

# Primary School Mentoring Discovery Pack for Parents



Prince's Trust

**Mosaic**

The Power of Positive Thinking

# Mosaic, an initiative of The Prince's Trust

Mosaic's work to date has taken the form of a range of mentoring programmes, where, with the help of volunteer mentors acting as role models and delivering structured mentoring programmes, Mosaic sought to bridge a well-documented aspirations-attainment gap. By linking young people with inspirational role models in this way, it has been proven to boost their confidence, self-efficacy and long-term employability.



The mentoring programmes have received independent accreditation through the Approved Provider Standard of the Mentoring & Befriending Foundation, the national quality standard designed for all mentoring projects, providing important external recognition. In addition, Mosaic mentoring programmes have been included in the Department of Education's statutory guidance on careers advice as an exemplar for building strong connections with employers.

In the academic year 2016/17, Mosaic mentoring programmes directly supported 7,994 young people in 253 schools and prisons, supported by 1,409 volunteer

mentors. 80% of UK beneficiaries were drawn from the 20% most deprived areas of the country. The programmes were delivered in the following regions: London, South East, West Midlands, North West, Yorkshire and Scotland.

Mosaic has previously received the Prime Minister's Big Society Award, and in January 2016, announcing the UK Government's renewed efforts in tackling poverty, the Prime Minister took inspiration from the impressive results achieved by Mosaic and other organisations in using mentors from the business community to inspire and support young people in areas of deprivation.



---

**UNLOCKING THE TALENT AND REALISING THE FULL POTENTIAL OF EVERY YOUNG PERSON, WHATEVER THEIR BACKGROUND OR CIRCUMSTANCES, IS A CAUSE CLOSE TO MY HEART. IT GIVES ME GREAT JOY TO SEE THE SENSE OF SELF-WORTH AND BELONGING MOSAIC PROVIDES BY EXTENDING THAT MUCH-NEEDED HELPING HAND TO THOSE OF OUR DIVERSE COMMUNITIES WHO NEED IT MOST.**

**HRH THE PRINCE OF WALES, FOUNDER OF MOSAIC**

---

## Explore, learn and grow together

Welcome to Mosaic and The Prince's Trust!

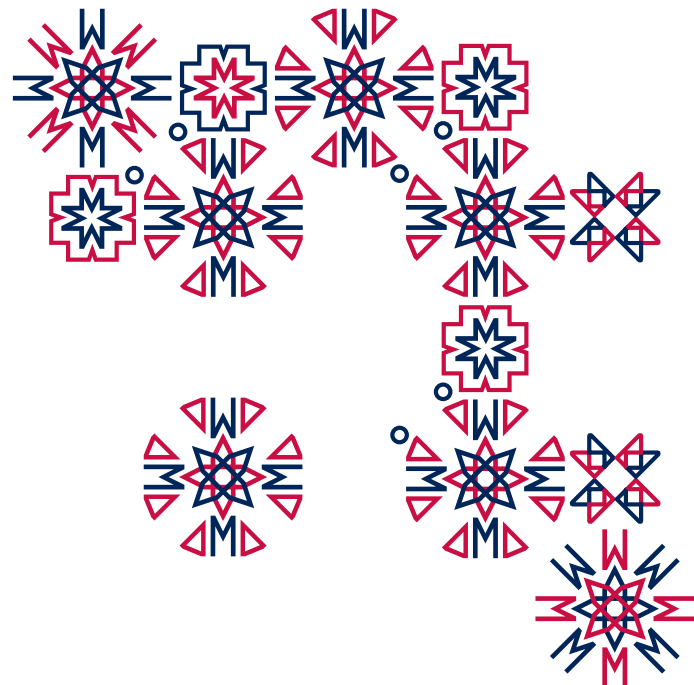
This course is designed to help you and your child learn, develop and grow. The course also gives you the opportunity to gain accreditation at the end.

This pack describes all of the activities you will do. Some activities are completed with your child, and some activities are completed with other parents. As well as your child's teacher, Mosaic will also provide mentors for the lessons who will offer support to you and your child.

If you would like to get accreditation for this course please use the space provided in the booklets to write down your thoughts. You don't have to write lots – write as much as you are comfortable with. You will also need to complete the questionnaire at the back of this booklet and return it to The Prince's Trust.

