

Mentoring Works Best When Adults, Kids Share Common Interests

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MSN Health & Fitness:

Although mentoring programs intended to help children socially, emotionally or academically do offer a number of benefits, these advantages are generally limited and may not be enough for kids facing serious problems, a new report says.

The authors of the report, published in *Psychological Science in the Public Interest* reviewed more than 70 existing evaluations of mentoring programs.

While overall, mentoring programs have been shown to be beneficial, particularly in helping children improve test scores, there is little research proving that mentoring helps with overall educational attainment, decreases juvenile offenses substance use or helps prevent obesity, among the main issues facing U.S. children today.

Read the full story: [*MSN Health & Fitness*](#)