



MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

December 2023: Mentoring Partners Newsletter

Mentoring Partners Newsletter: *A monthly overview of timely tips, resources, and relevant events to support formal and informal mentoring at Wake Forest. We're focusing on the COREFour Mentoring Skill of **Practice Reflection** this month.*

“MENTORING MOMENT” TIP

We like to think of a “**mentoring moment**” as a specific and significant time in the semester when you are engaging with students around a particular experience or decision point. It's in these key moments that you can intentionally facilitate learning and skill development with your students!

What “mentoring moments” are happening in December?

As the semester wraps up and students prepare for final exams and assignments, your touchpoints with students might seem few and far between. Whether you're a faculty member providing some end-of-the-semester feedback and thoughts to your classes or a staff member checking in one last time with your students before Winter Break via email or in-person, now is a great time to encourage students to be reflective about their past semester. What experiences were most impactful and what did they learn? What do they want to go differently in the spring semester and how will they make changes moving forward?

One of our favorite reflective exercises is called **What, So What, Now What**. Students can apply these simple questions to any experience.

What: *What just happened? Write down as many action items as you can.*

So What: *How do I feel about what just happened? Describe those feelings.*

Now What: *Now what do I do with what I learned about myself? Connect your learning to future next steps.*

You can also share this [Best Practice Guide to Practicing Reflection](#) with your students.

RELEVANT EVENTS

Mentoring Partners Breakfast Meeting on Wednesday, January 24, 2024, 8:30-10:00 am, Benson 410 (not 401!) - We will be joined by special guest facilitator Peter Rives who will be discussing Motivational Interviewing. **Please reply to the Google Calendar invite you received.** If you're interested in diving deeper into this topic prior

to our meeting, Peter will be offering a two-day Motivational Interviewing training on January 10 and 11 from 9am-3pm in the Wellbeing Center. [Sign-up here](#).

[Online Introductory Mentoring Skills Certificate Course | February 1 – March 1, 2024 | Register by January 26, 2024 to participate](#) (Hosted by WFU Mentoring Resource Center and the Alumni Personal & Career Development Center, self-paced Canvas course, and open to all faculty, staff, students, and alumni, space is limited)

RESOURCES

Facilitate Reflection From Where You Sit: Check out [our most recent Wednesday Webinar](#) presented by our Assistant Director Maggie Kuhn. She dives into why reflection is an important skill for personal and professional development, strategies to implement reflective practices, and how to overcome roadblocks to reflection.

Why Reflection Shouldn't Be Just Something You Do in December: We all tend to get a little nostalgic around December as the calendar switches over to a new year. [This article from Forbes](#) explains why being reflective should be something we practice all year long.

Managers Need to Ask Hard Questions: Initiating reflective conversations in the workplace is more important than ever. In [this new Psychology Today post](#) written by AVP Allison McWilliams, learn about key topics you should be discussing with your employees and get examples of reflection questions you can be asking.

Connect with the Mentoring Resource Center team if we can support you and your program/department in the months ahead. Please feel free to forward this newsletter to your colleagues. Wishing you all a wonderful and safe holiday season!

*[Mentoring Resource Center website](#)
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