

Testimonials from Bridges Mentors and Mentees

"Being part of the Bridges Program was an amazing and inspirational experience for me and I was so happy to meet all those amazing people who were involved in it, as well as to discover a piece of my students' world" Mentor

"Made my year, I looked forward to meet my Bridges Mentor every week" Mentee

"It was an amazing experience" Mentor

"Gave me someone to talk too, made me comfortable and gave me a new friend" Mentee

"She made my school days a little more fun" Mentee

..."It was always nice to know that every week for that one hour I didn't have to worry about school or work or anything else. It was time to just hang out and chat with my bridge student"

..."I like being able to make a difference in such an unassuming way" Mentor

"Being involved is encouraging. It's helpful meeting new people and positive. I would recommend this program to others because it gives you someone to talk to and it's lots of fun." Mentee

"Once a week it grounds me" Mentor

"When I first started with the Bridge program, I wasn't sure if it was something that I would be able to do or not. Looking back now, it was an incredible experience and I enjoyed every minute of it. It was a chance to relax an hour a week, and get to know someone, and just have a good time playing cards and drinking coffee. I would definitely do it again next year if I was coming back to the college." Mentor

"It makes me feel confident in myself because I tell her I've done something good and she encourages me to keep going." Mentee

"The Bridges program is a great way to get involved within Conestoga College and interact one-to-one with other students, and I have enjoyed my volunteer experience greatly. I have not only learned new skills and knowledge by the excellent training that went into the Bridges program, but it was also a great feeling being able to help out a fellow student. I not only learned a lot about myself and what I had to offer but also learned a lot about the great support Conestoga has for all students. It was an honor to be chosen to participate in the Bridges Program and I would highly recommend it to students at Conestoga College. It was a great volunteer experience and a great way to get involved within the school. Having more support from students can help take away some of the stresses of school that every student encounters. If I was returning to school in the fall I would definitely continue volunteering through the Bridges Program." Mentor

"I would like to work with a Bridges Volunteer again when I am a college student because even though my social skills get better all the time, I like it because I learn something new or gain more life as the years go by. It was important for me to gain academic knowledge and develop the skills for my future career goals. What really helped me was trying to work on my social skills even though I can be awkward at times." Mentee