



MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

October 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. For the month of October, we're focusing on the COREFour Mentoring Skill of **Building Relationships**.*

“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 October? This is the time of year when students should be settling into their semester, getting into a routine, and working towards specific goals. At this point, students will be establishing and engaging in relationships with their peers, professors and Faculty Fellows, academic advisers, and work or research supervisors. Many students will also be seeking the support of mental health counselors, career coaches, mentors, and/or networking connections. Look around campus and you'll see relationship-building happening everywhere!

As you have conversations with students about these experiences and newly-formed relationships, ask them: ***Who are you making connections with this semester? And how might those relationships support you (or not be supporting you) in making progress towards your goals?***

Use their responses to these questions to help them consider the people they need to build relationships with throughout the fall semester. You might even share this [Best Practice Guide to Building Relationships](#) with your students.

RESOURCES

“Who Are Your People?”: We all need people to be successful. A few years ago the Mentoring Resource Center launched our [“Who Are Your People?”](#) campaign to help students identify areas in their lives where they need supportive people and relationships. These resources help students explore potential needs and people who can meet them, how to seek out those people, and how to enter into and engage in these developmental relationships.

COREFour Student Messaging Content: Don't forget! We've drafted up 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. You can access this content at any time via [this Google Doc](#).

COREFour LinkedIn Learning Pathway: We have created a [unique LinkedIn Learning Pathway](#) to help Wake Forest students develop the COREFour Mentoring Skills through online learning videos and courses. Check out this skill development resource which is free and accessible to anyone with a WFU Gmail account.

Defining Mentoring Relationship Expectations: Whether you're entering into a new mentoring relationship or are managing a formal mentoring program, it's important to establish clearly-defined expectations for any relationship. [Download and use this worksheet](#) as a starting point for both mentors and mentees.

Networking & Curiosity Conversations: Watch [this video from 2023 grad Adelaide Brown](#) on how taking chances can lead to meaningful networking conversations (and ultimately forming new relationships).

Mentoring Conversation Starters: The first step to building an effective relationship is to have an initial conversation! We know this can sometimes be difficult or awkward. That's why we compiled mentoring conversation guides for use in a variety of settings: [Icebreaker Questions for Training + New Mentoring Relationships](#), [Engaging with Your Mentee\(s\)](#), [Peer Mentoring with First Year Students](#), [Alumni-to-Student Mentoring Relationships](#), and [New Employee Mentoring Relationships](#).

How to Prepare for a Mentoring Conversation: In her [latest post for Psychology Today](#), AVP Allison McWilliams shares the four P's to have better conversations as you build mentoring relationships. We listened to your feedback at our September Mentoring Partners breakfast meeting during the COREFour exercise and created worksheets for both [mentors](#) and [mentees](#) to consider before showing up for mentoring conversations.

Alumni Advice: We asked 10 Wake Forest alumni for their best advice on building effective relationships and staying connected. [Read what they had to say.](#)

RELEVANT EVENTS

WFU Homecoming Weekend | October 20-22, 2023

Wednesday Webinar: Level Up: Create a Plan to Grow Your Professional Skill Set | October 25, 2023 | 12:00-12:30 pm ET on Zoom (Hosted by WFU Alumni Personal & Career Development Center, facilitated by 2013 grad and HR expert Ryan Smith, and open to all faculty, staff, students, and alumni)

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.

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