



The Mentors Plus Match

For members of the Mentors Plus Family

April, 2018

Volume 6, No. 4

Quote of the Month

“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.”

From: Dale Carnegie

The Search Institute has *again* come to the conclusion that building relationships needs to come first in supporting healthy teens. Many teens are not confident about how to develop supportive friendships with peers or relate to adults who are not relatives. As mentors, you can help Mentees learn to become comfortable asking others questions – a gift for life! Thanks, again, so much for what you do! Julie



Tina, Julieta & Brooklyn at the Shamrock Shake Dance-Fun Spring!

★ We Want to Hear from You!

The Match Monthly Newsletter wants to hear from you. Encourage your mentee to write an article. Just e-mail articles, suggestions and/or pictures to Julie.

Fun Things to Do Anytime

- * Take a walk in a park on a sunny day and look for signs of spring in nature and inhale the hope.
- * Make homemade bread and soup to eat and/or to share with others.
- * Take old books or magazines to a waiting room for others to read while they wait. Write a note that says that they are welcome to take it, then pass it on in another public place.
- * Ask Julie for free passes to go roller skating at BonaVenture in Farmington Hills or Brighton.

April Announcements

- ★ **Mentors Plus Advisory Committee Meeting, Monday, 4/30/18, 6:00, EOB, Waterford**
- ★ **Please turn in your Monthly Reports by Tuesday, April 10th**
- ★ **Mentors Plus Orientations: Saturday, 4-14-18, 10:00 a.m. Please send anyone interested!**



Pistons Tickets available March 29th, & April 4th and April 9th, call Julie SOON—to reserve!



Career Visits will begin again this spring. Please let us know your interests through the survey on page 2.

Julie's Corner



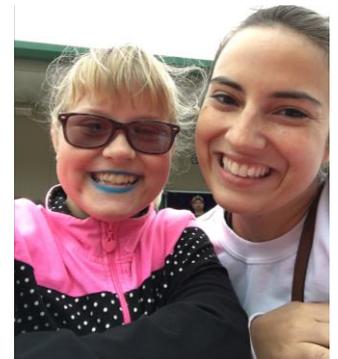
Mentors and Matches in our Improv Workshop with Mike.



SAVE THE DATE: 6/16/18, 1:00

Gleaners Food Bank

Volunteer for Community Service by helping sort and pack food at the Pontiac Distribution Center.



Olivia and Kelly having fun!

