

**Table 3c. Mentoring Programs and Youth Outcomes:  
Review of Effects on Socioemotional Well-being**

YOUTH OUTCOMES	MENTORING PROGRAMS WORK	MENTORING PROGRAMS DON'T WORK	MIXED REVIEWS	"BEST BETS"
<b>SOCIAL AND EMOTIONAL</b>				
Self perceptions (3 experimental studies)			Compared to non-participants, those participating in mentoring programs had: better sense of well-being <sup>AA1</sup> greater sense of self-control <sup>AA2</sup>  BUT not different levels of: Harter self-perception <sup>AA1</sup> self confidence <sup>AA2</sup> self-esteem <sup>BBS1</sup>	The following practices are best bets for improving self-perception: <ul style="list-style-type: none"> <li>• Mentoring programs that improve parent-child relationships<sup>BBS3</sup></li> <li>• Mentor relationships lasting 12 months or more<sup>BBS5</sup></li> </ul>
Exposure to social/cultural activities (1 experimental study)		Program participation is ineffective <sup>BBS1</sup>		
Positive attitudes toward school/future/elderly/helping (2 experimental studies)	Program participation is effective at increasing positive attitudes toward school/future/elderly/helping <sup>AA1,AA2</sup>			The following practices are best bets for improving attitudes: <ul style="list-style-type: none"> <li>• High involvement with mentors<sup>AA1</sup></li> </ul>
Family relationships (1 experimental study)	Participants felt that they communicated better with their parents <sup>BBS1</sup> (especially white males)			
Peer relationships (1 experimental study)	Emotional support at outcome was higher among LB/LS compared to controls (especially true for minority males) <sup>BBS1</sup>			

**Program symbols:** AA Across Ages CP Campus Partners in Learning MP Multiple Programs  
 BBS Big Brothers/Big Sisters CB Career Beginnings R RAISE  
 BLNG BELONG HP Hospital Youth Mentoring Program SAS Sponsor-A-Scholar  
 BS Buddy System LL Linking Lifetimes

(BB/BS and SAS are the only two programs represented in study MP2)