Girls on Track and Girls on the Run Big Sister/Little Sister Mentoring Program Supplement
The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through action.

To find out more please visit the Institute for Women’s Leadership’s website at http://iwl.rutgers.edu.
Key words that align with our core values:

- Empowerment
- Diversity
- Optimism Healthy
- Responsibility
- Connectedness
- Gratitude
- Open-hearted
- Intentionality
- Joy
- Nurturing
- Compassion
Core Values

• Recognize our power and responsibility to be intentional in our decision making
• Embrace our differences and find strength in our connectedness
• Express joy, optimism and gratitude through our words, thoughts and actions
• Nurture our physical, emotional and spiritual health
• Lead with an open heart and assume positive intent
• Stand up for ourselves and others
“Peer relationships play an important role for all youth, but particularly for adolescent girls. Qualitative research finds that some girls cite friends or classmates as role models for setting higher academic and personal goals.”

Stages of Mentoring Relationship

1. The first stage is the initiation. This is when mentors and mentees meet for the first time and begin to get to know each other. As a mentor, it is important to be a good listener, to be friendly, and to be open-minded at during this stage.

2. The next stage is cultivation. This means that the mentor and mentee work to develop their relationship. The mentor and mentee can get really close and learn a lot from each other. As a mentor, it is important to be encouraging during this stage.

3. The third stage and final stage is the closure or resolution. This is the time where the mentor and mentee celebrate their time together and reflect on what they have learned both about their partner and about themselves.

Lessons in the Curriculum

- The Importance of Mentoring
- My Sister and Me, a Mentoring Relationship
- Girls on Track planned lesson
- Community Impact Project: a Practice in Leadership
- Implementing our Community Impact Project
- Shaking the Prerace Jitters
- All Good Things Must Come to an End: Processing the Conclusion of the Mentoring Process
Reclaiming Girl Power
Girl Power:

Power exercised by girls; spec. a self-reliant attitude among girls and young women manifested in ambition, assertiveness, and individualism. Although also used more widely (esp. as a slogan), the term has been particularly and repeatedly associated with popular music; most notably in the early 1990s with the briefly prominent “riot girl” movement in the United States (cf. RIOT GIRL n.); then, in the late 1990s, with the British all-female group The Spice Girls.

Mentoring as a two-way relationship
Envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run International ®