



*Photo courtesy of Midlands Mentoring Partnership*

# **The Power of Purpose**

*January 18, 2018*

# 2018 Collaborative Mentoring Webinar Series Planning Team

The Collaborative Mentoring Webinar Series is funded by the **Office of Juvenile Justice and Delinquency Prevention** through the National Mentoring Resource Center and facilitated in partnership with MENTOR:  
The National Mentoring Partnership



# Good to Know...

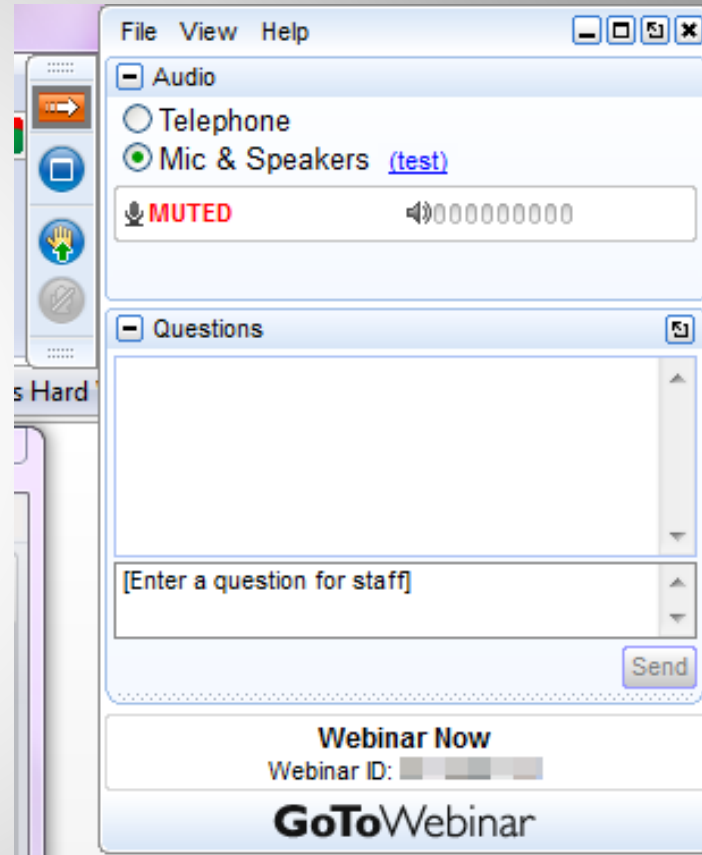
**One week after the webinar, all attendees receive an email with:**

- Instructions for how to access a PDF of presentation slides and webinar recording
- Link to the Collaborative Mentoring Webinar Series webpage, where all slides, recordings and resources are posted

**Please help us out by answering survey questions at the end of the webinar.**

# Participate in Today's Webinar

- All attendees muted for best sound
- Type questions and comments in the question box
- Respond to polls
- Who is with us today?





**PURPOSE**

# Today's Webinar

- Dr. Kendall Cotton Bronk, Claremont Graduate University
- L-Mani Viney, The Kappa Alpha Psi Foundation

**Q & A at the end of the presentation  
(use the Q & A panel)**

# Dr. Kendall Cotton Bronk



- Associate professor of psychology in the Division of Behavioral & Social Sciences at Claremont Graduate University
- Her research has explored the relationship between purpose and healthy growth
- Her work has been funded by the Spencer Foundation, the John Templeton Foundation, and the Fulbright Foundation

# L-Mani S. Viney



- Executive Director of the Kappa Alpha Psi Foundation
- 20-year veteran teacher of Social Studies at Piscataway High School in Piscataway, NJ
- Creator and program director of the 50 Strong Mentoring Peer Program, the school district's first ever peer-to-peer mentor program for young men of color



# What is purpose?

Purpose is a long-term, forward-looking intention to accomplish aims that are both meaningful to the self and of consequence to the world beyond the self.

