Module 1: Welcome to the ChalleNGe Team

Question 1
The National Guard Youth ChalleNGe Program (NGYCP) is a co-educational, preventative program for high school drop-outs, ages sixteen to nineteen years old.

☐ True
☐ False

Question 2
This website provides specific information for National Guard Youth ChalleNGe Program Mentors.

☐ www.communityforyouth.org
☐ www.bbbs.org
☐ www.mentoring.org
☐ www.jointservicessupport.org/ngycp/

Question 3
"The mission of the National Guard Youth ChalleNGe Program is to intervene in and reclaim the lives of at-risk youth, to produce Program graduates with the values, skills, education and self-discipline necessary to succeed as adults." This is the called the __________________________ for the ChalleNGe Program.

Question 4
Since inception, the National Guard Youth ChalleNGe Program (NGYCP) has graduated over ____________ young adults.

Question 5
List one thing you learned from the introduction video shown in this module.

Module 2: Overview of the ChalleNGe Program

Question 1
Select the Eight Core Components taught to 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

Question 2
Pick one of the Eight Core Components, and define that component in your own words. Be sure to list what component you are defining.

Question 3
During the Residential Phase, Cadets attend daily classes in support of the “Academic Excellence” core component.

☐ True
☐ False

Question 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

Question 5
The National Guard Youth ChalleNGe Program was piloted in this year:
Module 3: What is a Mentor?

**Question 1**
Name three of the five areas of the Mentoring Pyramid:
_______________________, _____________________ and _____________________.

**Question 2**
You are talking with your Cadet and you ask, "How has your week been?" The response you get is, "Good." Write one example of an open-ended question that you could ask your Cadet to get a more in-depth response.

**Question 3**
With active listening, if you do not understand exactly what your Cadet is saying to you, try repeating back the information as you understand it. What is the process called?
- [ ] Obtaining information
- [ ] Self-awareness
- [ ] Paraphrasing
- [ ] Simulation

**Question 4**
A Mentor is a person or friend who guides a less-experienced person by building trust and modeling positive behaviors.
- [ ] True
- [ ] False

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Module 4: Characteristics of a Mentor

**Question 1**
The research has demonstrated that youth in high quality relationships improve in the following areas (check all that apply):
- [ ] Academic performance
- [ ] Reduced likelihood of dropping-out of school
- [ ] Decreased incidents of high risk behaviors—substance abuse, carrying a weapon, unsafe sex and violence
- [ ] Increased emotional and social development

**Question 2**
There are many characteristics of Mentors. The lesson indicates that Mentors should be able to reflect on their own motivations, __________________, and _______________ to the relationship.

**Question 3**
There are many characteristics of Mentors. The lesson indicates that Mentors should be able to identify realistic expectations about the relationship, the ________________, and the ________________ they can have on youth.

**Question 4**
According to the article "Getting to the Gold," goals and activities are at the heart of the mentoring relationship. The key is to pay attention to the Mentee's needs and __________________.

**Question 5**
According to the article "Mentoring Works," by Jonathan Alter, "Mentoring is not the solution to the problems of the next generation. ____________ comes first."
- [ ] Schools
- [ ] Parenting
- [ ] Training
- [ ] Extra-curricular activities
Module 5: The Case Manager

Question 1
Case Management refers to the “oversight practices employed by a Program, that leads to active Mentor matches and successful Cadet placement,” within which Phase of the ChalleNGe Program?

- Acclimation
- ChalleNGe
- Residential
- Post-Residential

Question 2
____________________ refers to situations in which Mentors and Mentees are fulfilling their contact requirements and meeting monthly reporting requirements.

Question 3
According to the "Key Points" section of this module, one of the most important roles of the Case Manager is to be a Cadet _____________.

- cheerleader
- advocate
- guidance counselor
- representative

Question 4
Some of the duties of the Case Manager include (check all that apply):

- maintaining monthly communication 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

Question 5
Your Mentoring ________________ will outline your reporting requirements.

Module 6: Qualities and Needs of Adolescents and At-Risk Youth

Question 1
____________________ addresses the youth’s need to be good at something, rather than staying caught in a cycle of failure.

Question 2
This module lists the needs of adolescent youth. _______________ is the need to be accepted and loved by others, rather than be alienated from them. Youth seek to gain the acceptance, attention, and affection of others.