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>*Monday Matinee: White Lake Library, 2:30-4:30.</p> <p>*Coder Dojo: Farmington Library, 6:00-8:00 (11 & Up).</p> <p>*Open Chess: Oak Park Library, 6:00-8:00.</p> <p>*Family Picnic Night: Farmington Library, 6:30-8:30.</p> <p>*Lego Competition: Royal Oak Library, 7:00-8:00.</p>	<p>3</p> <p>*Funny Magic Show: West Bloomfield Library, 11:00-12:00.</p> <p>*Miniature Golf in the Library: Novi Library: 1:00-2:30.</p> <p>*Novi Choralaires Concert: Novi Library, 7:00-8:00.</p> <p>*A2 Magic Show: Royal Oak Library, 7:00-8:00.</p>	<p>4</p> <p>*Alex Thomas & Friends Puppet Show: Baldwin Library (Birmingham), 2:00-3:00.</p> <p>*Spring Break Movie: Clarkston Library, 2:00-4:00.</p> <p>*Community Sings with Matt Watroba: Milford Library, 6:30-8:00.</p> <p>*Open Board Game Play: Oak Park Library, 6:30-8:30.</p> <p>*Tai Chi: Salem Library, South Lyon, 6:30. (Drop-in)</p> <p>*Knitting and Crocheting: Salem Library, 6:30-8:30.</p>	<p>5</p> <p>*Discover the Jungle Family Story Time: Baldwin Library (Birmingham), 11:00-12:00.</p>	<p>6</p> <p>*Letterboxing: Rochester Library, All Day.</p> <p>*Family Movie Friday (Madagascar): Baldwin Library (Birmingham), 1:30-3:30.</p> <p>*Free First Friday: Cranbrook Institute of Science, 5:00-10:00.</p>	<p>7</p> <p>*Home Depot Free Kids Workshop (Local Stores): 9:00-12:00.</p> <p>*Totes Make a Tote Bag Design: Rochester Library, 10:00-12:00.</p> <p>*Family Concert: Blair (Clawson) Memorial Library, 10:00-12:30.</p> <p>*Cardboard Imagineers: Lyon Twp. Library, 1:00-3:00.</p> <p>*Table Top Game Day: Clarkston Library, 1:00-4:00.</p> <p>*Jigsaw Puzzle Tournament: Rochester Library, 1:00-4:00 (Ages 13 & Up).</p> <p>*Lego Club: Auburn Hills Library, 2:00-3:30.</p>
<p>8</p> <p>*Live New Orleans Jazz with T-Bone Parton: Salem Library, South Lyon, 2:00 p.m.</p>	<p>9</p> <p>*Story Time Yoga: Baldwin Library (Birmingham), 10:30-11:30.</p>	<p>10</p>	<p>11</p> <p>*Zumba: Pontiac Library, 6:30-7:30.</p> <p>*Oak Park Library: 6:30-8:30.</p> <p>*Tai Chi: Salem Library, South Lyon, 6:30. (Drop-in)</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>*Ink Stamp making Drop-In: Baldwin (Birmingham) Library, 10:00-4:00.</p> <p>*Maybury State Park Annual Egg-Stravaganza: 20145 Beck Road, Northville, 11:00.</p> <p>*Family Story Time: Novi Library, 11:00-11:45.</p> <p>*Celebrate National Library Week: Novi Library, 11:00-12:00.</p> <p>*Family Board Game Day: Auburn Hills Library, 1:00-5:00.</p> <p>*Game Day: Ferndale Library, 1:00-6:00.</p>
<p>15</p> <p>*Family Building Blocks: West Bloomfield Library, 1:00-3:00.</p> <p>*An Afternoon of Anime: Novi Library, 2:00-4:00.</p> <p>*Sunday Jazz – Motor City Street Band: Farmington Library, 3:00-4:00.</p>	<p>16</p>	<p>17</p> <p>*Adventures into Michigan's Past: Novi Library, 7:00-8:45.</p>	<p>18</p> <p>*Social Knitworking: Baldwin (Birmingham) Library, 2:00-3:00.</p> <p>*Dot Silhouette Painting: Rochester Library, 6:30-8:00.</p> <p>*Oak Park Library: 6:30-8:30.</p> <p>*Tai Chi: Salem Library, South Lyon, 6:30. (Drop-in)</p>	<p>19</p>	<p>20</p> <p>*Friday Movie: Pontiac Library, 2:30-5:00.</p> <p>*West Bloomfield Earth Day Celebration: Rec. Activities Center, 3:00-6:00.</p>	<p>21</p> <p>*Earth Day Electronics Recycling: Farmington Library, 10:00-4:00.</p> <p>*Money Smart Kids Magic Show: Southfield Library, 1:00-2:00.</p> <p>*Understanding Science in the 21st Century: Novi Library, 1:00-2:30.</p>
<p>22</p> 	<p>23</p>	<p>24</p> <p>*Warhammer!: Highland Twp. Library, 12:00-8:00.</p> <p>*The Community Sings with Matt Watroba: Farmington Library, 7:00-8:30.</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>*Waterford Sheep Shearing & Pancake Breakfast: Hess Hathaway Park (825 S. Williams Lake Rd.), 9:00-11:00.</p> <p>*Euchre Club: Auburn Hills Library, 11:00-12:30.</p> <p>*Game Day: Farmington Library, 12:00-5:30.</p> <p>*Cool Tricks & Funny Stuff: Rochester Library, 2:00-2:45.</p>
<p>29</p>	<p>30</p> <p>*Quilling for Families: Baldwin (Birmingham) Library, 6:30-7:30 (Grades K-6).</p> <p>*Lego Plus: Southfield Library, 7:00-8:00.</p>					



Activities on Multiple Days

2nd – 7th: Spring Break Crafts: Oxford Library, All Day.

20th – 22nd: Rochester Earth Day Festival: Downtown, Times Vary.

Some Activities Outdoors at County Parks

Wint Nature Center, 9501 Sashabaw Road, Clarkston:

4-7-18 Vanishing Ponds, 2:00 to 4:00 p.m., \$4 each

4-21-18 Hearty River Hike, 11:00-12:30, \$4 each

4-29-18 Photography Hike, 2:00-3:30, \$5.00 each

Red Oaks Nature Center, 30300 Hales Road, Madison Heights

4-21-18 Caring for the Planet Earth, 1:30 to 3:30 p.m., **Free**

Farmers' Market, 2350 Pontiac Lake Road, Waterford

4-21-18 Planting Produce (Vegetables) 10:00 to 11:00 a.m. **Free**

Please Submit Requests to Visit either Henry Ford Museum or Greenfield Village in May by April 14th. Include which you would like to visit and how many tickets you'd like – up to five.



