SheEO Mentorship Program - High School Curriculum (Grades 9–12)

# Introduction

This guide provides a full 36-week mentorship curriculum for High School students (Grades 9–12). The program prepares students for real-world success by combining leadership development, career readiness, entrepreneurship, and mentorship-based coaching. Students work closely with mentors to build resumes, practice interviews, develop business ideas, and complete a capstone project.

# Quarter 1: Leadership & Self-Discovery

## Week 1: Meet & Goal Setting

Objective: Build trust and set goals.

Mentorship Focus: Mentor shares journey.

Activity: SMART goals activity.

Outcome: Students set personal goals.

Materials: Journals

## Week 2: Leadership Styles

Objective: Identify leadership traits.

Mentorship Focus: Mentor shares styles.

Activity: Leadership style survey.

Outcome: Students identify style.

Materials: Surveys

## Week 3: Public Speaking Basics

Objective: Gain speaking confidence.

Mentorship Focus: Mentor models speeches.

Activity: 1-min introductions.

Outcome: Students practice speaking.

Materials: Index cards

## Week 4: Time Management

Objective: Plan schedules.

Mentorship Focus: Mentor shares tools.

Activity: Weekly planner activity.

Outcome: Students use planners.

Materials: Calendars

## Week 5: Networking 101

Objective: Build connections.

Mentorship Focus: Mentor teaches networking.

Activity: Networking role-play.

Outcome: Students practice intros.

Materials: Scenario cards

## Week 6: Decision-Making

Objective: Critical thinking.

Mentorship Focus: Mentor guides dilemmas.

Activity: Case studies.

Outcome: Students solve problems.

Materials: Case cards

## Week 7: Emotional Intelligence

Objective: Build empathy.

Mentorship Focus: Mentor models reflection.

Activity: Emotion charades.

Outcome: Students identify emotions.

Materials: Emotion cards

## Week 8: Role Model Study

Objective: Learn from leaders.

Mentorship Focus: Mentor shares biography.

Activity: Discussion + journaling.

Outcome: Students connect lessons.

Materials: Books/articles

## Week 9: Quarter Reflection

Objective: Reflect growth.

Mentorship Focus: Mentor guides journaling.

Activity: Sharing circle.

Outcome: Students celebrate progress.

Materials: Journals

# Quarter 2: Career Preparation

## Week 10: Career Pathways

Objective: Explore career options.

Mentorship Focus: Mentor explains fields.

Activity: Career cluster mapping.

Outcome: Students identify fields.

Materials: Cluster charts

## Week 11: Resume Building

Objective: Draft resumes.

Mentorship Focus: Mentor reviews resumes.

Activity: Resume workshop.

Outcome: Students draft resumes.

Materials: Templates

## Week 12: Cover Letters

Objective: Learn job applications.

Mentorship Focus: Mentor shares examples.

Activity: Write cover letters.

Outcome: Students practice writing.

Materials: Samples

## Week 13: Interview Practice I

Objective: Practice interviews.

Mentorship Focus: Mentor conducts mock.

Activity: Peer interviews.

Outcome: Students gain confidence.

Materials: Question lists

## Week 14: Interview Practice II

Objective: Deepen skills.

Mentorship Focus: Mentor provides feedback.

Activity: Recorded interviews.

Outcome: Students refine answers.

Materials: Camera/phone

## Week 15: Professional Etiquette

Objective: Learn workplace norms.

Mentorship Focus: Mentor models etiquette.

Activity: Role-play workplace.

Outcome: Students understand norms.

Materials: Scenario slips

## Week 16: LinkedIn Profiles

Objective: Build digital resumes.

Mentorship Focus: Mentor shows LinkedIn.

Activity: Create profiles.

Outcome: Students set up profiles.

Materials: Computers

## Week 17: College & Career Prep

Objective: Explore next steps.

Mentorship Focus: Mentor shares pathways.

Activity: College vs trade activity.

Outcome: Students compare paths.

Materials: Handouts

## Week 18: Quarter Reflection

Objective: Reflect on prep.

Mentorship Focus: Mentor guides journaling.

Activity: Sharing circle.

Outcome: Students track growth.

Materials: Journals

# Quarter 3: Entrepreneurship & Innovation

## Week 19: Entrepreneurship Week 19

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 20: Entrepreneurship Week 20

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 21: Entrepreneurship Week 21

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 22: Entrepreneurship Week 22

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 23: Entrepreneurship Week 23

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 24: Entrepreneurship Week 24

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 25: Entrepreneurship Week 25

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 26: Entrepreneurship Week 26

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

## Week 27: Entrepreneurship Week 27

Objective: Develop business skills.

Mentorship Focus: Mentor coaches business ideas.

Activity: Business plan workshop.

Outcome: Students design businesses.

Materials: Workbooks, markers

# Quarter 4: Capstone & Networking

## Week 28: Capstone Week 28

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 29: Capstone Week 29

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 30: Capstone Week 30

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 31: Capstone Week 31

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 32: Capstone Week 32

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 33: Capstone Week 33

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 34: Capstone Week 34

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 35: Capstone Week 35

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers

## Week 36: Capstone Week 36

Objective: Prepare for showcase.

Mentorship Focus: Mentor guides project.

Activity: Capstone practice.

Outcome: Students finalize projects.

Materials: Poster boards, computers