in the forming phase of relationship development.

## Module 8: Expectations and the Mentoring Relationship

### Question 1

This module addresses some challenges and possible solutions for common mentor relationship issues. One issue is a mentor needing career guidance. Check all the possible things presented in the presentation that a mentor can do to work on this challenge with cadet.

- Ask about his interests  Expose him to new opportunities  
 Share your experiences  Search Google for jobs

### Question 2

This module addresses some challenges and possible solutions for common mentor relationship issues. One issue is a mentor feeling overwhelmed. Check all the possible things presented in the presentation that a mentor can do to work on this challenge with cadet.

- Friends don't "fix"  Set limits  
 Ask for feedback  Take a stress management course

### Question 3

This module addresses some challenges and possible solutions for common mentor relationship issues. One issue is the mentee falls out of contact. Check all the possible things presented in the presentation that a mentor can do to work on this challenge with cadet.

- Don't take it personally  Focus on fun  
 Be persistent  Take a break

### Question 4

This module addresses some challenges and possible solutions for common mentor relationship issues. One issue is a mentee talks to you about risky behaviors.

Check all the possible things presented in the presentation that a mentor can do to work on this challenge with cadet.

- Tell the parent  Ask questions  
 Hold your opinion  Keep his confidence

### Question 5

This module addresses some challenges and possible solutions for common mentor relationship issues. One issue is a mentee tests you. Check all the possible things presented in the presentation that a mentor can do to work on this challenge with cadet.

- Cool down  Set clear boundaries  
 Tell the parents  Reaffirm your commitment

## Module 9: Introduction to P-RAP

### Question 1

The Post-Residential Action Plan is a tool that supports the process of goal development and action planning for the Residential and Post-Residential Phases. Within ChalleNge this plan is commonly called and abbreviated to this: \_\_\_\_\_.

### Question 2

The P-RAP is a tool that provides the roadmap to a cadet's success.

- True
- False

### Question 3

Check all the functions of the P-RAP:

- helps cadets identify and obtain more durable placement
- increase post-residential accountability
- help post-residential staff to monitor placement activities and work with cadets in the Post-Residential Phase
- provide focus for mentoring relationships and guide mentor responsibilities

### Question 4

List one thing you learned from listening to the audio files in this module.

### Question 5

The P-RAP contains many goals defined by the cadet. According to this module, goals should be:

- K.I.S.S.
- R.E.A.L.
- M.A.N.Y.
- S.M.A.R.T.

## Module 10: Communication between Mentor and Mentee

### Question 1

\_\_\_\_\_ is about receiving information from the cadet and remaining non-judgmental and empathetic.

### Question 2

What percentage of communication is non-verbal?

- 63%
- 77%
- 89%
- 93%

### Question 3

When you seek to understand, ask more questions and try to withhold \_\_\_\_\_.

### Question 4

Describe one active listening skill you learned about that will help you in your relationship with your cadet.

### Question 5

Active listening is difficult.

- True
- False