

## #Hillsborough Education Foundation

April 2011



# Mentor UPDATE

## Feature

### On the Path to Success - Jose and Dr. Edward Farrior



Jose Perez is on the path to achieve his parents' dream - attending college. He will be the first member of his family to further his education thanks to a Florida Prepaid Scholarship and the help of his mentor, Dr. Edward Farrior.

Jose, a sophomore at Durant High School, is in the top 5 percent of his class, an impressive feat considering he spends about 20 hours a week outside of school picking fruit in the fields with his parents. Jose has grown up attending school in both Georgia and Florida, depending on the fruit harvest. His parents, migrant workers from Mexico, came to the United States to give their kids the chance to further their education. Thanks to the mentoring and scholarship, Jose plans to study psychology and literature in college and later work for the FBI.

Dr. Farrior knows the value of mentoring. Growing up in Tampa in a family of doctors, his father was his mentor, ultimately influencing him to pursue a career in medicine. He enjoys helping a young person see the potential of what is in the world today.

The Foundation's scholarship and mentoring program encourages values and keeps students on track in school

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## Mentors Needed

Have friends or colleagues who would make an amazing mentor? Send their information to [Jonathan Maresco](#) and he will contact them!

## Contacts

[Jonathan Maresco](#)  
(813) 574-0264

[Rebecca Davis](#)  
(813) 574-0267

**Let us know if you have any questions or concerns.**

Whether you have been a mentor for many years or just joined the program, we are excited to have you as part of our mentoring team.

by building confidence and making sure they stay drug and alcohol-free. The Garcia Family Foundation funded Jose's scholarship. Martin Garcia, one of the foundation's trustees, said Jose is one of many students possessing a strong work ethic and talent. The scholarship and mentoring will open doors for students like Jose to attend college and pursue any career.

Garcia believes Jose "could become a doctor, a lawyer, but my prediction is that his work experience with his parents will lead him to become an entrepreneur. I firmly believe it is our responsibility as members of this community to make sure that Jose and other students similarly situated experience the American dream of opportunity that this great country offers to our citizens."

Both Jose and Dr. Farrior have benefited from their relationship. Jose is early in his mentee process and learns more every day from Dr. Farrior. "It's a great experience," he said. "You learn more about that connection that you never would have normally had in your life."

Dr. Farrior treasures the time spent with Jose so far and realizes that there is a huge reward for such a relatively small commitment. "It's fun and good to get to know young people and see what they're thinking and find out what is going on," he said. "You can learn a lot from them."

## Hot Topic

### Teen Alcohol Abuse

April is Alcohol Awareness Month raising awareness of alcohol abuse both in adults and adolescents. Please take this opportunity to encourage your mentee to make healthy, safe choices.

### Statistics

According to the annual [Monitoring the Future](#) survey, 14% of 8<sup>th</sup> graders, 29% of 10<sup>th</sup> graders, and 41% of 12<sup>th</sup> graders admitted drinking an alcoholic beverage in just the 30-day period prior to the 2010 survey.

Consuming five or more drinks in the prior two-week interval at least once is called "binge" drinking. In 2010, the proportions of 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders who admitted to binge drinking are 46%, 32%, and 26%.

The disapproval of binge drinking is higher in the 8<sup>th</sup> and 10<sup>th</sup> grades than in 12<sup>th</sup> grade. This perceived risk suggests it is becoming more unacceptable in the peer group. Unfortunately, 90% of 12<sup>th</sup> graders say that it is or would be easy to get alcohol. There has been a successful decline in the availability of alcohol to the 8<sup>th</sup>

The Foundation and your students are more than grateful for your dedication and the honor you bring to the title "MENTOR."



and 10<sup>th</sup> graders.

Although any teen can abuse alcohol, there are certain individuals who may be at more risk than others.

- Teens who have a family history of alcohol abuse
- Teens suffering from depression
- Teens with low self-esteem
- Teens who easily surrender to peer pressure

### **Warning Signs:**

According to the [Warning Signs of Alcohol Abuse](#), the signs of alcohol abuse are not only physical, but social and emotional as well.

### **Physical Signs**

- Red/blood shot eyes
- Persistent cough
- Increased fatigue/sleep problems
- Changes in weight (increase or decrease)
- Unexplained injuries (could be caused by accidents that occur while drinking)
- Frequent headaches, nausea, sensitivity to sound (especially in the morning due to hangover)
- Other drug use, including cigarette smoking
- Slurred speech/unable to communicate effectively
- Lack of concentration
- Blackouts - unable to account for specific periods of time

### **Social/Emotional Signs**

- Withdrawal from family - spending more time alone away from family members and less communication
- Loss of interest in previous hobbies/activities
- Depression
- Mood swings - including irritability, quick to anger and overly defensive
- Change in the choice of friends/peer group - not introducing new friends to you
- Problems at school - falling grades, complaints from teachers/staff, reports of cutting class and absences (may be harder to detect)
- Problems with the law
- Goes out with friends a lot/attends many parties (may be harder to detect)
- Secretive behavior - hiding things from you, locking bedroom door, not telling you who their friends are or where they are going
- Lying
- Running away

### **For More Information:**

[National Institute on Alcohol Abuse and Alcoholism](#)

[Rethinking Drinking](#)

[The Cool Spot](#)  
[Monitoring the Future](#)

### **Seeking Help:**

#### **Alateen**

Support for teens whose lives have been affected by someone drinking.

