



# MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

## September 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 September, we're focusing on the [COREFour Mentoring Skill](#) of **Setting Goals**.*

### “MENTORING MOMENT” TIP

What exactly is a “[mentoring moment](#)”? We like to think of it 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 September?** This is the time of year when students should be learning how to set goals around: academics/course load, student organization planning, study abroad experience, new student job or internship, research projects, wellbeing and mental health, athletic endeavors, and career development, just to name a few.

As you have conversations with students about these experiences, ask them: ***Where do you want to be at the end of this semester? What do you want to be different from how things are now?***

Use their responses to these questions to help them consider their goals for the fall semester. You might even share this [Best Practice Guide to Setting Goals](#).

### RESOURCES

**COREFour Faculty & Staff Guide:** At last week's Mentoring Partners kick-off breakfast, we shared and discussed [this guide](#) that was designed to support faculty and staff as you work with students in a variety of settings to develop the COREFour Mentoring Skills. We also spent time at our meeting answering 4 key questions about the upcoming semester. [Here are the responses that we compiled from the group.](#)

**COREFour Student Messaging Content:** Help us spread the word with students about developing the COREFour skills! 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 Student Evaluation Data:** In Spring 2023, our Mentoring Resource Center team soft-launched a new survey asking students to "grade" themselves (scale of A to F) on their ability to use each of the COREFour Mentoring Skills. Here's a snapshot of our initial student data, which we'll continue to collect in the academic year ahead:

**Mentoring Goals Worksheet:** Whether you're kicking off a new mentoring program this fall or simply want to help your students set goals for themselves this semester, [use this goal-setting worksheet](#) to write SMART goals and action steps.

**The Best of Intentions:** In [this article](#) written by AVP Allison McWilliams for our Alumni Personal & Career Development Center blog, she shares why you should get those intentions and ideas out of your head and onto paper in the form of goals.

**Consider It Done:** In [this article](#) written by E.J. Masicampo (WFU Department of Psychology) in the *Journal of Personality and Social Psychology*, learn how making a plan can eliminate the cognitive effects of unfulfilled goals.

**The Value of Short-Term Mentoring:** In [her column for Psychology Today](#), AVP Allison McWilliams offers best practices for engaging in short-term mentoring relationships and how they can often lead to greater success than long-term mentoring.

## RELEVANT EVENTS

**[SWOT Analysis – Uncover Your Strengths + Gaps at Work | September 27, 2023 | 12:00-12:30pm EST | Zoom Webinar](#)** (Hosted by WFU Alumni Personal & Career Development Center, facilitated by Lauren Beam, and open to all faculty, staff, students, and alumni)

*Wishing you all a great start to the new academic year! 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](#)

[@WFUMentoring on Twitter](#)

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