



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area

# Youth Driven Goals

(For more ideas, refer to the Match Activity Ideas list)

<b>Category:</b> <b>“Learn/Practice/Strengthen” Skills</b>	<b>Ideas</b>
1-4 Month Goal: Relationship Development	To have and build a friendship <ul style="list-style-type: none"> <li>• Meet on a consistent basis</li> <li>• Have open communication with each other about outings and setting up visits</li> </ul>
Competence (Life Skills)	<ul style="list-style-type: none"> <li>• Plan, shop for, and cook a meal</li> <li>• Bake</li> <li>• Knit, crochet, sew, mend clothes/buttons</li> <li>• Draw/paint something</li> <li>• Do laundry</li> <li>• Wrap a gift</li> <li>• Mow the lawn</li> <li>• Hammer a nail</li> <li>• Build something</li> <li>• Put up a tent</li> </ul>
Confidence (Physical skills)	<ul style="list-style-type: none"> <li>• Swim</li> <li>• Bike</li> <li>• Throw</li> <li>• Kick</li> <li>• Catch</li> <li>• Paddle a canoe/kayak</li> <li>• Read a map/navigate the city (geocaching)</li> <li>• Learn to tie knots</li> <li>• Learn a new sport</li> <li>• Do sport or physical activity ____ times each month</li> </ul>

<p>Caring/Compassion (Charity)</p>	<ul style="list-style-type: none"> <li>• Volunteer</li> <li>• Make/buy gift for someone or a cause</li> <li>• Write a kind letter to someone</li> <li>• Do a kind deed</li> </ul>
<p>Confidence (Leadership, Growth, and Empowerment)</p>	<ul style="list-style-type: none"> <li>• Connect to community resources</li> <li>• Explore community resources that can support youth in obstacles they may be facing</li> <li>• Try new activities in the community</li> </ul>
<p>Connection (Educational skills/Learning and Career Development)</p>	<ul style="list-style-type: none"> <li>• Read</li> <li>• Write/journal</li> <li>• Create a budget</li> <li>• Study for learner's/driver's exam</li> <li>• Write a letter &amp; address an envelope</li> <li>• Create a resume/hand out resume</li> <li>• Fill out a job application</li> <li>• Do a mock job interview</li> <li>• Study ____ number of times a month together</li> <li>• Research a country/animal/sport/music genre/art period</li> <li>• Create a presentation about the topic</li> <li>• Work on anger management</li> <li>• Visit libraries</li> </ul>
<p>Character (Develop inner strengths)</p>	<p>Topics to address/build knowledge and skills in:</p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Anger management</li> <li>• Depression</li> <li>• Concentration</li> <li>• Grief/Illness</li> <li>• Divorce/missing a parent</li> </ul>

	<ul style="list-style-type: none"> <li>• Self-esteem/confidence</li> <li>• Social skills/building friendships</li> <li>• Strategies to deal with bullying</li> </ul> <p>Strategies for growing in the areas listed above:</p> <ol style="list-style-type: none"> <li>1. Talk about it, share personal experience or thoughts about it</li> <li>2. Visit the library and find books about it, read them together</li> <li>3. Ask your MF to connect to other resources</li> </ol>
Mentees 14+ years old	<p>The agency has a Youth Employment program and offers support with employment, career and post-secondary readiness and connections. We host events and promote community activities for matches to attend. There is a monthly email list to get more information about the activities</p> <p>Some goals related to this are:</p> <ul style="list-style-type: none"> <li>• Building a resume</li> <li>• Interview skills</li> <li>• Checking out a post-secondary campus</li> <li>• Filling out job applications</li> <li>• Learning about career opportunities or post- secondary programs offered</li> </ul>