

A large, light blue, stylized letter 'S' is centered in the background. It has a white outline and a slight drop shadow, giving it a 3D appearance. The text is overlaid on the top half of the 'S'.

**CVHS FRESHMEN  
MENTOR PROGRAM**

# PROGRAM OVERVIEW

This program will help our incoming freshmen with their transition to high school.  
Our goal is to help them feel more connected to our school and community.

CORE Trainings currently runs similar programs at several other FCPS Schools.  
[Here is a short clip explaining how it works at McLean High School.](#)

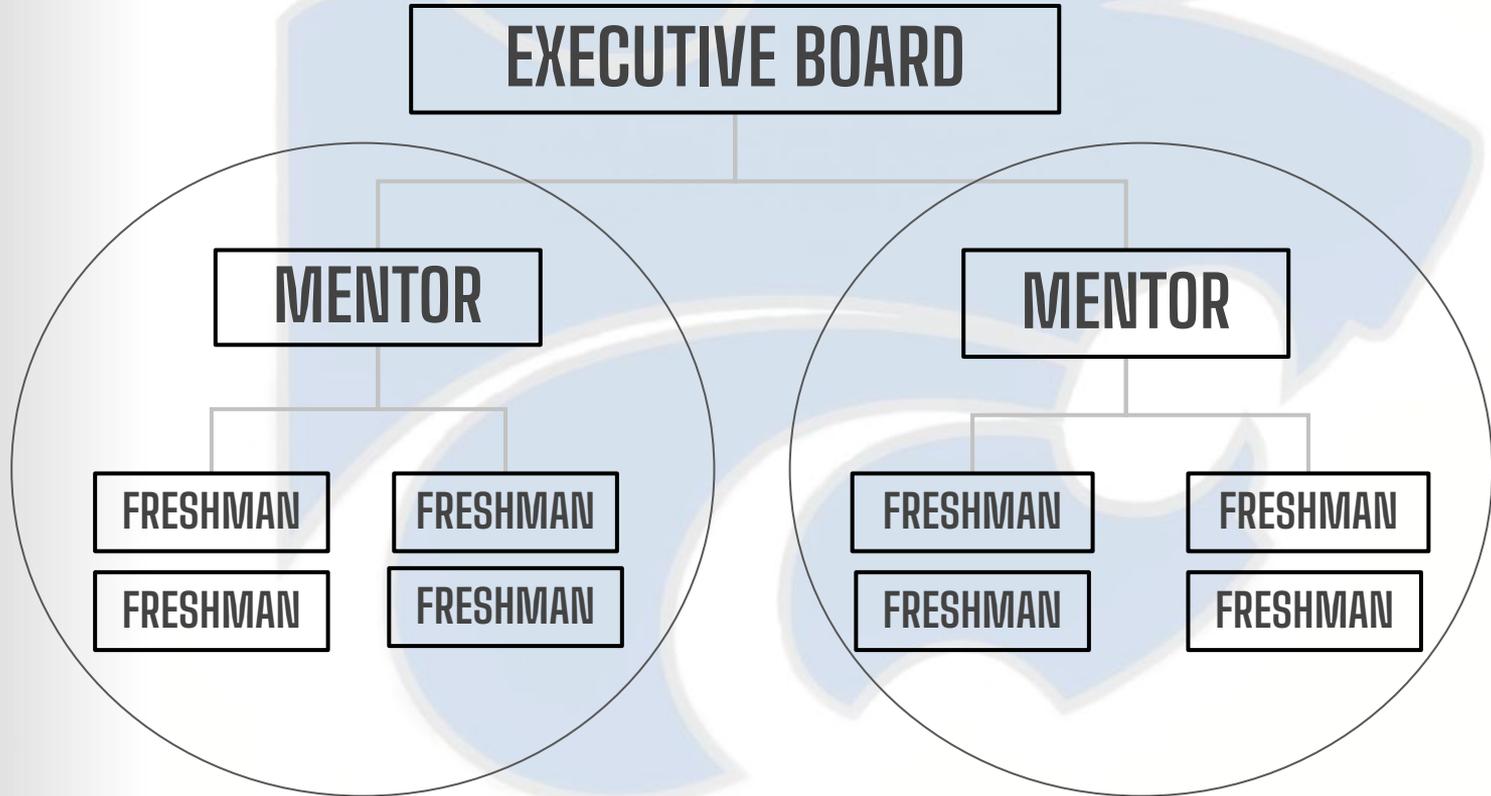
Each month, mentors will attend a monthly training (45 min) during the day.

The dates and times of trainings and freshmen meetings will be provided at the beginning of the year so you can plan accordingly.

You will be provided with leadership lessons that you will take back and use with your freshmen during ROAR.

Each mentor will work with about 5 freshmen students from September to February.

# PROGRAM STRUCTURE



# TIME COMMITMENT

## Summer Trainings

**All mentors will need to attend a summer training session.**

This training will share more specifics about the program and teach strategies to help you be an effective mentor and leader.

**Date: August 3rd**

**Time: The training will be 3 hours**

We will offer two separate sessions (1 morning and 1 afternoon)

If you are playing a fall sport, we will work with our Athletic Director to support your attendance.

## During the School Year

**Throughout the year, mentors will also attend trainings (once a month) during the school day.**

These dates will be provided early so you can plan ahead and will most likely occur during ROAR.

# EXECUTIVE BOARD

We are looking for approximately 10-12 students to become the ambassadors of the program.

The Executive Board will lead the mentor training sessions and assist staff throughout the year. These students will play a major role in the planning, organization, and communication of our monthly freshman meetings.

## Additional Time Commitment for Board Members:

There will be an additional once a month time commitment and an additional hour during the summer training for board members to be trained by the CORE staff.

If you are interested in being on the Executive Board, be sure to answer YES for that question on the application.

If you are a current 11th grader, are you interested in being a student lead on the Executive Board? We are looking for 10-12 students that will help with communication, planning, set-up, and logistics for the program. These students will attend additional training over the summer.

- Yes
- No thank you
- I am not a current 11th grader

# APPLICATION PROCESS

1. Complete the **MENTOR APPLICATION FORM.**

**[www.tinyurl.com/CVHSMentorApplication](http://www.tinyurl.com/CVHSMentorApplication)**



2. Get 2 staff recommendations using the paper teacher recommendation form.  
Extra copies of the form can be found in each of the subschools.
3. **Submit Applications and Teacher Recommendation form (to the main office) by March 23rd.**