Thanks, Julie

Career Clusters Activity:

Check out the career clusters listed to see if any match your interests and abilities. Choosing a career that you like can be a big part of creating your future happiness. There are a wide variety of jobs to do under any particular category. Add your own ideas and put a check by those about which you'd like further information.

- **Agriculture, Food, and Natural Resources**
 Farming Water Plant Grocery Store Your own idea: _____
- **Architecture and Construction**
 Architectural Firm Carpenter Your own idea: _____
- **Arts, Audio/Video Technology, and Communications**
 Art Gallery TV Studio Radio Studio Your own idea: _____
- **Business, Management, and Administration**
 Small Business Owner Business School Recruiter Your own idea: _____
- **Education and Training**
 Teacher A Coach Trainer for Businesses Your own idea: _____
- **Finance**
 Bank Mortgage Broker Your own idea: _____
- **Government and Public Administration**
 A Public Official A Human Resources Administrator Your own idea: _____
- **Health Science**
 A Health Teacher A Laboratory Technician Your own idea: _____
- **Hospitality and Tourism**
 A Hotel Manager Travel Agent Your own idea: _____
- **Human Services**
 A Social Worker A Nurse or Doctor Emergency Services Provider Your own idea: _____
- **Information Technology**
 A Computer Programmer A Computer Technician Your own idea: _____
- **Law, Public Safety, Corrections, and Security**
 A Security Guard A Policeman Your own idea: _____
- **Manufacturing**
 An Assembly Line Worker A Small Business Owner Your own idea: _____
- **Marketing, Sales, and Service**
 A Salesman A Marketing Specialist Your own idea: _____
- **Science, Technology, Engineering and Mathematics**
 A Weather Scientist An Automotive Engineer Your own idea: _____
- **Transportation, Distribution, and Logistics**
 A Bus Driver A City Planner Your own idea: _____



Mentee Olivia (out with her Mentor Kelly) meeting a puppy. Want to be a vet?



To all the mentors, who take the time to turn in their monthly reports and attend our Mentors Meetings. Having the opportunity to hear from other mentors about what they are doing is a definite bonus!

REMEMBER OUR NEXT ONE ON THURSDAY, MARCH 29th, 6:00 p.m.

Some of our mentees did not get the opportunity to take a career survey that indicated by their strengths and career interests or to practice filling out job applications and doing interviews last year. If you would like us to set up a session for these types of activities, please let me know. The office is in Pontiac. .

Again, we think what you're contributing to our communities is terrific!

Reminder: Mentors Plus is on Facebook! Be sure to check out our Facebook page for updates about Mentor Plus and for photos of past events. <https://www.facebook.com/mentorsplusprogram> While you're there, be sure to share and click "Like" on posts to improve our visibility on Facebook timelines. Are you not familiar with using Facebook? The following are links to tutorials: <http://goo.gl/SncwQm>, <http://youtu.be/ewlC5p851KE>, <http://freefacebooktutorials.com/>, and <http://youtu.be/ZpLiODJsp4Q> **HELP RECRUIT MORE MENTORS AND SUPPORT MENTORS PLUS!**

Pictures from our March Improv Workshop in Clawson







FOCUS ON YOUTH

[Inspired Life](#)

Teens who spend less time in front of screens are happier — up to a point, new research shows

by [Tara Bahrapour](#) by [Tara Bahrapour](#) [Email the author](#)

[Inspired Life](#)

January 22 [Email the author](#)

Marina and Matt Bowsher want their children Kent, 14, and Zaida, 12, to get used to regulating their own use of technology before they leave for college. (Marvin Joseph/The Washington Post)

In recent months, Silicon Valley executives have been speaking out about the purposefully addictive designs of smartphones and social media, which make them hard to put down for anyone, but particularly teenagers. Now, a new report puts numbers to the warnings by tying a sudden and large drop in adolescents' happiness with the proliferation of smartphones and finding that the more hours a day teens spend in front of screens, the less satisfied they are.