## Contents

- 1 Lesson One: Getting to know each other**
- 2 Lesson Two: Positive role models**
- 3 Lesson Three: Jobs and careers**
- 4 Lesson Four: Understanding the education system**
- 5 Lesson Five: Understanding the education system II or Improving confidence**
- 7 Lesson Six: Good communication**
- 8 Lesson Seven: Citizenship**
- 9 Lesson Eight: Global communities and cross cultural understanding**
- 10 Lesson Nine: What we've learned**
- 11 University visit**
- 12 Mosaic graduation**
- 13 Accreditation**
- 16 Acknowledgments**



# Mosaic Lesson One

*Please fill in the details below during your first lesson.*

My name and surname is:

---

My child's name and surname is:

---

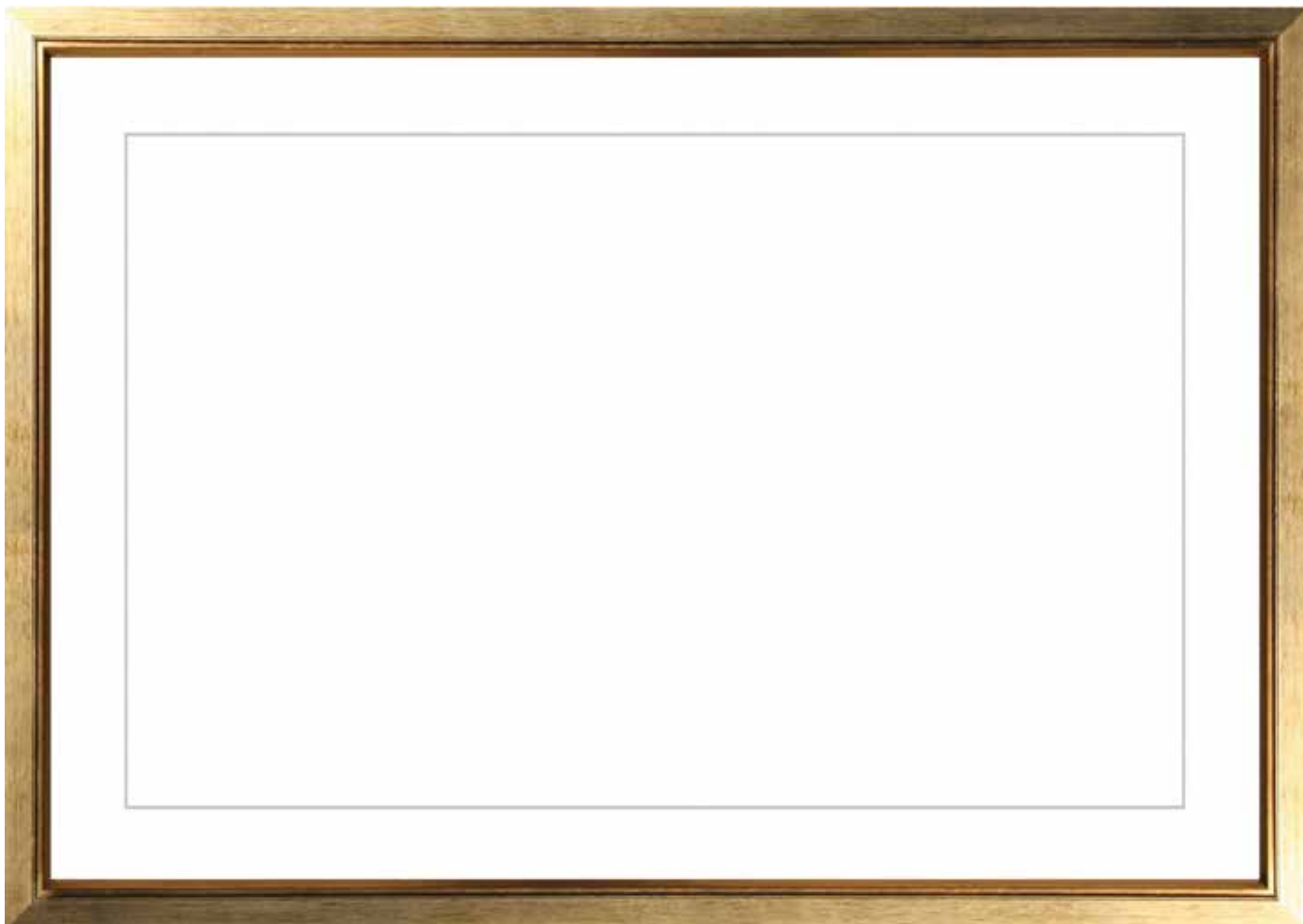
My date of birth:

---

Our school is:

---

*Please stick or draw a picture of you and your child together*



# Mosaic Lesson Two

## Positive role models

*This lesson is about people we look up to. You will look at people you look up to, the people your child looks up to and how you and your child can be even better role models.*

*Who are your role models?*

*Who are your child's role models?*

*What are the qualities that make these people role models?*

Good listener

Passionate

Always right

Honest

Has good values

Works with their community

Ability to overcome obstacles

Gives up when it's difficult



# Mosaic Lesson Three

## Jobs and careers

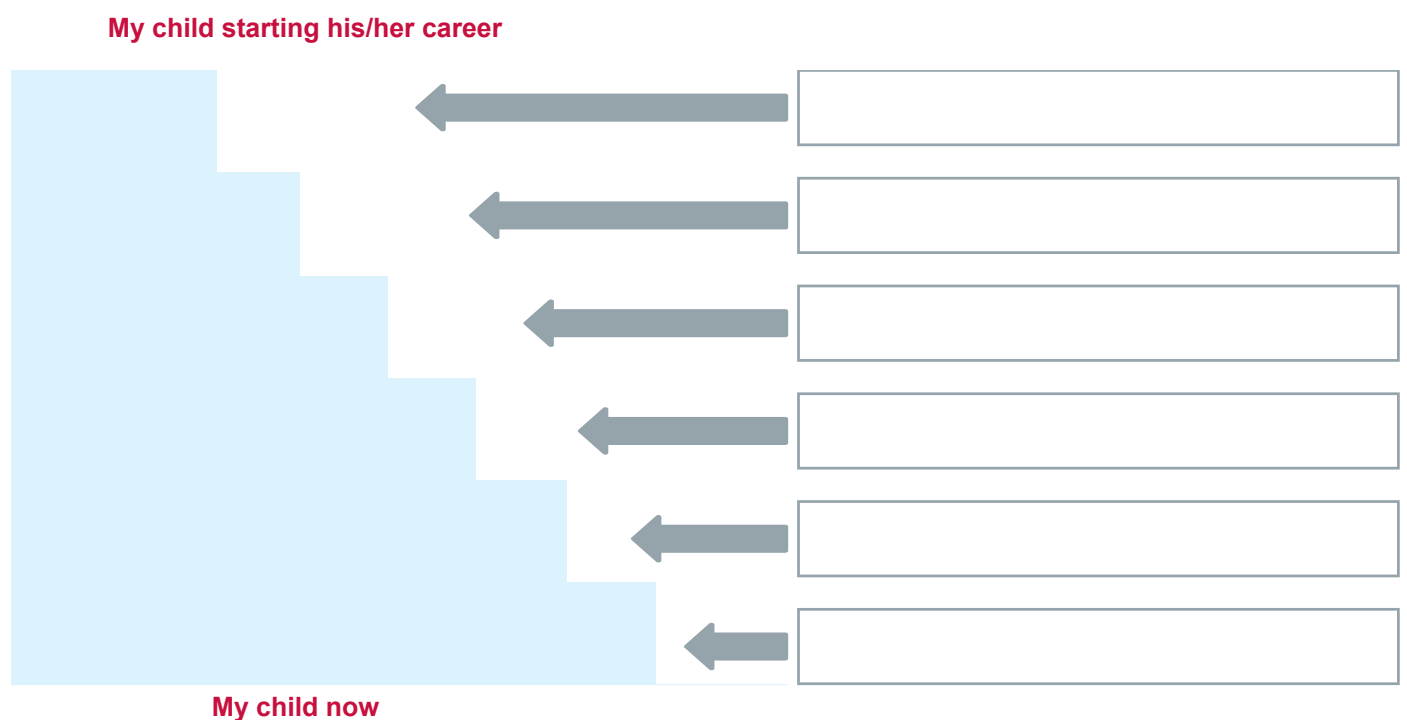
*In this lesson you will look at jobs that both men and women have in our communities. We will talk about different types of jobs and what you need to do to achieve them.*

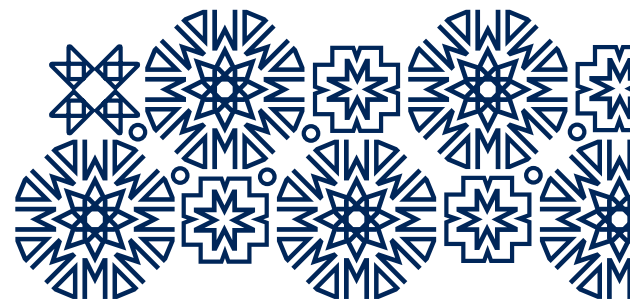
### Activity 1: The ideal job

Think about a job you would really like to do. Or, think about the job that would be ideal for your child. Think about why it is important to discuss career options and write about this in the box below.

