



HAWAII NATIONAL GUARD
YOUTH CHALLENGE ACADEMY
RPM DEPARTMENT
PO Box 75348
Kapolei, HI 96707
(808) 754-8707 *Fax (808) 447-3361



YOUTH CHALLENGE ACADEMY
MENTOR TRAINING (PART 1) TEST

MENTOR NAME: _____

DATE: _____

CADET NAME: _____

PLATOON: _____

- 1) The National Guard Youth ChalleNGe Program (NGYCP) is a co-educational, preventative program for high school dropout's ages sixteen to eighteen years old.
 - True
 - False

- 2) The mission of the National Guard Youth ChalleNGe program is:
 - To encourage young people to enlist in the military
 - To intervene in and reclaim the lives of 16-18 year old high school dropouts producing program graduates with the values, life skills, education and self-discipline necessary to succeed as productive citizens.
 - To promote weight loss
 - To help young people make friends

Multiple Choice

- 3) Select the 8 core components addressed by all cadets in the ChalleNGe program.
 - Leadership/followership
 - Confidence
 - Job Skills
 - Health and hygiene
 - Poise
 - Physical Fitness
 - Service to community
 - Self-respect
 - Life-coping skills
 - Academic excellence
 - Responsible citizenship
 - Independence

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

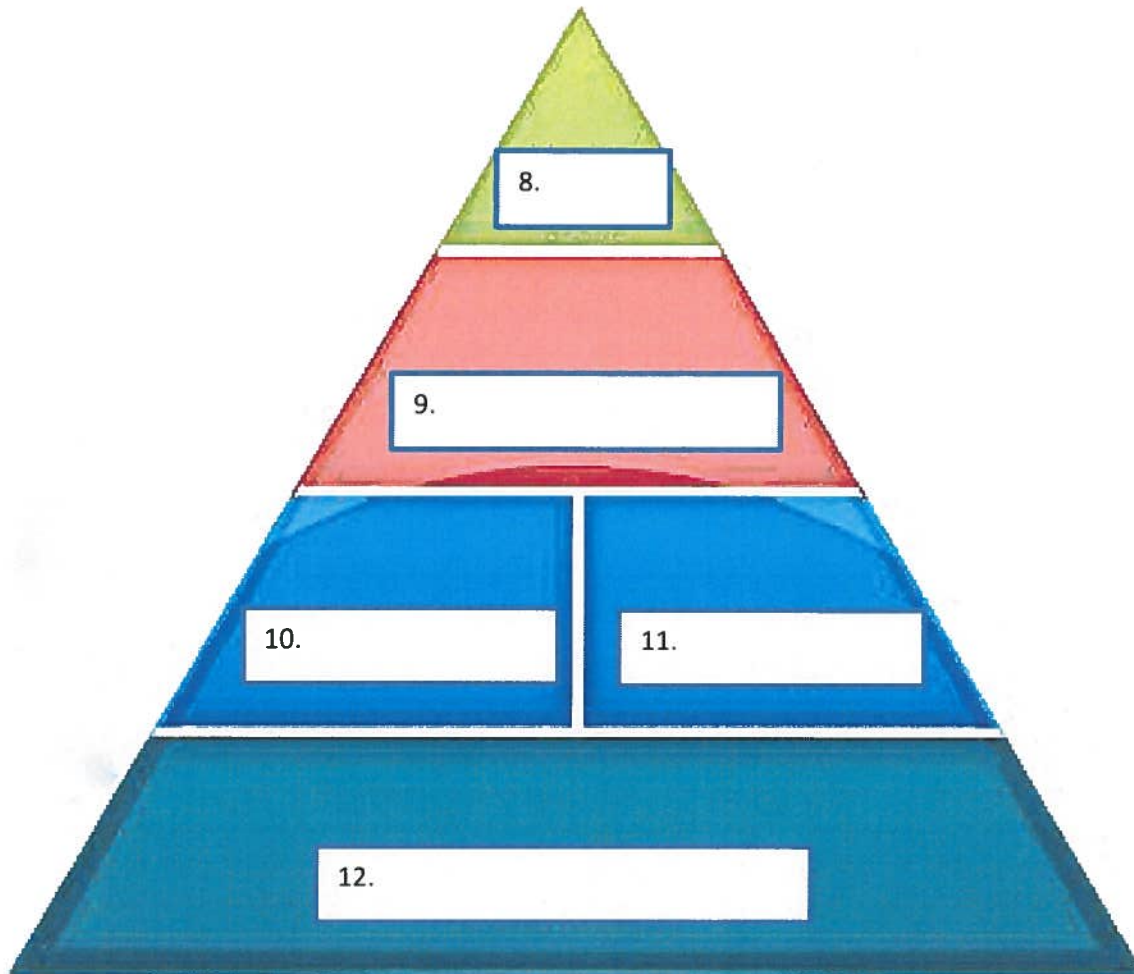
- 4) One of the ways the "Job Skills" core component is accomplished is by training cadets on how to give a successful job interview.
- True
 - False
- 5) Cadets learn about self-esteem and self-discipline through the development of stronger coping mechanisms for dealing with stressful emotions and situation.
- True
 - False
- 6) During the residential phase, cadets attend daily classes in support of the Academic Excellence core component.
- True
 - False
- 7) During which phase is the primary role of the mentor is to participate in mentor training and to help the cadet prepare their Post-Residential Action Plan (P-RAP).
- Acclimation Period
 - Residential
 - Post-Residential
 - None of the above