[The report](#), "Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology," was published Monday in the journal *Emotion* using a large national survey of eighth, 10th and 12th graders conducted annually by the University of Michigan. After rising since the early 1990s, adolescent self-esteem, life satisfaction and happiness plunged after 2012, the year smartphone ownership reached the 50 percent mark in the United States, the report said. It also found that adolescents' psychological well-being decreased the more hours a week they spent on screens, including with the Internet, social media, texting, gaming and video chats. The findings jibe with earlier studies linking frequent screen use to teenage depression and anxiety.

[\[How snubbing other people in favor of your smartphone affects the people watching you \]](#)

The ubiquity of the devices has mushroomed in the past six years. The percentage of teens who had smartphones jumped from 37 percent in 2012 to 73 percent in 2015 to 89 percent at the end of 2016, according to data from the Pew Research Center and the Associated Press-NORC Center for Public Affairs Research.

The *Emotion* study graphed correlations between happiness and screen activities and non-screen activities such as sports, in-person interactions, religious services, print media and homework. For all the non-screen activities, the correlation was positive; for the screen activities, it was uniformly negative.

1:41

6 takeaways from a study about teens' happiness and time spent online

Embed

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A study released on Jan. 22 shows there is a correlation between how much happiness teens feel and time spent online, including texting and social media use. (Claritza Jimenez/The Washington Post)

“When I made that graph, I got up and took my kids’ Kindle Fires and shoved them in the back of a drawer,” said Jean Twenge, a psychology professor at San Diego State University and the study’s lead author.

Twenge, who is also the author of “[iGen: Why Today’s Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood](#),” called the relationship of screen and non-screen activities “zero sum” — if you are doing one, it takes time away from the others.

Diane Tanman of Chevy Chase, Md., worries that is the case for her sons, 11 and 15. “Like playing games in the field like they used to when they were little — they used to do that, and I think it made them more happy,” she said.

These days her sons are more into online games, many of which have rewards built in to keep players coming back. “I think it’s addictive,” Tanman said. “It’s just junk food for the brain. ... I don’t know one parent who doesn’t worry about it.”

As with any addiction, breaking away can be unpleasant. Ed Lazzara of Salem, Ore., says his 12-year-old son, Leo, a fan of the game Minecraft, is more irritable after he has been playing a lot. “It’s like interacting in the real world doesn’t have that zing, you know?” Lazzara said.

For some kids, real life doesn’t have the same “zing” as the screen, said Ed Lazzara, right, pictured with his husband, Kurt Garcia-Ottens, and their son, Leo Lazzara-Ottens, 12. (Silvia Herman)

The report’s findings were not all dire: Teenagers who get a small amount of exposure to screen time, between one and five hours a week, are happier than those who get none at all. The least happy ones were those who used screens for 20 or more hours a week.

The greater unhappiness among those with no screen exposure could be due to several factors, Twenge said. “It could be that they are left out of the social scene of high school, that it’s very difficult to carry on friendships in high school these days without texting at all or being on social media.” It is also possible that those kids are outliers, she said — teens with special needs or in special education, or those whose screens have been taken away from them by parents.

