

“We **make a living** by what we get,  
we make a life **by what we give.**”  
— Sir Winston Churchill

In order to ensure the safety of the young participants in this mentoring program, all prospective mentors will undergo a thorough background check and screening process.



## Mission Statement

The mission of the National Federation of the Blind's National Center for Mentoring Excellence is to link blind and low vision youth and young adults, ages sixteen to twenty-six, with successful blind mentors for the purpose of increasing knowledge of and participation in the vocational rehabilitation process with a resulting outcome of increased post-secondary academic success, high-quality employment, and community integration.

State Contact:

To find out more about the National Center for Mentoring Excellence, please contact:

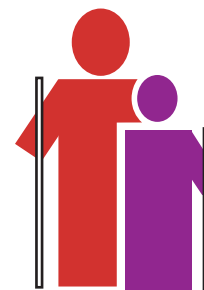


**National Federation  
of the Blind**

Jernigan Institute

Amy C. Phelps  
Coordinator of Mentoring and Outreach  
Jernigan Institute  
NATIONAL FEDERATION OF THE BLIND  
1800 Johnson Street  
Baltimore, MD 21230  
(410) 659-9314, extension 2295  
aphelps@nfb.org  
www.nfb.org/mentoring

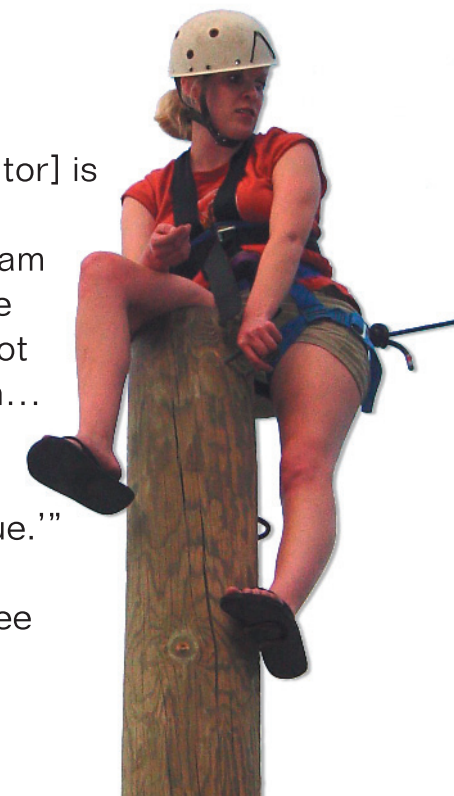
National Center for



**Mentoring  
Excellence**

A Program of the National  
Federation of the Blind  
Jernigan Institute

“Because [my mentor] is blind, he is able to understand what I am going through... He tells me that it is not bad to be who I am... My mentor has taught me, ‘I am Ben and I am unique.’”  
— Ben,  
Nebraska mentee



**Do you wonder:** What now? What will I do after graduation? How can I be successful as a blind person? **How do I choose my own career path?** Can I juggle a family and career?

## Mentors

Do you remember the first person who believed in you more than you believed in yourself? Someone who gave you advice and encouragement as you built your future? Do you wish you did?

## Mentees

Would you go to college? Would you become a doctor, lawyer, scientist, teacher? Would you have a family? **Would you follow your dreams?**



Through the **National Center for Mentoring Excellence (NCME)**, blind young adults are connected with successful blind role models who help to answer these questions. Planned activities and workshops facilitate the mentoring relationship while providing a fun and exciting atmosphere that **empowers** you to **dream big** and **become more** than you ever thought imaginable.

The National Center for Mentoring Excellence, supported by a five-year research and development grant from the U.S. Department of Education awarded to the National Federation of the Blind Jernigan Institute, has partnered with your state agency to facilitate mentoring relationships for blind and low vision youth and young adults.

Mentors provide encouragement and show youth firsthand that blindness need not be a barrier to success. Help advance the opportunities for today's blind youth; become a mentor!

"I may have learned more than my mentee. **We did some activities that I never thought I could do...** I realized that if I expected my mentee to do certain things, I had to step outside my comfort zone and do the same thing."

— Darrell Walla, Nebraska mentor

### Mentor Attributes:

- Desire to make a difference
- Willing to make a commitment
- Positive attitude
- Fun loving!

"What would **YOU** do if you knew **you couldn't fail?**"  
— Eleanor Roosevelt

Learn how to achieve your goals firsthand from successful blind adults! They will share their own experiences and help you find your own solutions to break through barriers and stereotypes. Become a part of this dynamic program, and accelerate your life today!

### Benefits:

- Learn from positive blind role models
- Increase self-esteem
- Realize your dreams
- Have fun!

Accelerate your life!