### Activity 2: Planning your career

This activity is about the things that will help you or your child secure the ideal job. Think about what experiences you or your child need to have had and plot them on the diagram below.





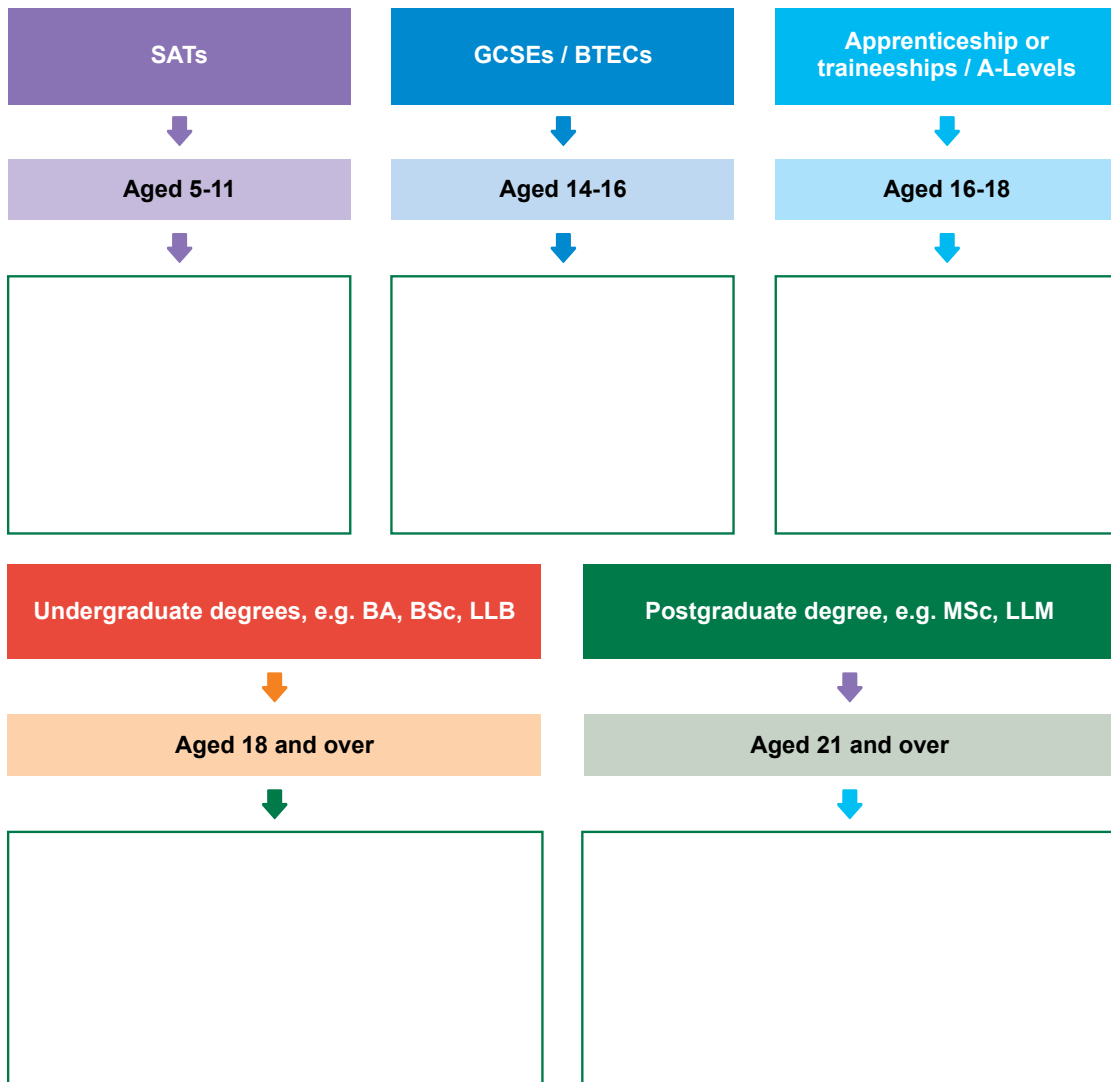
# Mosaic Lesson Four

## Understanding the education system

*This lesson explains how the British education system works. You will look at the importance of good grades and how you can support your child through their studies.*

### Activity 1: Qualifications

There are a number of qualifications your child can study. Talk to your mentors about their qualifications and make any notes in the boxes below.

