



## Student Packet (9-12 Program)

Partnering for Eternity is a scholarship program that seeks to provide students with opportunities to serve, ease senior isolation, and help with tuition assistance. This program was founded in 2006, inspired by a child who connected with an older adult, creating a lifelong friendship. We are currently partnered with 150+ Seventh-day Adventist schools across the United States who are receiving the rich blessings of PFE. We are excited to present you with the opportunity to join the PFE family.

### PFE Statistics

2,000+ students participate each year

1,000,000 hours of isolation eased since 2006

Over \$15 million in tuition assistance since 2006

22% of K-12 NAD schools are participating

Grades K-8 Earning Potential: \$1,320 per year

Grades 9-12 Earning Potential: \$1,600 per year

Your PFE Coordinator \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Commitment Form

Welcome to the Partnering for Eternity family! We are excited that you are participating in PFE this year. We hope you will make a difference in the life of your mentor, participate in service activities, and benefit from tuition assistance. To have a successful program year, we need both parent and student to be active participants in PFE.

### Parent Commitments

- Support your local PFE team in selecting a great mentor match for your child
- Understand student needs to visit mentor weekly for 14 weeks each semester
- Understand that if your student does not complete all requirements they will not receive scholarship funds
- Attend student/parent orientation
- Help your child set up an account on the reporting website
- Decide if you will transport/supervise weekly visits (you are responsible for them)
  - Communicate your plan with your local PFE coordinator
- Make sure your child submits visit reflections during their visit.
- Communicate with your local PFE coordinator about any concerns or challenges

Making these commitments is crucial to your child's success in PFE.

I understand and agree to follow the PFE guidelines presented in the student/parent orientation and listed on [sffcfoundation.org/pfe](http://sffcfoundation.org/pfe) website.

Parent Name \_\_\_\_\_ Parent Signature \_\_\_\_\_

Student Name \_\_\_\_\_ Student Signature \_\_\_\_\_

Mentor Name \_\_\_\_\_ Mentor Signature \_\_\_\_\_

*\*This form must be returned to your PFE coordinator prior to mentor visits starting.*

### Student Profile

Student First Name \_\_\_\_\_ Student Last Name \_\_\_\_\_

Grade \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Parent First Name \_\_\_\_\_ Parent Last Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please tell us why you would like to participate in PFE.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Mentor Profile

Mentor First Name \_\_\_\_\_ Mentor Last Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_

Number of Years in the PFE Program (circle)

1

2

3

4

5+

Life Career \_\_\_\_\_

Current Living Arrangement

Own home

Assisted living

Independent living

With family

### **Steps for a Successful PFE Year:**

1. Attend PFE Orientation
2. Submit commitment form
3. Choose your mentor
4. Apply online for a PFE account
5. Schedule your 14 weeks of visits with your mentor, make visits
6. Submit a reflection during your visit

### **We are looking for students who are:**

1. Passionate about service
2. Eager to build a lifelong friendship with their mentor
3. Intentional and creative with their visits
4. Committed to visiting together for 2 hours/week for 14 weeks/term
5. Desire to positively impact your mentor's life
6. Excited about Christian education

### **You need a mentor who is:**

1. Available for 2 hours/week for 14 weeks/term
2. Excited to spend time with you
3. Lonely or isolated
4. Needing help around their home
5. Cognitively healthy
6. Not living in a nursing home
7. Not related to you by any degree (including step-family members)

### **How PFE Scholarship Works:**

- Visit your mentor for 2 hours each week
- Submit a reflection during your visit.
- Complete 14 weeks of visiting each term
- Receive \$800 in tuition assistance

*\*Students that do not complete all requirements will not receive scholarship*

## Creating A Student Account

1. Go to <https://pfe.sffcfoundation.org/>
2. Choose “Request an Account”
3. Choose “Student”
4. Fill out the form and submit
  - a. Each student must have a unique email address
  - b. Must have mentors email and phone # to apply
5. Upon account approval, you will receive an email prompting you to set up a password. Please check your junk/spam mail to ensure your confirmation email does not get lost.
6. Be sure to follow password requirements, or you will not be able to move forward.
7. Log in

This is the login you will use to submit all 14 of your reflections for the term. You can also upload a PDF and/or pictures (jpeg) with your reflections. The reflection portal is mobile friendly. You will need to submit your reflection with your mentor during each visit. There are questions that require your mentor’s input.

You can also check your PFE dashboard to view any past reflections that you have submitted and the status of those reflections.

## Choosing a Mentor

PFE was originally designed for mentors to benefit from student visits, decreasing their loneliness and isolation. Over time, we realized that students also benefit tremendously from spending time with their mentor.

A mentor is: An older adult who would be blessed by your companionship

Someone who:

- Has a desire to be a mentor
- Has similar interests or hobbies to you
- Is cognitively healthy (no dementia or Alzheimer's)
- May need help around the house/yard
- Is available for 2 hours/week throughout the term
- Does not live in a nursing home
- Is not related to you

### Interacting with your mentor:

- Be respectful
- Listen patiently
- Show compassion
- Speak clearly
- Ask clarifying questions
- Be attentive
- Practice active listening
- Ask how you can be helpful
- Show up on time
- Say 'thank you'
- Communicate with your mentor if you need to reschedule a visit

### Things your mentor may experience:

- Being hard of hearing
- Vision changes
- Unsteady walking
- Short memory
- Weak voice
- Complaining or grumpiness
- Shaky hands
- Getting tired easily

**Safety:** parents of students in the 9-12 program are responsible for the safety of their children. Parents will decide if the student may or may not attend visits without the parent in attendance.