(Damon, Menon, & Bronk, 2003)

# Purpose is beneficial

- Associated with improved physical health, including
  - Improved cardiovascular and metabolic markers (Ryff, Singer, & Love, 2004)
  - Reductions in chronic pain (Kass, Friedman, Leserman, Caudill, Suttermeister, & Benson, 1991)
  - A regression in cancers and other autoimmune diseases (Melnechuk, 1988)
  - Longevity (Boyle, Barnes, Buchman, & Bennett, 2009; Hill & Turiano, 2014; Krause, 2009)
- Associated with psychological health, including
  - Hope (Bronk, Hill, Lapsley, Talib, & Finch, 2009)
  - Happiness, (French & Joseph, 1999)
  - Life satisfaction (Bronk, et al, 2009)
- Associated with indicators of academic success, including
  - Grit (Hill, Burrow, & Bronk, 2014)
  - Resiliency (Benard, 1991)
  - An internal locus of control (Pizzolato, Brown, & Kanny, 2011)
  - Academic efficacy (Solberg, O'Brien, Villarreal, Kennel, & Davis, 1993)

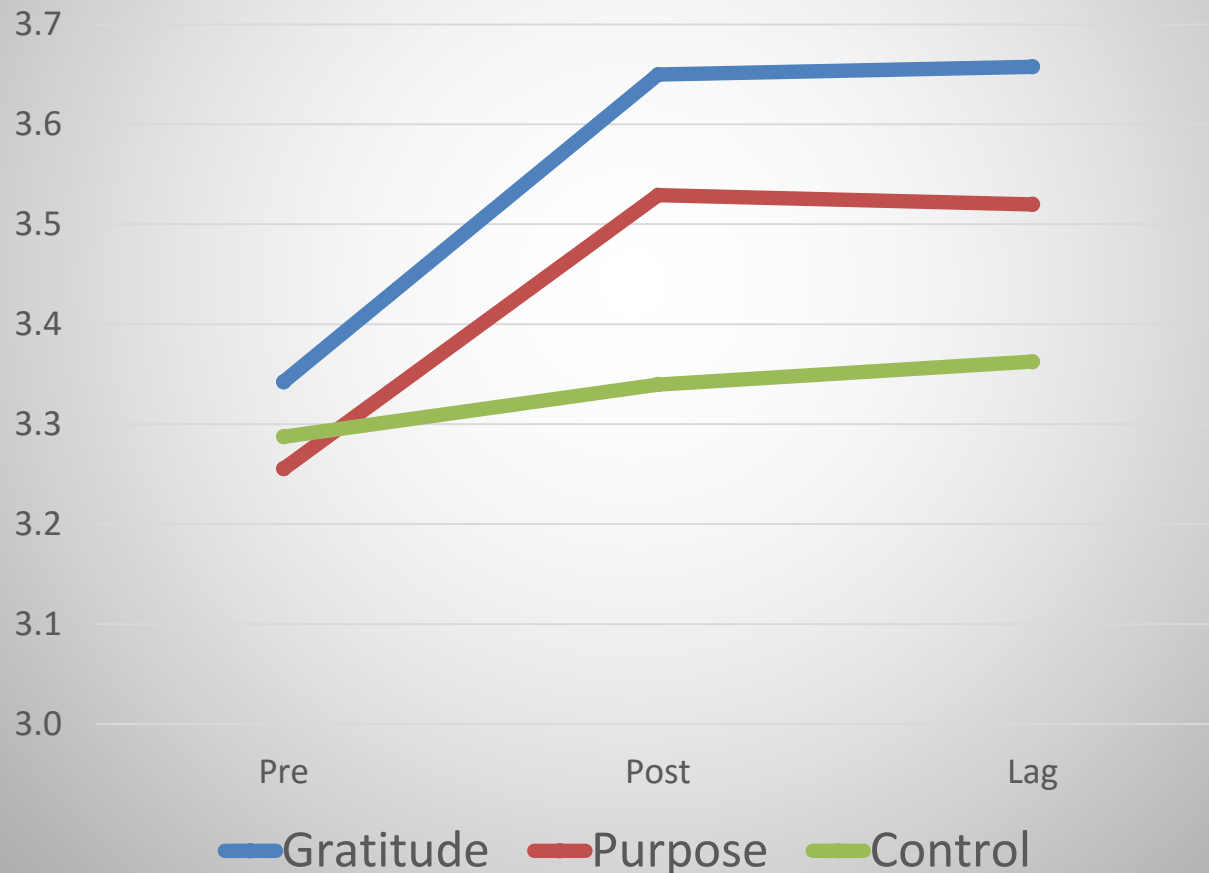
# Purpose is rare

- Purpose prevalence (Damon, 2008)
  - 1 in 10 middle school students reports having purpose
  - 1 in 5 high school students reports having purpose
  - 1 in 3 college aged youth reports having purpose