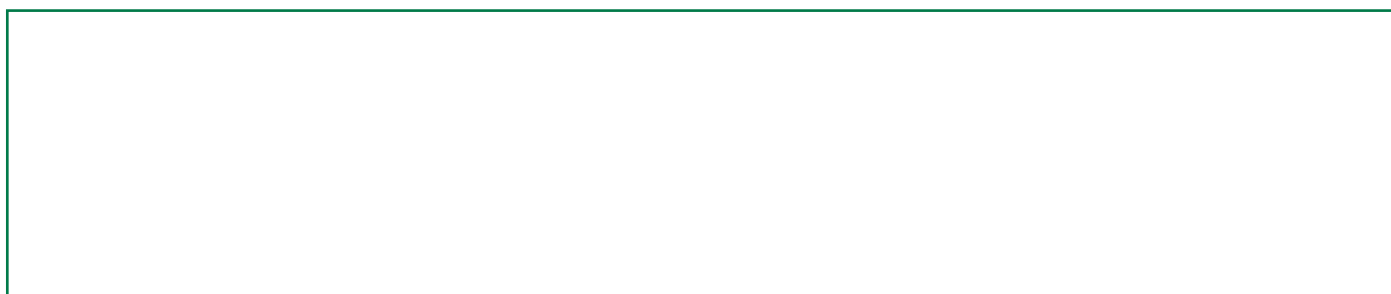


# Mosaic Lesson Five

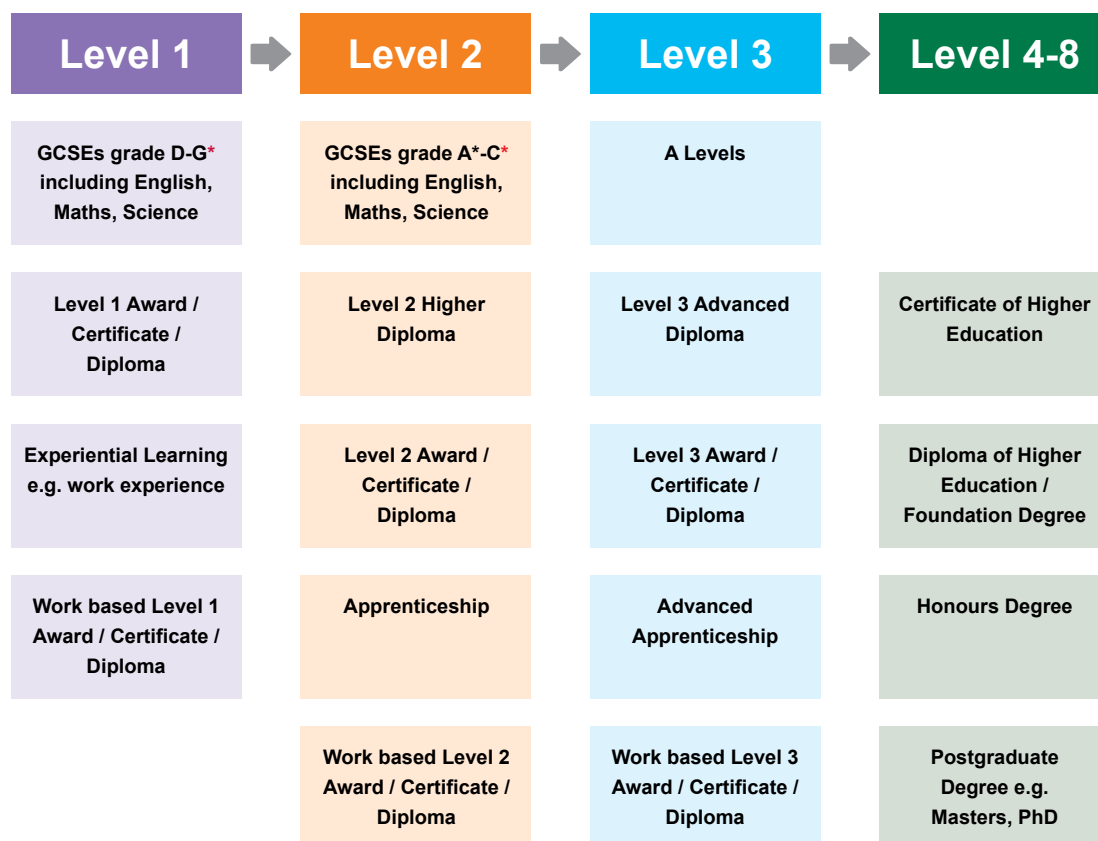
## Understanding the education system II (optional)

In this lesson we will explore the differences between school, college and university.

