

Live Well San Diego Youth Mentorship and Internship Program Informational Guide

The goal of the Youth Mentorship and Internship Program is to provide opportunities for young people to learn about, and become meaningfully engaged with, their government.

Mentor Role: Mentors may commit 1-3 hours per week to their role from May-August 2021. Examples of mentor activities are: one-on-one meetings, trainings, professional development, job shadowing, etc. Staff participating as mentors are required to receive approval from their supervisors.

AN IDEAL CANDIDATE FOR A MENTOR WILL:

- Use their knowledge, experience, and enthusiasm to help support and collaborate with youth regardless of the stage in their professional career
- Have an interest in facilitating youth civic engagement and professional development
- Have respect for the lived experiences of youth and listen to input from youth
- Be aware of issues important to youth in San Diego County and support youth's ability to be a leader in addressing these issues

MENTORS WILL BE EXPECTED TO:

- Work with the youth to identify goals, a meeting schedule, and expectations
- Provide guidance, feedback, resources, and a supportive environment
- Be considerate of youth's time, schedule, and preferences
- Introduce the youth to professional networks and opportunities to foster career or academic development

Mentors can *also* host the youth as an intern. The youth may be supervised by the mentor or another member of that office/department.

Internship Supervisor Role: Coordinate an internship experience in their department, program, Board, or Commission for up to 15 hours per week. **Note:** Internships can be virtual, include independent projects, and more. Youth will be compensated for their time through the *Live Well San Diego* Youth Sector program.

INTERNSHIP SUPERVISOR WILL BE EXPECTED TO:

- Work with youth to establish a weekly schedule and internship expectations
- Provide youth with feedback, communication, and guidance throughout their internship
- Assign tasks or duties that will support their professional development
- Actively engage youth in department goals and projects where relevant

BENEFITS FOR MENTORS AND INTERNSHIP SUPERVISORS:

- Gain leadership, supervisory, and mentorship skills
- Gain youth perspective into mentor's departments and programs
- Connect the next generation to their government and community
- Invest in and pass along institutional knowledge to young people in the region
- Share professional experience and knowledge

Submit an interest form [here](#).

