



MENTOR
VERMONT

COVID-19 Response Mentee Survey



MENTOR
VERMONT

Date: _____

Mark your responses to the questions below in the boxes.

We want to learn more about your relationship with your mentor during the COVID-19, or coronavirus, pandemic. Your responses to these questions will help us improve our program.

Before you begin the survey, here are a few things you should know:

- **We want you to be honest.** Your opinion matters to us! And, your honest feedback will help our program get better.
- **This survey is voluntary.** You can skip any questions you do not want to answer or stop taking the survey at any time.
- **Your name will not be connected to your answers.**

IMPORTANT: If you do not know what we mean by “COVID-19 pandemic,” please ask an adult to explain before you answer any of the questions.

1. Are you willing to participate in this survey?

- Yes
- No (If you answer no, please stop and return the survey)

2. How old are you?

3. Which of the following best describes you?

- | | |
|---|---|
| <input type="checkbox"/> Female | <input type="checkbox"/> Transgender, Female |
| <input type="checkbox"/> Male | <input type="checkbox"/> Transgender, Male |
| <input type="checkbox"/> Non-Binary, Gender Non-Conforming, or Third Gender | <input type="checkbox"/> Choose not to answer |
| | <input type="checkbox"/> Prefer to self-describe: _____ |

4. Which of the following best describes you? (Please check ALL that apply)

- | | |
|--|--|
| <input type="checkbox"/> Black, African American, or African | <input type="checkbox"/> White |
| <input type="checkbox"/> Asian or Pacific Islander | <input type="checkbox"/> Middle Eastern or North African |
| <input type="checkbox"/> Hispanic, Latino/a/x, or Spanish origin | <input type="checkbox"/> Choose not to answer |
| <input type="checkbox"/> Native American or Alaskan Native | <input type="checkbox"/> Other. Please describe: _____ |

5. Which of the following adults have you been in regular contact with either in-person OR virtually during the COVID-19 pandemic? (Please check ALL that apply)

- | | |
|---|---|
| <input type="checkbox"/> My family.
<i>(This includes parents, brothers/sisters, guardians, aunts, uncles, grandparents, older cousins, and other adult family members.)</i> | <input type="checkbox"/> Adults in my community like neighbors or people in my church, synagogue, mosque, temple, or other religious or spiritual place |
| <input type="checkbox"/> A teacher or someone else from the school | <input type="checkbox"/> My [PROGRAM NAME] mentor |
| <input type="checkbox"/> Staff who lead clubs or sports I participate in | <input type="checkbox"/> People who work for [PROGRAM NAME] mentoring program |
| <input type="checkbox"/> A babysitter, nanny, or other adult child care provider | <input type="checkbox"/> Other. Please describe: _____ |

6. How often have you communicated with your [PROGRAM NAME] mentor during the COVID-19 pandemic?

- | | |
|---|---|
| <input type="checkbox"/> Less than once a month | <input type="checkbox"/> Once a week |
| <input type="checkbox"/> Once a month | <input type="checkbox"/> More than once a week |
| <input type="checkbox"/> Once every couple of weeks | <input type="checkbox"/> I have not been in contact with my mentor at all |

7. When your mentor has tried to connect with you during the COVID-19 pandemic, how often have you responded?

- Rarely
- Sometimes
- Often
- Almost Always

If you answered "Rarely" or "Sometimes," please tell us a bit more about why you have not responded when your mentor has tried to connect with you.

8. What form of communication has worked best for connecting with your mentor during the COVID-19 pandemic?

(Please check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> In-person as normal | <input type="checkbox"/> Text or online chat |
| <input type="checkbox"/> In-person with social distancing | <input type="checkbox"/> Handwritten letters |
| <input type="checkbox"/> In-person for short periods of time when they have dropped off supplies/packages | <input type="checkbox"/> I have not communicated with my mentor during the COVID-19 pandemic. |
| <input type="checkbox"/> Video call
<i>(for example, Skype, Zoom, FaceTime, Google Meet)</i> | <input type="checkbox"/> Some other way. Please describe below: |
| <input type="checkbox"/> Email | <hr/> |
| <input type="checkbox"/> Phone | <hr/> |

9. Is the quality of your communication with your mentor worse or better than before the COVID-19 pandemic?

- Worse
- About the same
- Better
- Can't answer. My mentor and I were matched after the pandemic started.

10. The COVID-19 pandemic has caused a lot of things to change. These include things like getting sick, losing a job, moving to remote learning, and others. For some people, these changes have been stressful.

Has the COVID-19 pandemic been stressful for you and your family?

(Stress can mean feeling worried, confused, sad, frustrated, or angry. People who feel stress might have trouble sleeping, eat too little or too much, or feel unhappy.)

- Not at all stressful
- A little stressful
- Somewhat stressful
- Very stressful

If you answered "A little stressful," "Somewhat stressful," or "Very stressful," would you like to say more about why the COVID-19 pandemic has been stressful for you and your family?

11. How much do you agree with the following? (Circle your answer)

During the COVID-19 pandemic, my mentor was someone I could depend on to be there for me.	Strongly Disagree	Disagree	Agree	Strongly Agree
My relationship with my mentor has made me feel less alone during the COVID-19 pandemic.	Strongly Disagree	Disagree	Agree	Strongly Agree
My mentor has provided me with information about what COVID-19 is and how to keep myself and others safe.	Strongly Disagree	Disagree	Agree	Strongly Agree
My relationship with my mentor has helped make things feel more normal during the COVID-19 pandemic.	Strongly Disagree	Disagree	Agree	Strongly Agree
My mentor has helped me understand, or make sense of, my feelings related to the COVID-19 pandemic.	Strongly Disagree	Disagree	Agree	Strongly Agree
My mentor provides a safe space where I can share my feelings and experiences related to the COVID-19 pandemic.	Strongly Disagree	Disagree	Agree	Strongly Agree

12. During the COVID-19 pandemic, my mentor has helped me learn or improve the following skills: (Check all that apply)

- How to handle stress/anxiety/worries
- A new art form, craft, game, or athletic skill
- How to safely use technology to connect with other people
- How to carefully consider if the evidence a person or the news uses to support the information they are sharing is trustworthy
- About my responsibilities as a community member to slow the spread of COVID-19
- Another skill. Please describe: _____

13. I have a strong and positive relationship with my mentor.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

14. Is your relationship with your mentor weaker or stronger than before the COVID-19 pandemic?

- Weaker
- About the same
- Stronger
- Can't answer. My mentor and I were matched after the pandemic started.

15. What challenges are you and/or your mentor facing in your relationship during the COVID-19 pandemic? (Please check all that apply)

- Meetings have to be scheduled by a parent/guardian or the mentoring program
- No or limited access to the needed technology (for example, no access to a phone, computer, or the internet)
- Unable to find time to connect
- Dislike using technology to communicate
- Unable to find a private space to talk openly
- Dislike just talking without something else to do
- Our meetings are boring
- Other personal or family challenges my mentor or myself are facing due to COVID-19
- None of the above
- Other. Please describe: _____

These are the last two survey questions.

With these final questions, we want to give you an opportunity to share your thoughts and experiences in your own words. Please feel free to respond as little or as much to each of them as you would like.

16. Finish this sentence: One thing my mentor has done to make me feel like I matter during COVID-19 is...

17. The COVID-19 pandemic has resulted in a lot of changes to our lives. Some of these have been hard. How has your mentor helped you deal with the changes in your life?

Thank you for sharing your experiences with us!

If you have any questions, please contact [your mentoring program] using the information below.

[Name]

[Affiliation and Title]

[Phone]

[Email]