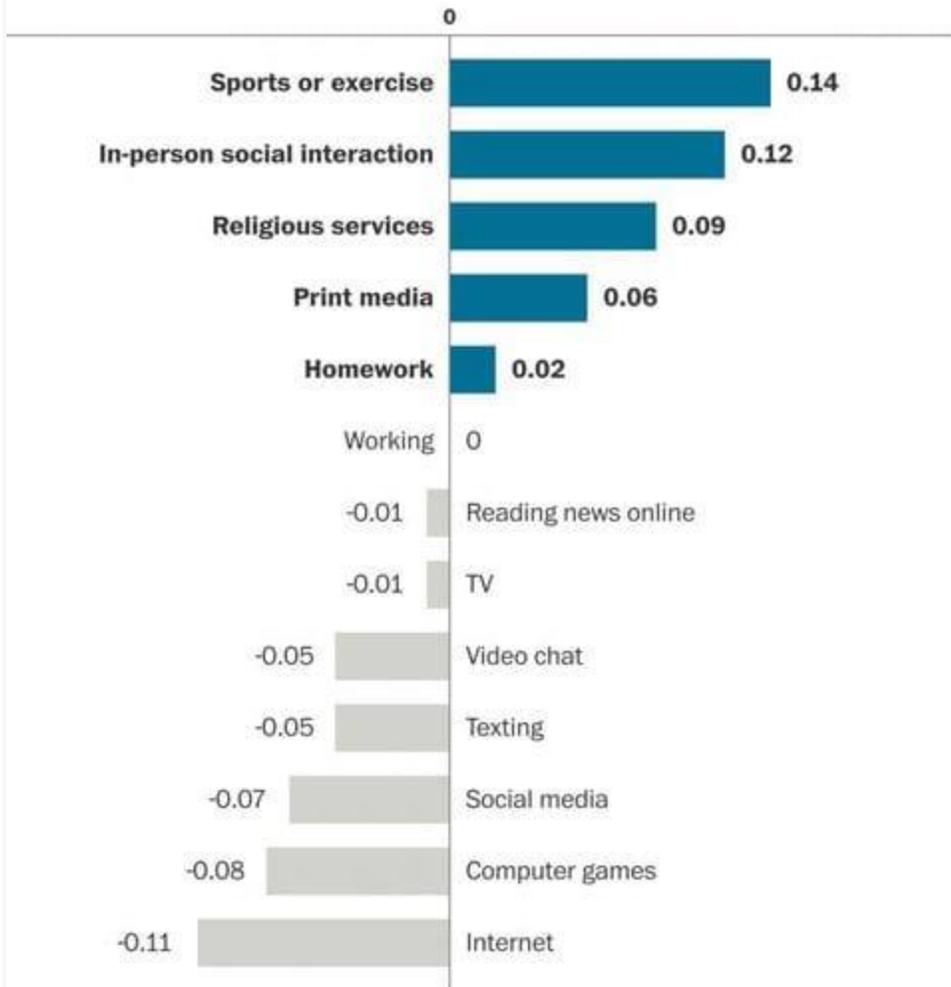
The happiest teens, according to the study, are those who are above average in face-to-face social interaction time and below average in social media use.

Amanda Lenhart, deputy director of the Better Life Lab at New America who has conducted studies on teenagers and screen use, called the study interesting but said it is hard to separate screen time from other stressors that may affect teenagers’ happiness, such as the political or economic landscape. “The culturally easy scapegoat right now is the technology — it’s new, it’s scary, it’s changed our lives, it’s changed our kids’ lives,” she said.

While she generally advises moderation, Lenhart said that rather than making one set of rules about when and how much screen time teens should have, she prefers a case-by-case approach. “Some of it is about your particular kid and your particular life and you as a parent,” she said. “Some of it is you looking at your child and saying, ‘Something is not right here.’”

What makes teens happy?

For U.S. teenagers, the degree of correlation between happiness and time spent on an activity was positive for off-screen pursuits and negative for activities involving screens.



Source: Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology, by Jean Twenge et al
WASHINGTON POST

In many ways, some sort of screen time is built into being an adolescent. Many schools require students to be online and to use iPads, Chromebooks or other devices to do their work. But teachers have also decried the distraction that technology can become when students use their devices in the classroom for things other than their studies.

Technology-free schools do exist — including some in Silicon Valley that tech titans have sent their own children to. And movements such as [Wait Until 8th](#) have urged parents to delay giving smartphones to kids until high school or just before. But even Bill Gates, who is known for limiting his children's access to technology, allowed them to get phones by age 14.

[[Melinda Gates has spent her career in tech — but wishes she'd kept her kids away from it longer](#)]

Marina Bowsher, the mother of a 14-year-old boy and a 12-year-old girl in Chevy Chase, views screen time “like dessert — sure you can have some once in a while, but it shouldn’t be part of your every day.”

However, she and her husband decided to relax her rules against gaming after helping their niece move into college at George Washington University and noticing that “every boy was carrying around an Xbox ... and suddenly there was no monitor. It’s like drinking; nobody’s telling you no.” They decided it was better for their son to learn to regulate his gaming in high school, when he still had parents to help, than to have to learn how in college when no one was watching. Their son also has a smartphone and a laptop; their daughter has a phone with no social media accounts. “It’s all around them, and they are going to have to learn to live with it in their society,” Bowsher said.

But the finer points of screen use in today’s society are still evolving. Earlier this month, investors in Apple, the maker of the iPhone, signed an open letter demanding more options for parental regulation of phones, such as the ability to limit their use to certain hours or shut off social media access at a certain time each day.

The letter, which Twenge helped draft, cited research showing negative psychological effects of phone use on teens and noted parents’ “constant battle” over screen time, calling it “unrealistic and a poor long-term business strategy to ask parents to fight this battle alone.” Apple responded by saying it is planning new enhancements to increase parental control.