



# MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

## November 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 **Seeking Feedback** this month.*

**SAVE THE DATE! 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. Be on the lookout for a calendar invite coming soon! 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](#).

### “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 November?** At this point in the semester, students have received their midterm grades on tests, projects, group assignments, and papers. Students are receiving feedback from their professors, lab instructors, and tutors on their academic progress. They are likely speaking with academic advisers and coaches about spring 2024 course registration (which takes place from November 6-10) or choosing an academic major. Conversations are happening with mentors, counselors, parents, and friends around future decision-making. Many students seek out career coaches during this time of the semester to talk about job or internship searches, or graduate school applications. *November is a key time for gathering information and feedback to inform decision-making.*

As you have conversations with students this month, **encourage them to seek out feedback from people in their lives whose opinions they trust and value to help them make decisions for the future.** Here are two great questions they can ask when seeking feedback:

- *What are 2-3 things you think I did really well (in XYZ experience/class/project)?*
- *What are 1-2 things you think I could have done better or differently?*

Remind students that feedback is critical data they will use moving forward, whether that be in selecting a major/minor, pursuing a particular career field, or simply in making

adjustments to how they spend their time in the spring semester. You might even share this [Best Practice Guide to Seeking Feedback](#) with your students.

## RESOURCES

**Mentees - Asking for and Reflecting on Feedback:** Asking for feedback can feel uncomfortable or even scary. Whether you're in a formal mentoring relationship or just want to get more comfortable with seeking out feedback, [use this worksheet](#) designed to help mentees practice soliciting feedback on two key questions. Additionally, this includes questions to prompt reflection on the feedback that is given.

**Mentors - Identifying Opportunities to Give Effective Feedback:** What does it really mean to give effective feedback? If you're a mentor or in a position where you need to provide regular feedback to others, [use this worksheet](#) to prompt your thinking.

**When Diversity Meets Feedback:** We know that feedback can be incredibly beneficial when delivered well and with clear intention. But how do you communicate feedback while also considering cultural, gender, and generational divides? [This September 2023 article from Harvard Business Review](#) considers how to frame feedback based on your audience and introduces the "three A's of feedback."

**Feedback is Your Life and Career Hack:** Embracing difficult conversations is an important part of personal and professional growth. In [this Psychology Today post](#) written by AVP Allison McWilliams, learn five ways that feedback can improve your life and how to be open to hard conversations.

**Alumni Advice - Ask for the Feedback You Need:** We spoke with six Wake Forest alumni about how they have learned to seek out feedback. [Read their advice here.](#)

## RELEVANT EVENTS

**[Wednesday Webinar: What, So What, Now What - Facilitate Reflection From Where You Sit | November 8, 2023 | 12:00-12:30 pm ET on Zoom](#)** (Hosted by WFU Alumni Personal & Career Development Center, facilitated by Assistant Director Maggie Kuhn, and open to all faculty, staff, students, and alumni)

**[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)

*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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