

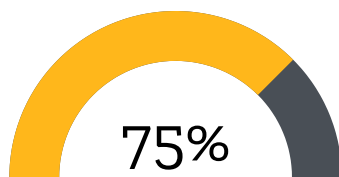
# PROPEL AT BIG BROTHERS BIG SISTERS OF SAINT JOHN

PROPEL is a youth mentorship program designed to prepare young people for life after high school by improving their employability and preparedness for post-secondary education. The program helps youth grow their network, gain new skills, and improve their mental well-being.

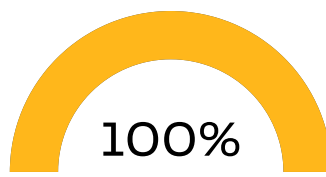
## Program Impacts

### YOUTH ARE MORE ENGAGED AT SCHOOL!

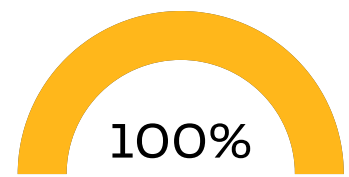
The PROPEL mentoring program connected youth to the supports they need to succeed academically and professionally and helped youth believe they can reach their educational goals. After taking part in the program participants also reported they enjoyed learning, which is a key factor in promoting young people's motivation to attend and succeed in school. These findings may suggest that PROPEL played a role in encouraging participants' personal growth and learning and helped them feel more ready for the upcoming school year.



**75%**  
of participants said they enjoy learning after participating in the program.



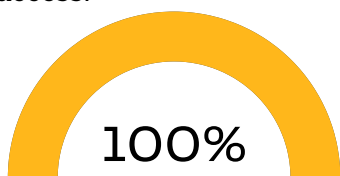
**100%**  
of participants reported that they felt connected to educational and professional supports after taking part in the program.



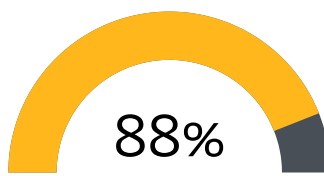
**100%**  
of participants felt that they could meet their educational goals after participating in the program.

### YOUTH ARE COMMITTED TO LEARNING!

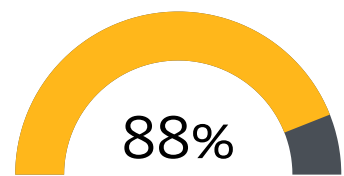
The program supported participants in developing caring relationships with their mentors. These relationships were key in making youth feel valued and heard so they were not afraid to ask questions and learn. Mentors talked to youth about topics that were important to mentees, which may have helped mentees feel inspired about their futures and less afraid of post-secondary education and entering the workforce. The support and encouragement youth received from their mentors was critical in fostering the confidence and skills needed for personal and professional success.



**100%**  
of participants felt that their mentor(s) took their ideas and opinions seriously.



**88%**  
of participants felt that their mentor(s) encouraged their learning and growth.



**88%**  
of participants felt that their mentor(s) talked to them about topics they want to learn more about.

# YOUTH ARE MORE PREPARED FOR POST-SECONDARY EDUCATION AND THE WORKFORCE!

The PROPEL program ultimately seeks to encourage all young people to realize their full potential and prepare them for post-secondary education and/or the workforce. After taking part in the program, youth reported feeling optimistic about reaching their educational and career goals and felt like they were getting to know themselves, their strengths, and areas they needed to develop further. Youth also felt the program helped give them a better idea about what they wanted to study in college or university and their career pathway. The PROPEL program does this by teaching youth how to navigate the complexity of educational institutions and workplaces. .

**88%**

of youth felt that they had an idea of what they wanted to study in school or what career path they wanted to pursue after participating in the program

**88%**

of participants felt more ready for next year (school or work) after participating in this program.

**100%**

of participants felt the program helped them identify which skills they needed to develop in order to reach their educational and/or career goals.

**100%**

of participants felt comfortable talking to their mentor about their educational and/or job options.

## THE BOTTOM LINE:

The PROPEL program connects youth with a caring adult mentor and provides other academic, financial, social, and individual support to help participants overcome barriers, expand their understanding of what's possible, and become prepared for a successful transition to post-secondary education and/or the workforce. Research suggests that introducing a caring, thoughtful, and inspiring mentor into the life of a young person can positively impact their commitment to learning, school, and the pursuit of a future career. The PROPEL program combines these approaches into a unique mentorship model that has been shown to help youth feel more confident and prepared to take on future challenges and realize their full potential.