



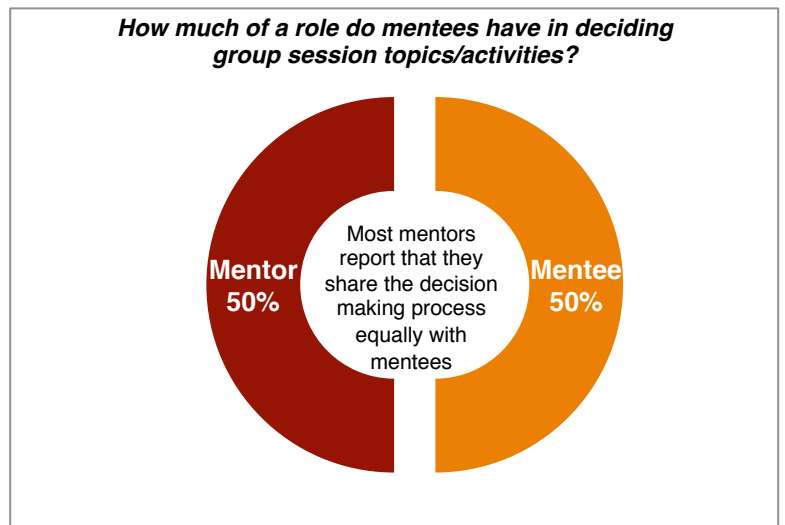
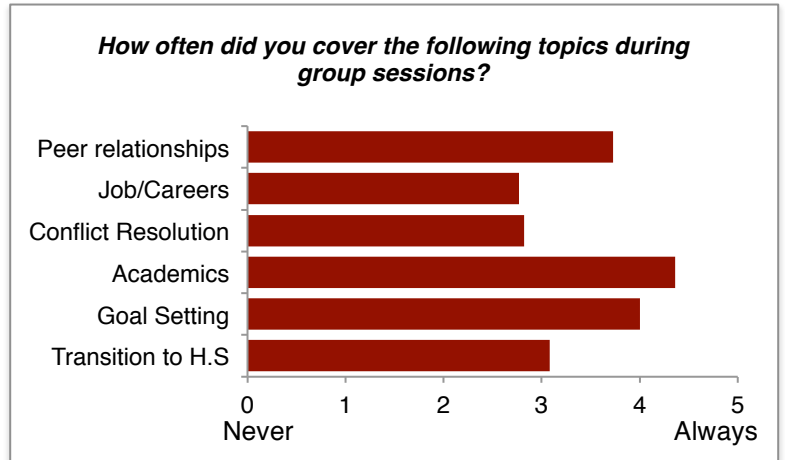
Project Arrive Research Highlights

Using Research to Improve the Lives of SFUSD Students¹ – September 2015

Mentor Perspectives: Cohesion, Agency, & Mentor Satisfaction

Project Arrive offers school-based group mentoring to 9th grade students in San Francisco Unified School District. **Mentors** are the cornerstones of the program. Each mentor, or pair of mentors, leads weekly group mentoring sessions to address the specific needs of their students. Two areas of interest for group mentoring research are **group cohesion** and **agency**. Cohesion refers to how unified the group members are. Agency refers to the ability of the students to contribute and make their own choices. Cohesion and agency can affect group dynamics.

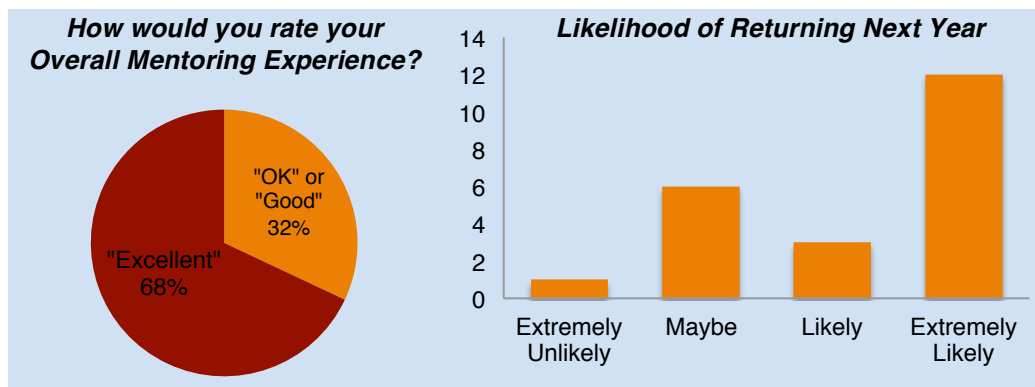
We surveyed 22 Project Arrive mentors about their perceptions of group dynamics. Mentors reported that they cover a variety of topics during group sessions, but academics and goal setting were the most common topics. Thirteen out of 22 mentors said that the students contributed equally to deciding what the group would do during the sessions. Overall, Project Arrive mentors perceive a sense of cohesion among group members.



86%
of mentors characterized their group as **“Cohesive”** or **“Very Cohesive”**

“Providing a safe, supportive space for students to talk” was rated as the most important factor in supporting cohesion.

We also surveyed mentors about their overall experience and satisfaction. All mentors reported positive experiences overall.



64%
of mentors are **extremely likely** to encourage colleagues to become group mentors

¹ Project Arrive Research Highlights are developed through a partnership between SFUSD and Georgia State University to support, further develop, and evaluate the effectiveness of Project Arrive. For information about the Project Arrive program, contact Vida Sanford (SanfordV@sfusd.edu); for information about the research, contact Gabriel Kuperminc (gkuperminc@gsu.edu). Visit the Project Arrive website at <http://sites.gsu.edu/project-arrive>.