# Pathways to purpose



# Changes in purpose over time



# Take-aways

- [www.purposechallenge.org](http://www.purposechallenge.org)
- It's possible and relatively easy to foster purpose
- There are many ways of doing so; approaching purpose indirectly might be particularly effective
  - Purpose is an intimidating topic
- Gratitude is a particularly effective route
  - Other research has explored awe
- Next steps include translating these activities into classroom and extracurricular based activities

# Cultivating Purpose



Positioning: The mentor guides the mentee from a secondary position:

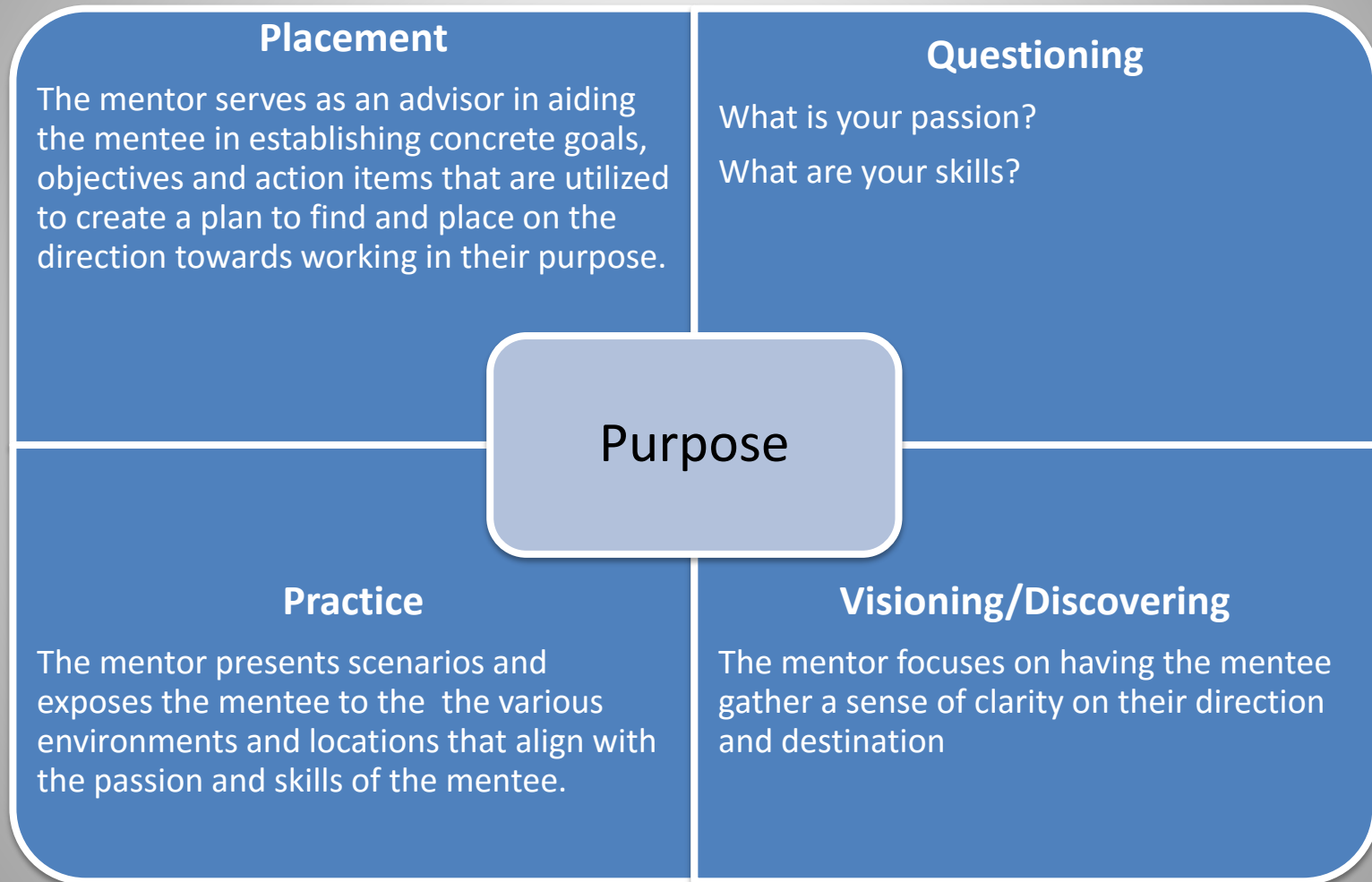
- Neutralizes a “Leader/Follower” position
- Maintains focus on developing the mentee to follow their unique path
- Forces the mentor to gather a true understanding of the skills, passions and potential of the mentee.

