



LIFESTYLES

for us to put our hands on young people—to guide them because I believe that we've got to figure out a way to guarantee a safe passage from now to their future and I just commend men and women who have been so generous to mentor," Hatchett said explaining that mentoring works not only for the young person, but for the adult as well.

Academy Award-winning actor Denzel Washington, a longtime member of the Boys & Girls Clubs, credits his success to mentoring. He wrote in his book, *A Hand to Guide Me*, how adults can make a difference in a young person's life.

"We're all destined to leave some kind of mark...But, I also believe we miss our marks from time to time, and without a certain push in the right direction, we might never find the path we were meant to follow."

Guobadia knows this firsthand. Because of the guidance that he received from Dr. Holden and the Mentoring In Medicine program, he feels that he was put on the path to success.

"Dr. Holden gave me so much—especially with regards to things like, what time to apply to medical school, what classes to take, how to prepare for the MCAT (Medical School Admissions Test), and volunteer experiences. She also gave advice on how to get into various alternatives to medical school," explains Guobadia, who began the mentoring program in 2005. The recent graduate of Lehman also took his MCAT and has been busy

How You Can Become A Mentor

There are many things you can do to get involved in mentoring:

Community Center: You can mentor someone in your own backyard by doing simple things such as catching a movie, attending a sports outing, or offering to help a student with his or her homework.

School: Many schools offer mentoring programs, which may include tutoring or playing sports.

Church: Some churches offer spiritually-based mentoring programs, which can include religious and community outings.

Business: Professionals can mentor students by allowing them to visit their jobs, helping them explore career opportunities and offering them tutoring.

E-mentoring: Mentoring can take place right over the internet. Mentors and students can develop relationships by communicating online. This could help save travel time, expose children to technology and help students improve writing skills.

Source: www.mentoring.org

applying to medical schools. Guobadia is pleased that someone mentored him.

"Coming from Nigeria where there was little or no support or encouragement and being part of a program where people give their time to help a lot of people achieve their dreams, and give back to the community is very comforting and I feel blessed to be part of this program."

If you want to become a mentor or if you know someone who needs a role model, contact local churches, community organizations, schools or businesses in your area. For more information, visit www.mentoring.org

—Dana Slagle