What are the main differences between school, college and university?



Below are some additional pathways into education which can be followed at any age. Many subjects at these levels can be studied full time or part time. Discuss these with your mentor.



\*Starting in 2017 with English and maths, new GCSEs in England will be graded from 9 to 1, with 9 being the top grade. More information can be found at <https://www.ov.uk/government/news/new-gcse-9-to-1-grades-coming-soon>



## Improving confidence (optional)

This lesson will focus on the importance of confidence and how to be more confident.

*Why is it important, for you and your child to be confident in life?*

*What techniques could you use to help increase your confidence?*

- |                                 |                          |                            |                          |
|---------------------------------|--------------------------|----------------------------|--------------------------|
| Ask others for help             | <input type="checkbox"/> | Speak clearly              | <input type="checkbox"/> |
| Think positive thoughts         | <input type="checkbox"/> | Use positive body language | <input type="checkbox"/> |
| Give compliments                | <input type="checkbox"/> | Always try hard            | <input type="checkbox"/> |
| Practise what I need to improve | <input type="checkbox"/> | Learn from my mistakes     | <input type="checkbox"/> |



# Mosaic Lesson Six

## Good communication

*This lesson will look at why having good communication skills is important in life.*

*Why is it important for you and your child to have good communication skills?*

*How can you improve your communication skills?*



# Mosaic Lesson Seven

## Citizenship

*In this lesson you will look at what it means to be a good citizen and the importance of human rights.*

### Activity 1

*Write down two of your rights and two of your responsibilities. Tell the group why they are important.*

*My rights*

1.

2.

*My responsibilities*

1.

2.

### Activity 2

*Think about a time when you have been a good citizen. What role did you play as a good citizen?*

### Activity 3

*Can you list 3 of the basic human rights that **everybody** is entitled to?*

# Mosaic Lesson Eight

## Global communities and cross cultural understanding

*In this lesson you will think about your role as a responsible citizen of the world.*

### Activity 1

*Name one positive way and one negative way in which activities in one country may affect another country:*

*Positive*

1.

*Negative*

1.

*Write below how you think you and your child can be better citizens of the world:*



# Mosaic Lesson Nine

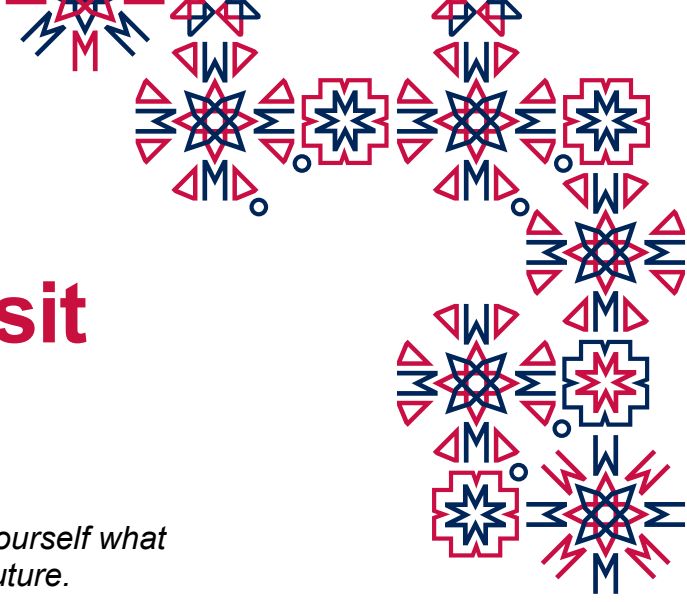
## What we've learned

*This is the last lesson before your graduation ceremony. Today, you will think about what you have learned and what you would like to do in the future.*

Write below some of the things you have learned on this course

If you would like to gain accreditation for this course, please complete the questions at the back of this handbook.





# Mosaic University Visit

*Today you will be visiting a university for you to see for yourself what it is like and the kind of place your child might attend in future.*

*Where did you go?*

Who did you meet?

