

Teen Program Mentorship





About Me

Hi! My Name is Zoraya Quintanilla

I'm the RS Manager at the Apex. This is my 3rd year leading Teen Program & I'm excited to share a few resources that could add to your sessions with your students.

Feel free to reach out to me:
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Canvas/StudentVue



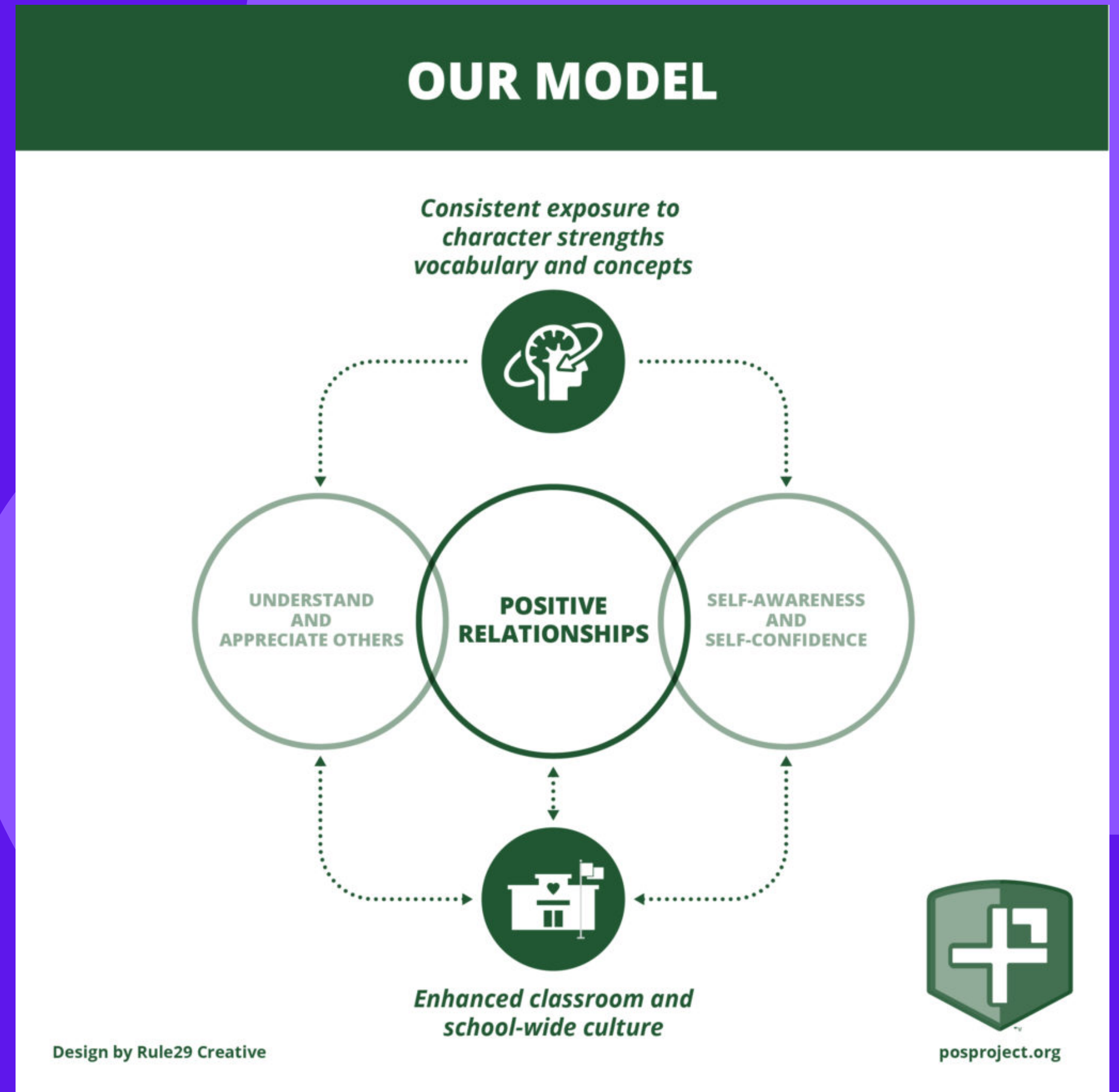
- Highly encourage you to view your teen's Canvas account every session you meet with them. **Allow the student to show you their account.** If your student forgets their Log-In info, a staff member will have it available.
- **Things to view in Canvas:** select each class to view their grades, assignments, syllabus, To Do list, any teacher feedback/reminders, school announcements.
- **Things to view in StudentVue:** Quarter grades and teacher emails

Social Emotional Learning/P2

- This year, we began a new project called Positivity Project or P2 at all our sites.
- [What is P2?](#)

SEL/P2 Resources/activities:

- [Teen Program P2 Weekly Calendar](#)
- [Ask site staff for SEL resources.](#)
- [P2 Resources for families & educators](#)



College/Career Readiness



- Scholarship List
- [Virtual Campus Visits](#)
- [Guide to Trade Schools.](#)
- Discuss your career journey.
- [Explore Careers, Learn about College and Scholarships + Take a quiz on best fit.](#)
- [Job Shadowing](#)
- [Resume Writing for HS students](#)
- [Opportunities Workbook](#)
- [VA Opportunities Workbook](#)

Other Lessons/Activities



Games/Get to know you

- Get to know the teens Academic and Enrichment goals. Ask them for updates.
- All sites have board games you can borrow .
- Learn/talk with your students - forming a mentorship takes time!
- Ice Breaker games

Lessons/Activities

- Most sites have subject workbooks you can borrow .
- Some sites have folders made for each teen containing extra activities or a Binder dedicated to lessons.
- Learn about Volunteering
- Read about current events
- Read a book together & check in every week.
- Extra subject practice: <https://www.khanacademy.org/>
- Open Arlington library card or browse library resources

Thank You

"A reminder that showing up consistently is super important, even if you don't end up doing much tutoring. Positive adult relationships are a huge protective factor for youth health and wellbeing" - Teen Program Mentor

