

SHARING IS HEALING Life Skills -Mentoring Options

Coffee Shop
Ice Cream
Grocery store
Target/Walmart
Music recital/performance
Comedy performance
Dining hall
Eat a Memorial Union
Walk at a park
Bowling
Bike ride
Board game
Puzzles
Sporting event
Pool Game
Meal at our home
Cook together
Ames community events: festivals
Ames farmer's market
Social Safety
Independence
Class Organization
Connection with the Community
Knowing Who to Trust and Who Not To Trust
Organization
Greetings and Goodbyes
Social Expectations
Personal Hygiene and Grooming
Conversational and Non-verbal Manners
Career Exploration
Interviewing
Focus Training
Time Management
Riding CyRide

Client Name: _____

Organizing class materials
Time/breaking up assignments into manageable parts
Small talk practice
Planning ahead for discussions with others
Post discussion with others, exploring challenges
Cy ride use
Recognizing and Interpreting Social Cues
Levels of Friendship
Aspects of a Friendship
Creating a Resume and an Engaging Cover Letter
Conducting a Job Search
Socializing in College
Casual Conversations
Components of a Conversation
Recognizing and Interpreting Social Cues
Levels of Friendship
Aspects of a Friendship
Making and Keeping Friends
Recognizing and Coping with Stress
Identifying and Expressing Emotions
Dating and Relationships
Giving and Receiving Compliments
Menu Planning
Dividing Tasks into Manageable Parts
Dorm/Apartment Organization/ Up Keep
Navigating Campus- where is ____

IDEAL:

Number of 1-1 Meetings per week: \$40 ____

Number of "events" per week \$30 ____

Number of Calls/Text Check In's per week:\$15 ____