Students /Student Ambassadors

Lecturers

Parents

Teachers

University Staff

Anyone else? Who? \_\_\_\_\_

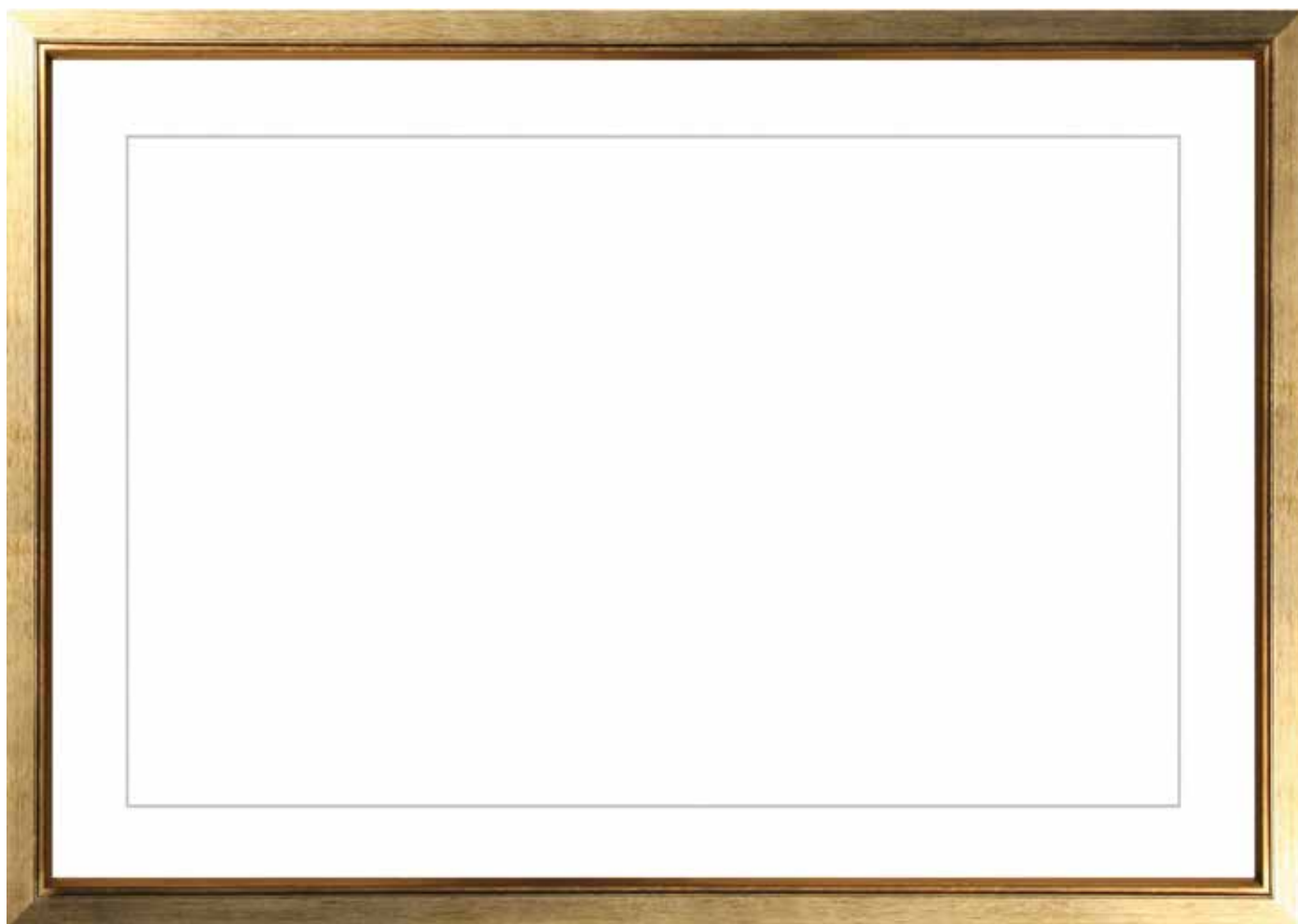
*What did you learn?*

*Any other comments?*

# Mosaic Graduation!

*Well done! You have now finished the course and you and your child can graduate. The graduation is a celebration of what you and your child have achieved.*

