



CLOSURE

The end of a relationship can be difficult for both the mentor and student. Here are some strategies you may wish to use when it is time to terminate the relationship:

Steps for Terminating the Relationship

- ❖ Have it take place gradually. Give your mentee ample warning of the closure of the match (2-3 sessions before last meeting)
- ❖ Be clear about the date of your last meeting and be sure to inform your student of this ahead of time. Don't wait until the last meeting to say goodbye. Don't assume the student knows that you won't continue to see them outside of school in the summer.
- ❖ Plan a fun activity together prior to the termination date. Do something extra special for your last meeting.
- ❖ Be honest, candid, and supportive, regardless of the reason for the termination.
- ❖ Encourage your mentee to express his or her feelings about this transition but don't "push". Help your mentee to express his or her emotions by modeling the behavior. For example, if your relationship is coming to a close and you and your mentee enjoyed your time together, you might say something like "I am going to really miss you. I have enjoyed our time together." However, you must be honest. If your relationship is coming to a close and your time together was OK but not really great, then don't lie and say that you are going to be really sad that this is over. Also, do not expect the young person to reciprocate. Even though you shared

your emotions as a mentor, your mentee still might not feel comfortable sharing his or her emotions.

- ❖ Be prepared for your mentee's anger or denial (often in the form of missed visits);**
- ❖ Help him/her anticipate these feelings. Be aware of and monitor your own feelings of guilt, sadness, relief, etc.**

The Mentor/Mentee Relationship

- ❖ Use the termination process as a means to recall your mentee's strengths and progress.**
- ❖ Reassure your mentee about your confidence in him/her.**
- ❖ Mentors who are terminating because of time limitations or other reasons not related to the end of the school term need to make particularly clear to the mentee that he/she did not do anything to make the mentor leave. The mentor should share with the mentee the things about the mentee that he/she liked.**
- ❖ Don't make promises that you cannot keep.**

Never hesitate to contact the Listen to Children Coordinator for assistance in any matter regarding your mentoring relationship