Question 3
This need of youth addresses the need to gain control of one’s destiny, rather than be at the mercy of others.

- Belonging
- Mastery
- Independence
- Generosity

Question 4
Generosity is the need to give to others, rather than to always be receiving.

- True
- False

Question 5
Summarize one of the things you learned about adolescent youth and the role of Mentors, from watching the video in this module.
Module 7: Relationship Building

Question 1
Successful early stages of relationship development - Forming and Norming - are crucial to the long-term effectiveness of the Match, and the achievement of ChalleNGe goals. This is why the first _________ months of the Mentoring relationship are important and need a lot of attention.

☐ 1
☐ 2
☐ 3
☐ 4

Question 2
The stages of a relationship include Forming, Norming, Storming, Performing, and Mourning/Morning. The stages listed are always sequential.

☐ True
☐ False

Question 3
During this Phase, the primary role of the Mentor is to participate in weekly contact with the Cadet, and to help them prepare their Post-Residential Action Plan (P-RAP).

☐ Acclimation
☐ Residential
☐ Post-Residential
☐ None of the above

Question 4
During this Phase, the “Mentor-Matching Ceremony” happens.

☐ Acclimation
☐ Residential
☐ Post-Residential
☐ None of the Above

Question 5
List one thing you will do with your Cadet in the Forming Phase of relationship development.

Module 8: Expectations and the Mentoring Relationship

Question 1
This module addresses some challenges and possible solutions for common Mentor relationship issues. One issue is a Mentee needing career guidance. Check all the possible things presented in the presentation that a Mentor can do to work on this challenge with the Cadet.

☐ Ask about his interests
☐ Expose him to new opportunities
☐ Share your experiences
☐ Search Google for jobs

Question 2
Another issue is a Mentee feeling overwhelmed. Check all the possible things presented in the presentation that a Mentor can do to work on this challenge with the Cadet.

☐ Friends don't "fix"
☐ Set limits
☐ Ask for feedback
☐ Take a stress management course

Question 3
Another issue is the Mentee falls out of contact. Check all the possible things presented in the presentation that a Mentor can do to work on this challenge with the Cadet.

☐ Don't take it personally
☐ Focus on fun
☐ Be persistent
☐ Take a break

Question 4
Another issue is a Mentee talks to you about risky behaviors. Check all the possible things presented in the presentation that a Mentor can do to work on this challenge with the Cadet.

☐ Tell the parent
☐ Ask questions
☐ Hold your opinion
☐ Keep his confidence

Question 5
Another issue is a Mentee tests you. Check all the possible things presented in the presentation that a Mentor can do to work on this challenge with the Cadet.

☐ Cool down
☐ Set clear boundaries
☐ Tell the parents
☐ Reaffirm your commitment
Module 9: Introduction to P-RAP

Question 1
The Post-Residential Action Plan is a tool that supports the process of goal development and action planning for the Residential and Post-Residential Phases. Within ChalleNGe, this Plan is commonly called and abbreviated to this: _____________.

Question 2
The P-RAP is a tool that provides the roadmap to a Cadet’s success.

☐ True
☐ False

Question 3
Check all the functions of the P-RAP:
☐ Helps Cadets identify and obtain more durable placement
☐ Increases Post-Residential accountability
☐ Helps Post-Residential staff monitor placement activities and work with Cadets in the Post-Residential Phase
☐ Provides focus for mentoring relationships and guides Mentor responsibilities

Question 4
List one thing you learned from listening to the audio files in this module.

Question 5
The P-RAP contains many goals, defined by the Cadet. According to this module, goals should be:
☐ K.I.S.S.
☐ R.E.A.L.
☐ M.A.N.Y.
☐ S.M.A.R.T.

Module 10: Communication between Mentor and Mentee

Question 1
______________ is about receiving information from the Cadet, and remaining non-judgmental and empathetic.

Question 2
What percentage of communication is non-verbal?
☐ 63%
☐ 77%
☐ 89%
☐ 93%

Question 3
When you seek to understand, you ask more questions and try to withhold ________________.

Question 4
Describe one active listening skill you learned about, that will help you in your relationship with your Cadet.

Question 5
Active listening is difficult.
☐ True
☐ False