*Add a photo below of you and your child graduating*



# Mosaic Assessment

## Mosaic Discovery Award - Assessment questionnaire

### 1. What qualities should a good role model have?

- |                               |                          |                  |                          |
|-------------------------------|--------------------------|------------------|--------------------------|
| Listen to the views of others | <input type="checkbox"/> | Respect others   | <input type="checkbox"/> |
| Is always right               | <input type="checkbox"/> | Judges others    | <input type="checkbox"/> |
| Makes excuses                 | <input type="checkbox"/> | Helps others     | <input type="checkbox"/> |
| Is kind and considerate       | <input type="checkbox"/> | Tried their best | <input type="checkbox"/> |

### 2. Which of the following may young people complete at primary school?

- SATs       A-levels       GCSEs       Degree       BTECs

### 3. Which of the following may young people complete at secondary school aged 11-16?

- SATs       A-Levels       GCSEs       Degree   
BTECs       Traineeships       Apprenticeships

### 4. Which of the following may young people complete aged 16-18?

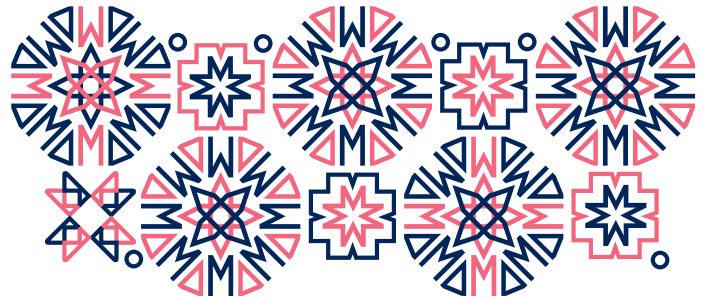
- SATs       A-Levels       GCSEs       Degree   
BTECs       Traineeships       Apprenticeships

### 5. Give an example of when you have spoken confidently in front of a group

### 6. Which of the following are top tips for speaking and listening? (tick all that apply)

- |                            |                          |                  |                          |                            |                          |
|----------------------------|--------------------------|------------------|--------------------------|----------------------------|--------------------------|
| Give your full attention   | <input type="checkbox"/> | Check your phone | <input type="checkbox"/> | Interrupt frequently       | <input type="checkbox"/> |
| Speak clearly              | <input type="checkbox"/> | Make notes       | <input type="checkbox"/> | Nod to show you understand | <input type="checkbox"/> |
| Avoid eye contact          | <input type="checkbox"/> | Shout or mumble  | <input type="checkbox"/> | Ask questions              | <input type="checkbox"/> |
| Keep looking at your watch | <input type="checkbox"/> |                  |                          |                            |                          |





**7. Which of these are covered by the Human Rights Act?**

- |                            |                          |                              |                          |
|----------------------------|--------------------------|------------------------------|--------------------------|
| Right to life              | <input type="checkbox"/> | Right to a minimum wage      | <input type="checkbox"/> |
| Right to an education      | <input type="checkbox"/> | Right to raise a family      | <input type="checkbox"/> |
| Right to marry             | <input type="checkbox"/> | Right to liberty and freedom | <input type="checkbox"/> |
| Protection against torture | <input type="checkbox"/> | Right to own property        | <input type="checkbox"/> |

**8. Which of these responsibilities does a good citizen have?**

- |                            |                          |                                |                          |
|----------------------------|--------------------------|--------------------------------|--------------------------|
| To help others             | <input type="checkbox"/> | To be honest                   | <input type="checkbox"/> |
| To ignore local issues     | <input type="checkbox"/> | To be willing to learn         | <input type="checkbox"/> |
| To ignore others' opinions | <input type="checkbox"/> | To break the law               | <input type="checkbox"/> |
| To protect the environment | <input type="checkbox"/> | To respect the views of others | <input type="checkbox"/> |

**9. What do you think is the most important thing you have learnt from this course?**

**10. What do you hope to do in the future to support young people?**

**Thank you for completing your assessment questionnaire.**



# Acknowledgements

## Headline partners

Mosaic would like to thank Human Appeal for their headline support of this programme.



The Prince's Trust  
Prince's Trust House  
9 Eldon Street  
London EC2M 7LS

Tel: 0800 842 842  
E: [mosaic@princes-trust.org.uk](mailto:mosaic@princes-trust.org.uk)  
[www.mosaicnetwork.co.uk](http://www.mosaicnetwork.co.uk)

September 2017



Prince's Trust

Registered details: Prince's Trust House, 9 Eldon Street, London EC2M 7LS; Phone 020 7543 1234  
England and Wales registered charity 1079675, Scotland registered charity SC041198  
PT is incorporated by Royal Charter (number RC000772)  
Designed by SCS Marketing Ltd.