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

Fill in the blanks

8-12) Identify the five areas of the mentoring pyramid:



- 13) A mentor is an older person (adult friend) who provides encouragement, instruction and support by earning trust and modeling positive behaviors and characteristics.
- True
 - False

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

- 14) There are many characteristics of mentors. The lesson indicates that mentors should be able to reflect on their own _____, _____ and _____ to the relationship.
- Issues, thoughts, plans
 - Motivations, actions, contributions
 - Presence, past, future
 - Influence, impact, control

Multiple Choice

- 15) The research has demonstrated that youth in high quality relationships improve in the following areas (check all that apply):
- Academic performance
 - Reduce the likelihood of dropping out
 - Decrease incidence of high risk behaviors - substance abuse, carrying a weapon, unsafe sex and violence
 - Supports young people in their development - academic, emotional and social
 - None of the above
- 16) This website provides specific information for National Guard Youth ChalleNGe Program Mentors.
- <http://www.communityforyouth.org/>
 - <http://www.bbbs.org/>
 - <http://www.mentoring.org/>
 - <http://www.ngycp.org>

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

17. One of the primary indicators of an At Risk Youth is low socioeconomic status (SES).

- True
- False

Fill in the blanks:

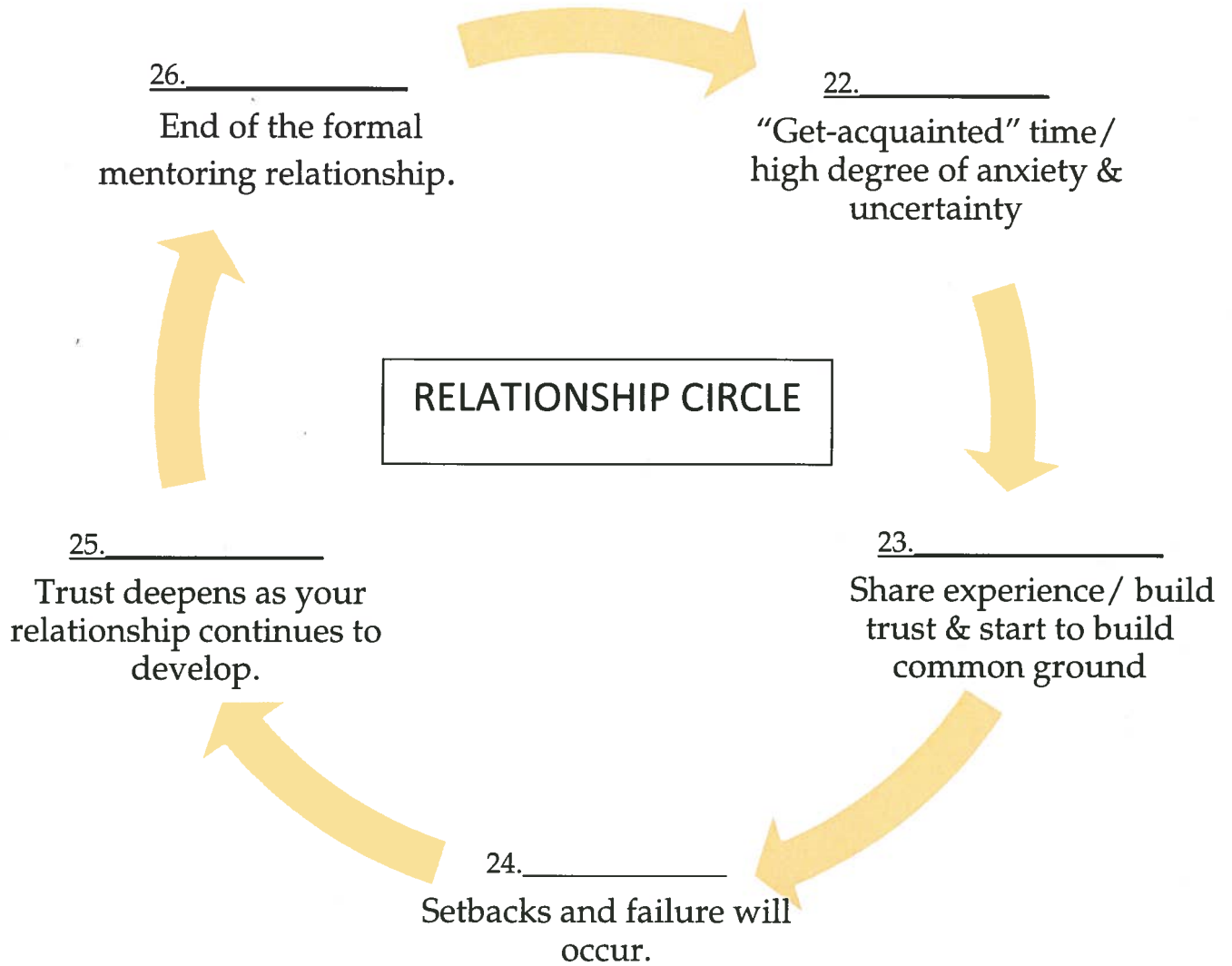
BELONGING GENEROSITY INDEPENDENCE MASTERY
--

- 18) _____ addresses the youth's need to be good at something, rather than stay caught in a cycle of failure.
- 19) _____ the need to be accepted and loved by others, rather than be alienated from them.
- 20) _____ is the need of youth to gain control of one's destiny, rather than be at the mercy of others.
- 21) _____ is the need to give to others, rather than to be always receiving.

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

22-26) Fill in the blanks:



Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

Multiple Choice

- 27) When are the two most critical times in the mentoring relationship?
- When they first get to YCA
 - The first three months
 - During home pass
 - The first three months after graduation
- 28) Healthy communication requires _____.
- Leadership skills
 - Active listening skills
 - Life coping skills
 - Perfect attendance
- 29) Non-verbal communication is very powerful and is 93% of communication.
- True
 - False

Fill in the blanks

30-31) Developing a _____ relationship is about finding the cadet's _____. This is a fundamental shift away from focusing on a child's issues.

Fill in the blanks

32-33) With _____ skills AND having an emphasis on identifying your cadets strengths, your _____ will be off to a good start!