# Cultivating Purpose

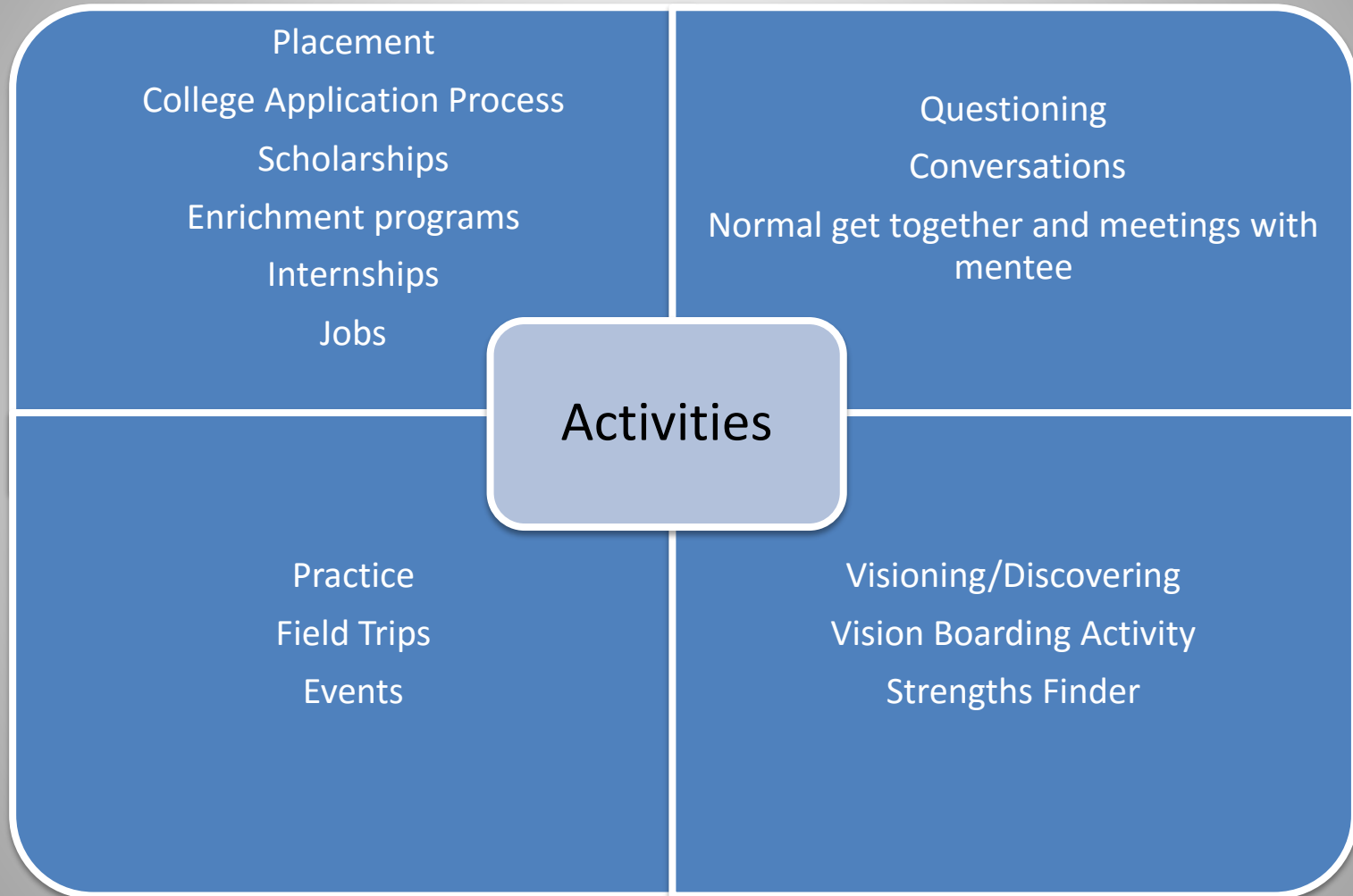




# Cultivating Purpose

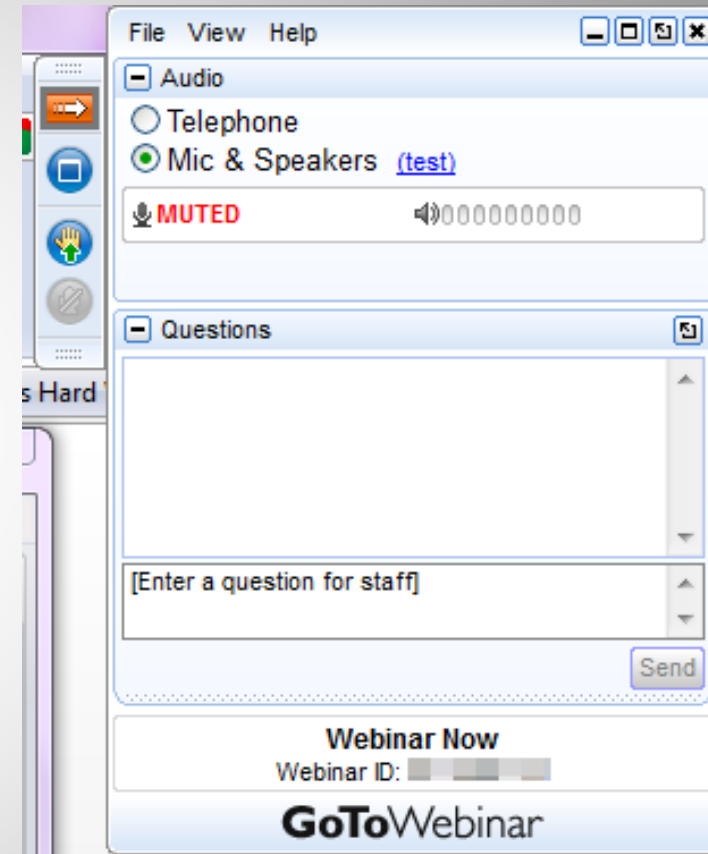


# Cultivating Purpose



# Q&A

Type your questions in the question box:



# Additional Resources

## **Affiliates**

Affiliates serve as a clearinghouse for training, resources, public awareness and advocacy. Find your local affiliate here: <http://www.mentoring.org/our-work/our-affiliates/>

## **Mentoring Connector**

Recruit mentors by submitting your program to the Mentoring Connector <https://connect.mentoring.org/admin>

## **National Mentoring Resource Center**

Check out the [OJJDP National Mentoring Resource Center](#) for no-cost evidence-based mentoring resources



# Remember...

## After the webinar:

- Please help us out by answering survey questions at the end of the webinar.
- Everyone will get an email with information on how to download the slides, recording, and resources on the CMWS webpage on the MENTOR website:

[http://www.mentoring.org/program\\_resources/training\\_opportunities/collaborative\\_mentoring\\_webinar\\_series/](http://www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series/)

# Stay Connected

- Email us at [collaborativewebinarseries@mentoring.org](mailto:collaborativewebinarseries@mentoring.org)
- Tweet with hashtag #MentoringWebinar
- Visit our webpage on the MENTOR website for past and upcoming webinars:



