

Mentoring Questionnaire Handbook

Questionnaire Overview

The Mentoring Questionnaire covers nine questions based on Te Whare Tapa Wha, Circle of Courage and Strengths based models. This questionnaire should be used for disenfranchised youth. This questionnaire focusses on mental and physical health as well as positive connections.

Who is the questionnaire designed for?

<p>Sector/activity Sector/Activity refers to the broad area within the YMCA that the assessment will be used. For example, youth development, education</p>	Youth Services
<p>Overall aim for this group The broad long term changes intended by the service/activity</p>	Reach potential Improve holistic wellbeing
<p>Specific outcomes for this group The specific positive changes expected to be achieved from the service/activity</p>	Increase prosocial behavior Reduce recidivism rate
<p>The activities/ Services/Programmes list that this questionnaire could be used for Aligned programmes at the YMCA that this particular assessment should be used for.</p>	<ol style="list-style-type: none"> 1. Rangatahi Ora (SYSCo) 2. YsUP (Group Mentoring) 3. Awa (Te Ao Maori) 4. Mentoring (Oranga Tamariki)
<p>Programmes general content a general description of what is covered in the programmes listed above.</p>	Achievement of youth / FGC goals Mindfulness Physical health & activity Participation in prosocial activities Community connection Maori connection
<p>Minimum activity/programme length (in weeks) for this assessment to be of value</p>	12 weeks
<p>Primary audience Who is the assessment designed for first and foremost, general characteristics (e.g. disenfranchised youth, second chance learners, NEETs, girls etc)</p>	Youth involved in youth justice system or in state care & protection
<p>Age range (average)</p>	12 - 17
<p>Academic description of this group What is the status of the young people who are in this group. Are they second chance learners for example.</p>	Disengaged from mainstream education

Questionnaire and extra notes

Foundational Concept/Model	Question Intent or purpose	Mentoring questions in ImpactStar®	Facilitator Notes
<p>Mental health</p> <p>Te Taha Hinegaro</p>	<p><i>The mind and body are inseparable.</i></p> <p>This question is intended to measure self-assessment of wellbeing and ways gained to protect wellbeing.</p>	<p><i>How are you feeling today?</i></p> <p><i>How have you been feeling recently/</i></p> <p><i>Do you know how to look after your emotional wellbeing?</i></p>	<p><i>Scene setting, but also to capture changes in wellbeing over the programme.</i></p>
<p>Physical health</p> <p>Te Taha Tinana</p>	<p><i>Tinana suffers when a person is under stress or unwell.</i></p> <p>This question is intended to measure self-assessment of physical health and ways gained to protect physical health.</p>	<p><i>How do you feel physically?</i></p> <p><i>Do you have good habits for sleeping , diet, exercise, drug and alcohol use?</i></p>	
<p>Relationship with family and friends</p> <p>Te Taha Whanau</p> <p>Belonging</p>	<p><i>The most fundamental unit of Māori society. The beliefs, expectations or opinions of the whānau can have a major influence on choices made.</i></p> <p>This question is intended to measure self-assessment of 'belonging' and ways gained to identify protective relationships.</p>	<p><i>Do you feel connected to your family?</i></p> <p><i>Do you spend a lot of time with your family?</i></p>	<p><i>This is not just limited to immediate family. Remember everyone's family is different and may not be a traditional set up. This question seeks to gain insight into positive relationships and influences in a young person's life as well as their sense of belonging.</i></p>
<p>Identity</p> <p>Whakapapa</p>	<p>This question is intended to measure self-assessment of family/ whanau history and knowledge gained of the role that heritage plays in the emerging 'self'.</p>	<p><i>How much do you know about your family history/ family tree</i></p> <p><i>How important is this to you?</i></p> <p><i>Do you know your whakapapa?</i></p>	<p><i>Take note of the young person's details and how they identify in terms of ethnicity, then tailor the question to their individual situation.</i></p>

<p>Spiritual health</p> <p>Wairua</p>	<p>Recognised as the essential requirement for health and well-being. Wairua explores relationships with the environment, people and heritage.</p> <p>This question is intended to measure self-assessment of beliefs/ values and ways gained to identify where personal meaning is found</p>	<p>Do you identify with a set of beliefs? [religious or cultural]</p> <p>Do you feel in touch with the spiritual side of life?</p> <p>How do you find inner peace, hope or meaning in life? This could be through nature, meditation, prayer, music, art...</p>	<p>Once again be mindful of the individual's background and the details they provided about their ethnicity and culture.</p>
<p>Strengths</p> <p>Pukengatanga</p> <p>Mastery</p>	<p>This question is intended to measure self-assessment of personal strengths/ skills and ways gained to acknowledge and develop them.</p>	<p>What do you enjoy doing? Could be school, hobbies, relationships, sports.</p> <p>What are you good at?</p> <p>Are you engaged in learning & sharing new knowledge?</p>	<p>Think outside the box here.</p>
<p>Autonomy</p> <p>Mana Motuhake</p> <p>Independence</p>	<p>This question is intended to measure self-assessment of independence and ways gained to be resilient.</p>	<p>Do you or could you live independently?</p> <p>Do you know how to manage money, cook, clean..?</p>	<p>This may not be relevant to younger people. If not applicable do not answer, leave blank, but make a note.</p>
<p>Contribution</p> <p>Atawhai</p> <p>Generosity</p>	<p>This question is intended to measure self-assessment of pro-social behaviours and ways gained to participate in community.</p>	<p>Do you contribute to your family or community?</p> <p>How do you show generosity to those around you?</p>	
<p>Voice</p> <p>Empowerment</p>	<p>This question is intended to measure self-assessment of participation and ways gained to access, be heard and take part.</p>	<p>Are your ideas heard and appreciated by adults?</p> <p>Are you encouraged by adults to take control of your life?</p>	

If you are a Youth Worker, please get approval from your Youth Development Manager about which questionnaire to use for your youth clients. This is to ensure the questionnaires is being used consistently for specific groups.

It is important that the correct questionnaire is used, otherwise distance travelled data will not be able to be aggregated effectively.