



The Mentoring Center of Central Ohio

Training mentors . . . Transforming lives!

Life-Prep “Grab-N-Go” Activities from the Mentoring Center of Central Ohio

The following are easy-to-facilitate life preparation activities that are great for mentees or mentor/mentee pairs. The Mentoring Center can come to your site and lead these activities or provide them to your staff to facilitate. These differ from the previous curricula listed as each activity listed below under a specific topic is designed to be a quick exercise (most of them 20 minutes or less) that can be combined with other activities or done on its own.



Decision-Making

1. Steps for making a good decision
2. Decision Making Journal
3. Decision Making -Thinking Ahead
4. Decisions Mean I Can Choose
5. Problem Solving
6. Role-Play Scenario ES
7. Role-Play Scenario MS
8. Role-Play Scenario HS



Goal Setting

1. Goal Setting 101: Selecting Your Goals
2. Goal Setting 102: The Sky's the Limit: People that help you reach your goals
3. Goal Setting 103: Making Your Goals Important
4. Goal Setting 104: Goal Pledge Card
5. Goal Setting 105: Dream Board
6. Goal Setting 106: Affirming Your Talents



Cultural Diversity

1. Diversity/Multicultural Activity: “Dissing* Leaves Someone Missing!”
2. Multicultural Bingo Game
3. Diversity: Stereotypes Activity
4. My Cultural Introspection Sheet

*Disrespecting another person



Leadership

1. Leader Bingo
2. Leaders in My Life
3. Leadership Skill Self-Assessment
4. The Leader in Me
5. Leadership: “Who Am I” Ice Breaker
6. Leadership: Role-Play Scenarios



Understanding Anger

1. Understanding Anger
2. Five Step Process to Dealing With Anger (Elem)
3. Five Step Process to Dealing With Anger (MS/HS)
4. I-Messages



Financial Literacy

1. Do Your Thing to Get the Bling!
2. Being Rich Always
3. Life Comes at You!

Interested in leasing our curricula or having the Mentoring Center staff facilitate training at your site?

For leasing and facilitation rates call us at

614.839.2447 X103.

For more information regarding the Mentoring Center of Central Ohio, visit our web site at

www.mentoringcenterco.org