



America's Young Gentlemen Mentoring Program

Session One

- I. Opening and welcome mentees*
 - II. Acknowledgements*
 - III. Introduction of mentees*
 - IV. Introduction of program developer and origin of AYG*
 - V. Mentees expectations*
 - VI. Overview of training manual and worksheets*
 - VII. Overview of performance outcomes*
 - VIII. Overview of 45 developmental mentoring initiatives*
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1. Activity # 1 - 10 Guiding Principles of AYG Mentoring Program
 - a. Worksheet #1 – (Guiding principles)
 2. Activity # 2 - Accelerated grades for the 21st Century
 - a. Worksheet # 2 (The journey to becoming a honors student)
 3. Activity # 3 - Your Purpose in Life
 - a. Worksheet # 3 (Your purpose in life)
 4. Activity # 4 - The right value system
 - a. Worksheet #4 (Understanding your value system)
 5. Activity # 5 - Family value system
 - a. Worksheet # 5 (Family value systems)
 6. Activity # 6 - Accept success understanding failure
 - a. Worksheet #6 (Accepting success understanding failure)
 7. Activity # 7 - Communication opens doors
 - a. Worksheet #7 (Removing communication barriers)
 8. Activity # 8 - Sexual behavior
 - a. Worksheet #8 (STD's HIV/AIDS sexual behavior life or death)
 9. Activity # 9 - Accepting higher learning as a way of life
 - a. Worksheet #9 (Higher learning is a way of life)
 10. Activity # 10 - Identifying life barriers

- a. Worksheet # 10 (Success comes from identifying life barriers)
- 11. Activity # 11 - Social acceptance
 - a. Worksheet # 11 (Social success the acceptable paradigms)
- 12. Activity # 12 - USA economics
 - a. Worksheet # 12 (Unites States economics and your future)
- 13. Activity # 13 - Global economics
 - a. Worksheet # 13 (Understanding global economics)
- 14. Activity # 14 - Money management
 - a. Worksheet # 14 (Success revolves around money management)
- 15. Activity # 15 - Life skills
 - a. Worksheet # 15 (Developing your inherent gifts, talents and skills)
- 16. Activity # 16- Conflict resolution
 - a. Worksheet # 16 (Develop lifelong abilities to resolve conflicts)
- 17. Activity # 17 - Anger management
 - a. Worksheet # 17 (Controlling anger is the science of humility)
- 18. Activity # 18 - Five Critical Disciplines
 - a. Worksheet # 18 (Understanding the complexities of serving others)
- 19. Activity # 19 - Be the best of what it is to be human
 - a. Worksheet # 19 (Be true to all things is the best of being human)
- 20. Activity # 20 - Computer science and technology
 - a. Worksheet # 20 (Computer science connects your world)
- 21. Activity # 21 - Advancement in Technology
 - a. Worksheet # 21 (Staying up to date on technological advancements)
- 22. Activity # 22 - Cultural sensitivity
 - a. Worksheet # 22 (Increasing personal levels of cultural sensitivity)
- 23. Activity # 23 - Gender sensitivity
 - a. Worksheet # 23 (Increasing personal levels of gender sensitivity)
- 24. Activity # 24 - Understanding the complexities of authoritative figures
 - a. Worksheet # 24 (Strengthening your abilities to understand authority)
- 25. Activity # 25 - Understanding the law and your rights
 - a. Worksheet # 25 (Knowing your rights as a minor under the law)
- 26. Activity # 26 - Preparing for a medical career
 - a. Worksheet # 26 (Conditioning the mind for a medical profession)
- 27. Activity # 27 - Understanding psychology
 - a. Worksheet # 27 (Conditioning the mind for a psychology profession)
- 28. Activity # 28 - Personal desires
 - a. Worksheet # 28 (Do you own your own brain or does outside influences)

29. Activity # 29 - Life Time-Line – (Now till you graduate from college)
 - a. Worksheet # 29 (Designing your blueprint for a lifetime of success)
30. Activity # 30 - Educational Timeline
 - a. Worksheet # 30 (Designing your blueprint for your doctorate degree)
31. Activity # 31 - The Four Disciplines of STEM
 - a. Worksheet # 31 (Mandates of Science, Technology, Engineering & Mathematics - STEM)
32. Activity # 32 - Maintain a Healthy Body
 - a. Worksheet # 32 (Understanding human anatomy and its development)
33. Activity # 33 - The self gratification of giving to other community service
 - a. Worksheet # 33 (Experiencing the self rewards of giving unselfishly)
34. Activity # 34 - Understanding America's Politics
 - a. Worksheet # 34 (General overview of America's politics non-partisan)
35. Activity # 35 - Preparing to be the best husband and father on the planet
 - a. Worksheet # 35 (The institution of marriage and the beauty of fatherhood)
36. Activity # 36 - Martial Arts - Kung Fu as a way of life
 - a. Worksheet # 36 (The power of the mind, body, spirit and Chi Energy)
37. Activity # 37 - The evolution of your world through the age of 60
 - a. Worksheet # 37 (Exploring the evolution of your world to the age of 60)
38. Activity # 38 - Cognitive, analytical and critical thinking skills
 - a. Worksheet # 38 (Developing accelerated cognitive, analytical and critical Thinking skills)
39. Activity # 39 - Understanding the value of non-profit agencies
 - a. Worksheet # 39 (How the non-profit agencies serve our communities)
40. Activity # 40 - Do you own your own brain
 - a. Worksheet # 40 (Understanding the power of social media influences)
41. Activity # 41 - Self creativity and motivation
 - a. Worksheet # 41 (Identifying with your Inherent gifts and talents)
42. Activity # 42 - Understanding the peer pressure
 - a. Worksheet # 42 (Understanding the psychological effects of peer pressure)
43. Activity # 43 - Time management
 - a. Worksheet # 43 (Controlling productivity through efficient time management)
44. Activity # 44 - College Preparation
 - a. Worksheet # 44 (Preparing early for the complex process of university entry)
45. Activity # 45 - Substance abuse prevention
 - a. Worksheet #45 (Understanding the lifelong impact of substance abuse)
46. Closing Session One

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