## Schedule Your Visits

- 14 weeks of visits and reflections are required each term.
  - Fall Term: August 17 - December 31
  - Spring Term: January 1-May 15
- Decide with your mentor what you will do each week for visits (games, yard work, hobbies, etc. Check out the 'resources' page on the PFE website for ideas)
- Let your mentor know if you will be late or unable to make your scheduled visit
- Make-up visits are not allowed. Plan ahead and start visits immediately.
- No visits are allowed during Sabbath hours
- No virtual visits are allowed. Each visit must be conducted in person.
- Attending movies/entertainment venues/school events/places of employment are not eligible for PFE credit.

## Submit a Reflection - during your visit

1. Go to <https://pfe.sffcfoundation.org/>
2. Using your email and password, log in
  - a. If you cannot remember your password, choose "forgot password"
  - b. You will receive an email prompting you to set up a new password
  - c. Contact your coordinator immediately if unable to log in or submit reflection.
3. On your dashboard, choose "submit new reflection"
4. Fill out reflection and submit (remember to upload any pictures with your mentor/of your activities during the visit)
5. Verify submission of reflection (email/text receipt)
6. Your coordinator will review each reflection. They will mark it as 'approved' or 'rejected.' You will receive an email notification. If your reflection is rejected, your coordinator will state improvement needs. You will need to adjust the reflection and resubmit for review within 2 weeks of the original submission date. Only approved reflections will count towards the required 14 Qualifying Units.

## PFE Guidelines

### **Students and mentors are matched one-to-one.**

Successful matches between a student and a mentor include a one-on-one match. Both mentor and student benefit from PFE if, at the end of each visit, they wish they had more time together. We recommend you seek mentor matches that ease senior isolation. We also recommend seeking gender matches and alignment of hobbies and interests.

### **Mentors are not to be family mentors, no matter how distant.**

The PFE Scholarship was developed to support students' Christian education through building intergenerational relationships that allow a student and mentor to grow in their spiritual walk with God with someone outside of their family. The visits are a chance to share one's talents with others and allow them to share theirs with you.

### **Mentors are not to be nursing home residents.**

Due to the health concerns presented by COVID-19, visitation occurring in nursing homes will not be permitted.

### **Mentors are to be cognitively healthy.**

We do not allow mentors with dementia or Alzheimer's disease. This is so that true mentorship can occur as mutually beneficial relationships are built, as well as for student and mentor safety. We certainly see the benefit of visits to all but desire that PFE participants build cognitive relationships.

### **Scholarship funds will not be allocated for church or school activities that students and mentors attend together. Scholarship visits are also not to occur during Sabbath hours.**

While we encourage and love to hear about mentors and students attending church and school programs together, the PFE scholarship fund is awarded for one-on-one time a student and mentor are spending together in the mentor's home. We hope that students and their parents can help around the mentor's house as they ease their loneliness. And we hope mentors share their interest, stories, and encouragement with their student.

### **Students will complete a reflection during their visit.**

Writing reflections is an opportunity for the students to think, process and report on their visits and to confirm that relationships are developing. We encourage coordinators to be diligent when approving reflections.

### **Coordinators will review reflections on a weekly basis and meet with students who do not appear to be consistently visiting and forming a relationship with their mentor.**

We ask that coordinators approve students' reflections on a weekly basis. This ensures visits are happening consistently, relationships are developing through appropriate student/mentor matches, appropriate activities are taking place, and participants are safe. Coordinators have the unique opportunity to serve as

coaches to students, parents, and mentors on best practice visits. They have the rare window to observe the most successful relationships and encourage others to rise to the occasion. We encourage coordinators to use the comment section in the reflection portal. If a student talks about praying with their mentor, encourage them to reflect and write about what they prayed about. If they enjoyed a visit, ask them to explain why. It is also a chance to reinforce and praise positive PFE interactions.

**Students will attend a program orientation.**

Orientation to PFE is important to ensure that participants understand the intent of the program and the guidelines. Orientations should occur at the beginning of the year (or semester). Administration is happy to provide various training materials.

*\*One orientation example comes from Andrews Academy where the coordinator has the students wear blurry glasses, earplugs, and walk on unsteady ground to experience a bit of what a senior mentor might experience. See 'resources' page on the PFE website for more details.*

## Activity Suggestions

- Learn or share a new hobby
- Help with chores (raking, sweeping, organizing, vacuuming)
- Build something
- Cook/bake
- Crafts and art (knitting, painting, drawing)
- Learn about financial responsibility (budget, saving, tithing)
- Create a funny video together
- Go on a picnic
- Tell stories
- Play games (Uno, Monopoly, Scrabble, Word Chain, Going on a Trip, 20 Questions)
- Work on a puzzle
- Write poetry
- Go for a walk
- Discuss your future career options
- Interview each other
- Explore countries/cities on Google
  - Create a bucket list
- Teach your mentor about technology
- Make a recipe book
- Plan a “Show and Tell”
- Exercise
- Garden
- Read a book
- Listen to a podcast
- Make a family tree
- Sidewalk/driveway chalk
- Create a timeline of your mentor’s life
- Make a vision/life board
- Sing together

## Unacceptable Activities

- Watching TV all of the time
- Being on your phone or ignoring your mentor
- Visiting your mentor alone (K-8)
- Visiting your mentor’s home while he/she is away
- Sharing mentors
- Bouncing between mentors
- Visits happening at a school event, entertainment venue, or during Sabbath hours