



America's Young Gentlemen Mentoring Program

Session Ten:

1. Opening welcome and acknowledgements
2. Review previous session
3. Activity # 1 - 10 Guiding Principles of AYG Mentoring Program
 - a. Worksheet #1 – (Guiding principles)
4. Activity # 44 - College Preparation
 - a. Worksheet # 44 (Preparing early for the complex process of university entry)
5. Activity # 40 - Do you own your own brain
 - a. Worksheet # 40 (Understanding the power of social media influences)
6. Activity # 41 - Self creativity and motivation
 - a. Activity # 5 – Family Value System
7. Worksheet # 5 (Family value systems)
 - a. Worksheet # 41 (Identifying with your Inherent gifts and talents)
8. Activity # 16- Conflict resolution
 - a. Worksheet # 16 (Develop lifelong abilities to resolve conflicts)
9. Activity # 26 - Preparing for a medical career
 - a. Worksheet # 26 (Conditioning the mind for a medical profession)
10. Activity # 27 - Understanding psychology
 - a. Worksheet # 27 (Conditioning the mind for a psychology profession)
11. Activity # 7 - Communication opens doors
 - a. Worksheet #7 (Removing communication barriers)
12. Activity # 29 - Life Time-Line – (Now till you graduate from college)
 - a. Worksheet # 29 (Designing your blueprint for a lifetime of success)
13. Activity # 8 - Sexual behavior
 - a. Worksheet #8 (STD's HIV/AIDS sexual behavior life or death)
14. Activity # 22 - Cultural sensitivity
 - a. Worksheet # 22 (Increasing personal levels of cultural sensitivity)
15. Activity # 23 - Gender sensitivity
 - a. Worksheet # 23 (Increasing personal levels of gender sensitivity)
16. Activity # 36 - Martial Arts - Kung Fu as a way of life
 - a. Worksheet # 36 (The power of the mind, body, spirit and Chi Energy)
17. Closing session