

# Mentor's Energizer

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Bahá'í Academy, Shivajinagar, Panchgani-412 805, Maharashtra  
[www.bahaiacademy.org](http://www.bahaiacademy.org) [energizer@bahaiacademy.org](mailto:energizer@bahaiacademy.org) +912168240100

## Arising to Meet the Challenge

**We applaud the institutions of higher learning** that progress in increasing enrollment and committing resources to the education of both genders. We see classrooms with nearly equal numbers of young men and women taking education not only for their future careers, but also in the universal human values, which will begin the transformation of both individuals and societies. These colleges and universities are in the forefront of changing the discriminatory attitudes and structures which have long produced an absence of women in higher education. Coupled with the systematic approach to transforming the attitudes, values and behaviors of individuals, their families and communities, these colleges and universities are creating a parallel change in institutional norms which promote meaningful educational outcomes. The mentors and teachers in these forward thinking institutions have arisen to undertake the challenge of educating and training young minds, and in turn, are rendering a most valuable service to their community and to society as a whole. By regarding each student as one full of potential and capacity, and of great value, you are personally part of the vision of a world where men and women of diverse ethnic backgrounds, classes and creeds can live side-by-side and enjoy mutual prosperity. You are fostering processes and behaviors characterized by rectitude of conduct, trustworthiness and freedom from prejudice. You are helping create relationships of reciprocity and genuine affection between the teachers, students and the wider community. It's a rich web of support that addresses both the material and moral dimensions of both individual and societal development, encourages service to the greater good and continuous action and reflection as the foundational pillars of lifelong learning. We hope that you can hear the applause.

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### Picture gallery:



ASHA course participants (M.Ed) at DHSP College of Education, Ahmednagar



Dr. Mangesh Teli of ICT, Mumbai, accompanies his post graduate students to the Academy. Pic.: On a dawn hike to Tableland

Please send your photos for inclusion in the Energizer.

The Bahá'í Academy wishes to thank our mentor of the month, Mrs. Sayali Dubash, for sharing her insights.

Using the model at right, please send your comments and pictures to:  
[energizer@bahaiacademy.org](mailto:energizer@bahaiacademy.org)

## Meet The Mentors

Meet Sayali Dubash, B.A. E-B.Ed., Programme Coordinator, Pune Regional Office  
Mentor for MKCL group and On-line course coordinator



### How has the experience of taking the mentorship training affected you?

Hello everyone, to be a mentor of Universal Human Values programme has been more of a personal growth for me rather than just mentoring the students. It has been a very fruitful and meaningful experience so far. It will not be an exaggeration to say that conducting workshops, sessions and coordinating online courses has added a different dimension to my personality; a dimension of "lifelong learning" My journey from being a student of this programme to a mentor has been a kaleidoscopic vision, full of emotions, establishing wonderful relations and discovering new evidences of practice of Universal Human Values at every juncture.

### What are some of your positive experiences about being a mentor?

The mentor of this programme has a crucial task of making the students think about things which they might not have reflected upon before or might have not considered important enough. This is the challenge which allows a mentor to be creative and to be subtle in tackling sensitive issues. As a mentor I, too, have faced challenges, but through deeper understanding, consultation with the students and seniors each challenge has always been converted into a success.

### What kinds of transformations have you seen in your students?

There have been numerous incidents where I have witnessed the change in students in terms of their behavior and their level of understanding. I have observed their lack of initial interest turned into growing enthusiasm and really those have been the most rewarding experiences for me as a mentor.

### Do you have any advice for other mentors?

"Give relevant and real life examples and not the model examples"; this is the key to get the students interested in the programme. The real examples may be about self or about anyone else, but should have the power of drawing attention and creating the connection between the text book and practical. The use of media like songs and short video clips have also proved important during the sessions and are a must try for all the mentors.

Finally I would like to take this opportunity to thank the wonderful team of Bahá'í Academy and my family for their support and guidance all the time.

## Back by Popular Demand



Energizers are good for engaging students and building energy. Whether you use them at the beginning of a class for students to get to know each other or use them to start a day, break up a long lesson or to illustrate a lesson using the physical senses, you'll find that the following will give you some ideas to make your classrooms fun and friendly. So many of you have asked for Energizers; we've compiled a booklet of them and will soon be uploaded to the Academy website. Here are few to keep you energized this month.

### **Announcement:** **Bahá'í Academy** **Energizer Compilation**

We've compiled a small booklet of Classroom energizers to keep your students active and learning. It will soon be available for Download at: [www.bahaiacademy.org](http://www.bahaiacademy.org)

### Cooperative Birthday Line Up

Explain to the participants that you want them to line up in chronological order, according to birthdays, without talking. After the participants have lined up, discuss how they arrived at their formation. Note the cooperative skills which emerged.

### Desert Island

Announce, 'You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book and one luxury item you can carry with you (i.e. not a boat to leave the island!) What would you take and why?'

Allow a few minutes for the participants to draw up their list of three items, before sharing their choices with the rest of the group. As with most energizers and relationship building activities, it's good for the group leaders to join in too!

**NOTE:** Depending on how much time you like to spare for this energizer, divide the participants in smaller groups.

### Fact or fiction?

Ask everyone to write on a piece of paper TWO things about themselves which may not be known to the others in the group, and ONE thing that is not true about themselves. Taking turns they read out the three things and the rest of the group votes which are true and which is false. There are always surprises. This simple activity is always fun, and helps the group and leaders get to know more about each other.

Back issues of the Mentor Energizer are available on the website. If you've missed an issue, please feel free to download it at [www.bahaiacademy.org](http://www.bahaiacademy.org)

### **How does mentoring evolve over time?**

Demonstrating, explaining and modeling are key aspects of effective mentoring over time.



**Deliberate Learning:** The mentor's job is to promote intentional learning, which includes capacity building through demonstrating techniques, instructing and explaining difficult concepts, but also encouraging students to find their own definitions and explanations and modeling the kinds of behavior which we want to see.

**Powerful Teachers:** Both success and failure are powerful teachers. Mentors, as leaders of a learning experience, certainly need to share their "how to do it so it comes out right" stories, but they also need to share the times when "it just didn't work the way I thought it would". Both types of stories are valuable lessons and opportunities for analyzing individual growth and progress. Your anecdotes offer unforgettable insights and establish rapport with students.

**Development Matures:** Over time, mentoring establishes a continuous learning process. It's not an event or even a string of events. Rather, it is a synthesis of ongoing events, experiences, observations, reflections and thoughtful analysis.

**Joint Venture:** Successful mentoring means sharing responsibility for learning. Regardless of the subject matter, the contact hours or the setting, the mentoring relationship calls for alignment of purpose between all concerned. When all are going in the same direction, the journey is more enjoyable and productive.

Next month: How can we address all the learning styles in the classroom?