The screenshot shows a web browser window displaying the MENTOR website. The URL in the address bar is [www.mentoring.org/program-resources/collaborative-mentoring-webinar-series/](http://www.mentoring.org/program-resources/collaborative-mentoring-webinar-series/). The page features a dark blue header with the MENTOR logo and navigation links: "BECOME A MENTOR", "ADVOCATE", "DONATE", "Why Mentoring", "Get Involved", "Program Resources", "Our Work", and "News". The main content area has a large image of four people smiling and talking, with the text "COLLABORATIVE MENTORING WEBINAR SERIES" overlaid in white. Below the image, the word "WEBINARS" is written in bold. The text below reads: "MENTOR: The National Mentoring Partnership (MENTOR) is proud to facilitate the Collaborative Mentoring Webinar Series, supported by The National Mentoring Resource Center, The Office of Juvenile Justice and Delinquency Prevention (OJJDP) and in partnership with the following *Mentoring Partnerships*: California Mentoring Partnership, Mentor Colorado, Illinois Mentoring Partnership, Mentor Mentoring Programs: the National Mentoring Program Survey has officially launched. Stand up and be counted today!"

**Collaborative Mentoring Webinar Series**

# Join Us Next Month!



Match Support  
February 22, 2018  
1 - 2:15 pm Eastern



Collaborative Mentoring Webinar Series