

How Mentoring Can Have A Positive Impact On Your Life

When Osa Guobadia left Nigeria to attend Lehman College in New York, he felt a little astray.

"I had no advice, no knowledge or information. Before I applied to Lehman, nobody advised me on what classes to take, and what I needed to do as a pre-med student," Guobadia, 28, tells JET.

That is until he crossed paths with Dr. Lynne Holden, president of the Men-

▼ Osa Guobadia is applying to medical school and has a better understanding of the medical field because he was mentored.

toring In Medicine program, an organization that assists disadvantaged students in urban schools from third grade on by helping them succeed in becoming healthcare professionals.

"The program is really our way to address the problem of healthcare disparities, and the way that we address that is by trying to increase the numbers of qualified minorities applying to the health professional schools," explains Holden, who specializes in emergency medicine at Montefiore Medical Center in the Bronx, NY.

Holden is not alone in her effort to guide young people down the path to success. January is National Mentoring Month (NMM), a movement organized by the Harvard Mentoring Project of the Harvard School of Public Health, Mentor/National Mentoring Partnership and the Corporation for National and Com-

Benefits Of Mentoring

Mentoring helps young people in several ways.

School: Mentoring can help students improve their academic success by improving their attendance, chances for higher education, and their attitudes toward education. Mentors can also help students with homework.

Daily Life: Mentoring provides a young person with caring adults who can provide support and guidance. Young people who are mentored are less likely to use illegal drugs and more likely to get along with peers and family members.

Career: Mentors can help young people set career goals, obtain internships, and learn how to find jobs.

Sources:
Big Brothers Big Sisters at www.bbbs.org
Mentor/National Mentoring Partnership at www.mentoring.org
Helping America's Youth at www.helpingamericasyouth.gov

munity Service to promote mentoring. Organizations throughout America are bringing attention to the impact of mentoring in order to make a change for the better. According to Mentor/National, some 14.6 million young people in the United States are in need of role models, who can help young people improve their school success, daily living responsibilities and guide them in achieving their career goals.

Several celebrities realize how men-

toring can strengthen the nation. One of whom is composer and film/television producer Quincy Jones, who is being honored as the 2007 NMM first-ever "Mentor of the Year" for his role in touching the lives of several celebrities such as Oprah Winfrey and Will Smith, as well as his work with UNICEF and other worldwide agencies.

"Throughout my life, I have had the good fortune to know individuals who supported and encouraged me to achieve my goals and dreams, and to know that I have had and can have that kind of impact on new generations is one of my proudest achievements," Jones said.

Legendary poet Dr. Maya Angelou, who is featured in the NMM 2007 "Pass It on. Become A Mentor" campaign to recruit mentors, has written a pledge encouraging mentoring in the Black community titled "A Pledge to Rescue Our Youth" (JET, Dec. 25, 2006-Jan. 1, 2007). She told JET how she feels about mentoring.

"We need to step up. It's important that we recognize young people—they are our children."

As the national spokesperson for Court Appointed Special Advocates (CASA) for children who have been removed from their homes, Judge Glenda Hatchett of the nationally syndicated television show, "Judge Hatchett," is passionate about children's issues. She recently shared with JET her take on mentoring.

"Mentoring is such a wonderful way



Dr. Lynne Holden



Quincy Jones



Dr. Maya Angelou



Judge Glenda Hatchett



Denzel Washington