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

Fill in the blank:

- 34) The _____ is the link between the ChalleNGe Program and Post Residential Success.

Multiple Choice

- 35) Check all the functions of the P-RAP:
- Helps cadets identify and obtain more durable placement
 - Increase post-residential accountability
 - Help post-residential staff to monitor placement activities and work with cadets in the Post-Residential Phase
 - Provide focus for mentoring relationships and guide mentor responsibilities
 - All of the above

Fill in the blanks

- 36) Which goals are based on the 8 core components? _____

37-39) What are the 3 pathways cadets have the opportunity to explore in while at the academy?

37) _____

38) _____

39) _____

Fill in the blanks

- 40) Cadets are instructed to use the S.M.A.R.T. criteria when writing their goals. What is the SMART Criteria?

S _____

M _____

A _____

R _____

T _____

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

- 41) Case management refers to the "oversight practices employed by a program that lead to active mentor matches and successful cadet placement" within which phase of the ChalleNGe program?
- Acclimation Period
 - Home pass
 - Residential
 - Post-Residential

Multiple Choice

- 42) Some of the duties of the Case Manager after graduation include (check all that applies):
- Maintaining monthly communications with mentors
 - Monitoring and recording mentoring activities and contacts
 - Recording cadets' placement activities
 - Maintaining and reporting on contact with cadets who are active duty military
 - None of the above

Fill in the blank

- 43) Preparing ahead of time for any challenges will help the _____ success of your partnership.

Multiple Choice

- 44) Some challenges and possible solutions for common mentor relationship issues. One issue is the mentee falls out of contact. Check all that a mentor can do to work on this challenge with cadets.
- Don't take it personally
 - Focus on fun
 - Be persistent
 - Take a break

Dream. Believe. Achieve.

MENTOR TRAINING (PART 1) TEST (Continue)

Multiple Choice

- 45) Some challenges and possible solutions for common mentor relationship issues. One issue is the mentee talks to you about risky behaviors. Check all things that a mentor can do to work on this challenge with cadets.
- Tell the parent
 - Ask questions
 - Hold your opinion
 - Keep their confidence

Multiple Choice

- 46) Some challenges and possible solutions for common mentor relationship issues. One issue is the mentee tests you. Check all things that a mentor can do to work on this challenge with cadets.
- Cool down
 - Set clear boundaries
 - Tell the parents
 - Reaffirm your commitment

47-50) To ensure a solid foundation on your mentoring relationship, list 4 ways on how you can start to build trust with your mentee.

47) _____

48) _____

49) _____

50) _____