1-888-4AL-ANON or (1-888-425-2666)

#### **Al-Anon**

Help for family and friends of people with drinking problems.

1-888-4AL-ANON or (1-888-425-2666)

#### **National Treatment Referral Center**

Locate substance abuse treatment center in your area.

1-800-662-HELP

## **KnowHow2Go Corner:**

### **Step 3 - Find the Right Fit**

Assisting your mentee in his or her college search will go a long way toward starting their career on the right foot! Particularly if your mentee is in high school, spend a few minutes every week discussing what their hopes, expectations, and goals are for college. Browse these websites together: [KnowHow2Go](#) & [Mapping Your Future](#) and complete sample career plans or make a list of preferred colleges to visit. Put these plans in writing in order to clarify ideas and encourage accountability. Our scholarship students have an incredible opportunity - your job as a mentor is to make sure they take advantage of it!

### **Find out what kind of school is the best match for you and your career goals.**

- *What's the right match?* The kind of college you choose to attend should reflect your goals and your personality. Whether you choose a public, private, community, technical, trade or even online college, make sure it's the best match for you.
- *Big or small?* Do you want to attend a big university with more choices of studies and social activities, but also larger lecture classes? Or would you like fewer choices but more personal attention and a better chance to stand out? You decide.
- *Home or away?* Attending a local college versus boarding out of state - what's better? It depends. For some, residence hall life is an important part of the college experience, but commuting from home is less expensive.
- *Which major works?* Figuring out what you like

doing most, plus what you're best at, can point to the [careers](#) you should consider - and what majors will help you reach your [career goal](#).

- *Why extras matter.* Getting into extracurricular activities outside of class - band, science club, the school newspaper, drama or even volunteering - helps you discover what your real interests are and where you're heading.

## Tough Questions

**My mentee is graduating from high school in June. We have grown very close over the years, and I am sad that our time together is ending. What can I do to get through it?**

### **-Broken-Hearted in Brandon**

Broken-Hearted, I understand your sadness. But remember that you embarked on your mentoring journey to make a difference in the life of a child, and that's exactly what you've done. Your close bond with your student is proof that you have been a great friend, role model, and a guiding light. Thank you so much for your time and effort. We salute you, and you should pat yourself on the back as well!

To make this final phase of your mentor/mentee relationship as healthy and happy as possible, it is critical to prepare for closure. Give your mentee sufficient notice that the relationship is coming to an end so he or she has time to emotionally process the transition. First, identify and discuss what you both are feeling: anger, sadness, fear, etc. Second, use this time to celebrate what you have accomplished together. Reminisce about the fun times you've shared, recognize your student's development and achievements, and encourage his or her ability to succeed in the future. Third, make the final meeting special: exchange mementos, give your mentee a card, create a scrapbook together or take photographs.

This is also an opportune time to decide how you will stay in touch in the future. Agree on a schedule for phone calls, emails, or consider writing letters to one another. Involve parents or caregivers in this discussion, where appropriate.

Finally, just because you are saying goodbye to your mentee doesn't mean your career as a mentor must end too. There are many children in our community who still need your help and would benefit from a kind and caring mentor such as yourself. Share your gift by creating a meaningful bond with another child. If you would like to be matched with a new student, don't hesitate to contact Jonathan Maresco, Mentor Coordinator, at (813) 574-0264 or [jmaresco@educationfoundation.com](mailto:jmaresco@educationfoundation.com).

## Know The Dates

### National Volunteer Month

#### Earth Day

April 22<sup>nd</sup>

#### Spring Break

April 25<sup>th</sup> - 29<sup>th</sup>

#### Early Release Day

May 11<sup>th</sup>

#### FAFSA Florida Deadline

May 15<sup>th</sup>

#### Memorial Day

May 30<sup>th</sup>

## The Hillsborough Education Foundation Needs Your Help

The Hillsborough Education Foundation has a shortage of mentors! Please spread the word to friends, family and business associates who might be interested. We have a fantastic and very effective program that not only matches at-risk students with caring and supportive mentors, but also awards them a college scholarship. There are children in OUR community who need help! Please contact Jonathan Maresco, Mentor Coordinator, at (813) 574-0264 or [jmaresco@educationfoundation.com](mailto:jmaresco@educationfoundation.com) if you know someone who would like to get involved. Thank you!

Sincerely,  
The Mentoring Support Team  
Hillsborough Education Foundation

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