



EQUIP STUDENTS TO ENGAGE IN

MENTORING RELATIONSHIPS

WFU MENTORING RESOURCE CENTER

UNDERSTAND WHAT MENTORING IS:

Mentoring is a formal or informal relationship with someone who is more experienced than you. It is a **purposeful, personal, and intentional relationship**. Mentoring can occur through one-off conversations with your professor or through regular meetings with a staff member who is helping you work towards specific goals.

IDENTIFY AND SEEK OUT MENTORING CONNECTIONS:

Whether it's through your academic courses, extracurricular activities, professors' office hours, or interactions with an adviser, many Wake Foresters are available to engage in mentoring relationships or conversations with you. **It's up to you to seek them out.**

SHOW UP AND BE ON TIME:

Be present and prepared for meetings or conversations that have been scheduled. Be there at the time you say you will be, which shows respect for others' time and that you value their willingness to invest in you. Mentoring relationships are built upon **mutual trust and respect**.

BE SPECIFIC ABOUT WHAT YOU NEED:

Communicate your needs, such as thinking through major and/or career options, navigating a difficult relationship with a roommate or friend, struggling with time management, or simply needing someone at Wake Forest to check in with you regularly to see how life is going. Mentors can best support you when they know what you need.

ASK QUESTIONS & SOLICIT FEEDBACK:

Build mentoring relationships by **asking questions about a mentor's life**, interests, experiences, education, career path, and decision-making. Ask mentors for **feedback on your choices and actions**, and learn lessons for future application.

