



A
QUICK
GUIDE

TO HELP
• YOUR •
STUDENTS

BUILD THEIR
MENTORING
NETWORKS



NATIONAL MENTORING
MONTH 2018



JOIN GROUPS

Joining groups both on and off-campus are excellent ways for your students to meet new people and expand their network. This could include student leadership, civic engagement, political, religious, or social organizations and clubs. Many mentoring relationships informally develop out of similar, shared interests. What groups could you encourage your students to join?

ENGAGE FACULTY, STAFF, & PEERS

Who are the professors, staff members, peers, or advisors with whom your students are already regularly interacting? Encourage students to make intentional efforts to attend professors' office hours; to seek out staff for conversations; and to get to know their peers in more depth. Often, mentoring moments can occur through purposeful interactions with others who have unique experiences and perspectives.

ASSESS GOALS & ROLES

Ask your students about their goals, aspirations, and dreams for their time at Wake Forest and beyond. Help them determine what roles they currently play and any knowledge or experience gaps where they could use the wisdom of a mentor. Use this information to help students identify their need for multiple mentors and individuals who might be able to step into a mentoring role and help them work towards their goals.

STAY IN TOUCH

A skill that students will need after leaving Wake Forest is knowing how to stay in touch with mentors and people who have made an impact on their personal, academic, and career journeys. Part of building a mentoring network is keeping your wise counselors and mentors updated on your life and next steps. Emails, texts, phone calls, and handwritten notes are an excellent way to maintain meaningful relationships and connections.

Learn more at the
WFU Mentoring Resource Center's website:
mentoring.opcd.wfu.edu/national-mentoring-month-2018/