



# MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

## January 2024: 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. Throughout January we're celebrating [National Mentoring Month 2024](#).*

### NATIONAL MENTORING MONTH 2024

Each January we welcome our Wake Forest community back to campus and kickoff a new semester with the celebration of [National Mentoring Month](#). Our focus for 2024 is on how **momentum for growth and development often occurs when mentorship is a pivotal part of learning experiences.**

Experiential learning is happening everywhere at Wake Forest! Internships, student employment, research projects, study abroad, and civic engagement are just a few examples of the opportunities our students are seeking out and participating in. However, when students build relationships with mentors who can support them in setting goals, providing feedback, and encouraging reflection during these learning opportunities, they experience tremendous growth and skill development.

How can students seek out mentorship through experiential learning? And how can we, as faculty and staff, support students more effectively? We hope you'll check out our [National Mentoring Month 2024 web page](#) for more information and resources.

### 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.

**[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)

**Wednesday Webinar: Say What?! Why assertiveness actually is key for personal wellness and business success | January 31, 2024 | 12-12:30pm EST | Zoom** Join us for this 30-minute webinar facilitated by WFU alumna Juliet Kuehnle ('06), Owner/Therapist at Sun Counseling & Wellness in Charlotte, NC and author of the newly-released book *Who You Callin' Crazy?! The Journey from Stigma to Therapy*. This interactive presentation will break down different types of communication, the 4 C's of the sweet spot on the continuation continuum, and what buzzwords like "self-talk" and "validation" really mean. Hosted by the Alumni Personal & Career Development Center and open to all WFU alumni, students, faculty and staff.

## **RESOURCES**

**COREFour Student Messaging Content:** Help us spread the word with students about developing the [COREFour Mentoring Skills!](#) We have a [series of monthly messages](#) focused on each of the COREFour skills, including support resources and growth opportunities for students. These messages and resources can be shared through any channel that will best reach your students - newsletter, social media, email, etc.

**The Strength of Vulnerability:** What creates perceptions of authenticity in relationships? According to new research, "sensitive self-disclosure" and showing weakness are key aspects of building strong mentoring relationships. [Read more in this piece](#) from *The Chronicle of Evidence-Based Mentoring*.

**How to Find a Mentor As a College Student or Recent Grad:** In [this recent piece](#) from author Tracy Brower in Forbes, she explores how to use a model of concentric circles to start with who you know well and move towards your outer circles as you seek out mentorship, advice, and coaching.

*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.*

*[Mentoring Resource Center website](#)  
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