

Google Meet Training

Making an Impact



Who We Are

MEGA Mentors is a non-profit organization committed to elevating underrepresented Chesterfield County Public School (CCPS) students academically and holistically.

Our mentors are a diverse group of corporate and community leaders who help change the trajectory of negative outcomes into success stories. By doing so, we empower our students to excel in the classroom and beyond.



Mission

MEGA Mentors teach life skills, provide meaningful learning experiences and build leadership skills in African American and other underrepresented CCPS students through mentoring, tutoring, experiential fields trips, and recognition.

Vision

MEGA Mentors' vision is to make a positive, measurable difference in the lives of African American and other underrepresented students in the Chesterfield County Public Schools System.

Agenda

- **What is Google Meet?**
- **How do I use Google Meet to conduct my mentoring session?**
- **How to use Google Meet Features?**
- **How to engage virtually with my mentee?**
- **Avoiding Virtual Fatigue**
- **Resources**

What is Google Meet?

Google is making enterprise-grade **video conferencing** available to everyone. Now, anyone with a **Google Account** can create an online meeting with **up to 100 participants** and meet for **up to 60 minutes per meeting**.

★ Do you have a google account already set up?

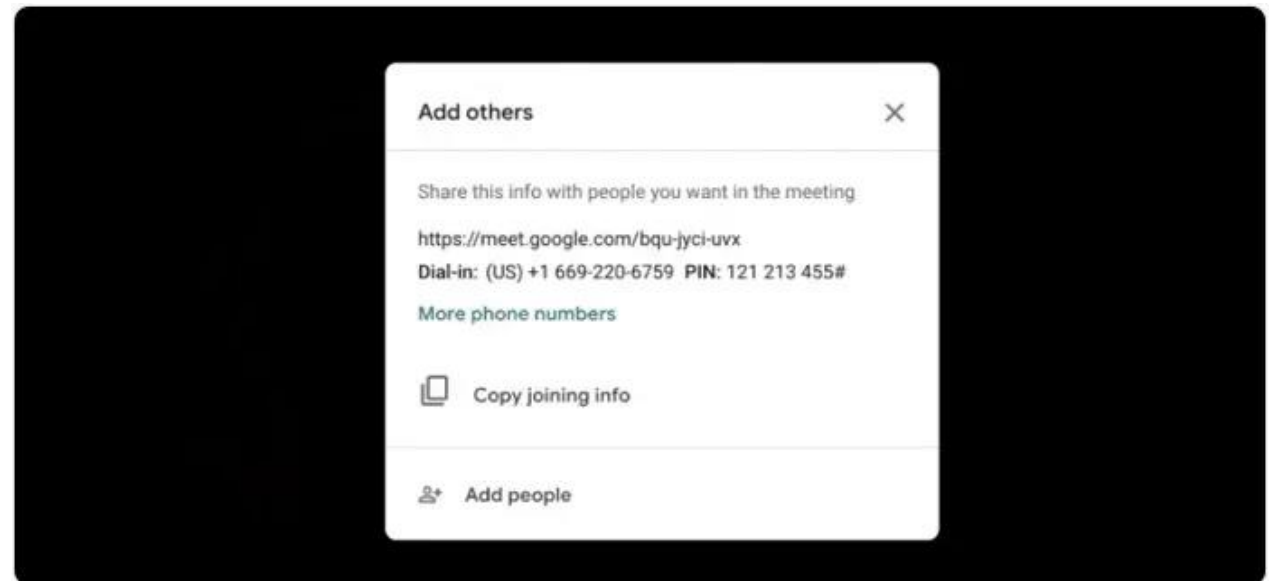


Meet

How do I use Google Meet to conduct my mentoring session?

Schedule a video meeting from Google Calendar:

1. In **Calendar**, create an event.
2. Click Add guests and enter the names or email of the people you want to invite.
3. Click Save.
4. Click Send to notify guests.



How to Use Google Meet Features?

- Live captioning during meetings
- Video and audio preview screen
- Screen sharing with participants
- Messaging with participants

Let's review some of the common free features of google. Click on this [link](#) to learn more information about the different features.

How to Engage Virtually with My Mentee?

- ▶ Create a safe and open space for communication. Building a virtual relationship is new and takes effort.
- ▶ Focus on your mentee during sessions; let them know the agenda and how much time you will be spending together during your virtual session.
- ▶ Work through any miscommunications, which is a common challenge of [text-based E-Mentoring](#). (See resource guide)
- ▶ Mentors and mentees should try using [emoticons or emotionally-present language](#) for text-based E-Mentoring
- ▶ Encourage frequent interactions if possible. End each virtual session with, I look forward to seeing you next time and reminding them to put their next session on their calendar.

Google Meet

Mentoring Scenarios:

- ★ My mentee seems fatigued.
- ★ My mentee doesn't want to appear on camera.
- ★ My mentee seems anxious or worried.

How would you handle these scenarios?

Avoiding Virtual Fatigue

What is virtual fatigue?

“**Virtual fatigue**” describes the **tiredness**, worry, or burnout associated with overusing virtual platforms of communication.

Use breathing exercises to get them back “**on-line**” and a better handle on their nervous system.

For those of you that wear an apple watch, think about when the breath icon flashes on the screen and the blue bubble expands and contracts as you inhale and exhale. Just six seconds of breathing can slow the heart rate and calm the nervous system.



What could be happening if your mentee is experiencing anxiety or stress in the virtual space?

A survival mode response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension.

- Their thinking brain is knocked off-line.
- Self-protection is their priority.
 - ◆ “I can't hear you! I can't respond to you! I am just trying to be safe!”
 - ◆ What happens when your brain perceives a threat?
 - Upper cortical regions go “off-line” so that your lower regions--responsible for fight, flight, freeze--can respond based on survival instinct.

As a reminder, a child has no control over this physiological response.

What can trigger a stress response? Triggers can be anything, everything, or nothing at all.

As a mentor, you can try the following things to help your mentee get back “on-line”.

Combat “virtual fatigue” by **mixing on-video activities with off-video activities** when possible.

Encourage **activities that require motion, scenery changes, or stretch breaks** to keep youth engaged.

Mentors should make it a habit of **asking youth how they want to show up for mentoring each day** so that mentors can meet youth where they are.



Resources: E-Mentoring Activities

- Make up stories together. Mentors/mentees can even create their own **story cubes** that they can use virtually, or can utilize online **Mad Libs**.
- Start a book, TV show, or movie clubs where they read/watch agreed upon content independently and then come together by phone, email, or text to discuss it.
- Complete online **personality** or **knowledge** quizzes together.
- Read stories to each other over the phone or video-chat.
- Play **20 Questions** or **virtual charades** on the phone or through video-chat
- Use **online coloring pages** as an activity to do while talking to each other on the phone, or complete individually and mail them to the program coordinator to be forwarded to the mentor/mentee.
- Go on a virtual tour of the world's most **famous museums** including the MET, the National Gallery of Art, the MOMA, and many more.

Resources: E-Mentoring Activities, Cont'd

- Watch a livestream of the [Opera](#) or [Broadway](#) performances.
- Play the free online Scrabble alternative called [Lexulous](#) to play word games together.
- Watch kid-friendly [TED Talks](#) or [TED ED](#) videos together and discuss each video's concepts and ideas.
- Have a fashion show, where you dress up in funny costumes or themes.
- Create a scavenger hunt for each other where they have to find everyday objects in your house and show each other.
- Cook or bake together if you have the ingredients.
- Watch [Bob Ross videos](#) together and try to re-create his paintings at the same time. See whose painting comes out the funniest!

Thank You!

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