



MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

April 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. For the month of April, we're focusing on the COREFour Mentoring Skill of Practicing Reflection. See how our students evaluated themselves on this key skill at the bottom of this newsletter.*

“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 April?

We're heading into the final full month of the spring semester, which means students are wrapping up multiple experiences. They are completing a semester of academic courses, on-campus employment, spring internships, leadership roles, study abroad, volunteer commitments, research projects, athletic seasons, and more.

How do we, as faculty, staff, and mentors, help students **intentionally reflect** on their experiences from the past semester and apply what they've learned to the future?

We suggest asking your students these two reflection questions:

- 1. *What did you learn?***
- 2. *How can you use this new knowledge, skill, or ability in the future?***

By repeatedly asking students these key questions, we will begin to ingrain in them the value and importance of reflecting on their experiences. And, after they leave Wake Forest they will be able to apply this skill and practice into their post-college lives and careers.

RESOURCES

10 Ideas for Reflecting at the End of the School Year: Looking for more creative options for reflection? Check out [this piece from the New York Times](#) featuring unique ideas for facilitating reflective practices such as drawing a more/less list, making a playlist of music that sums up an experience, and using data visualization to graph out academic or personal experiences.

The Value of Intentional Reflective Practices: In [this blog post](#) written by our AVP Allison McWilliams, she explores simple steps anyone can take to begin integrating intentional reflective practices into your everyday life. “Intentionality is the difference between letting life happen to you and taking ownership for it. It’s the difference between being engaged in your life and not.”

A Quick Guide to Building Relationships During Internships: For many Wake Forest students, summer internships are on the horizon. [Share this guide](#) to help students think about building meaningful relationships with their colleagues, managers, and peers throughout their internships.

COREFOUR EVALUATION RESULTS

The [COREFour Mentoring Skills](#) are key skills every Wake Forest student should develop during their time in college and be able to apply to life after graduation. **We recently conducted a survey of junior and senior students where we asked them to “grade” themselves on each of the COREFour skills. [Here is a brief snapshot of the results.](#)**

For the COREFour skill of “Practice Reflection,” here’s how students graded themselves:

A (Expert) - 34.02%, B (Above Average) - 45.36%, C (Average) - 17.53%, D (Below Average) - 3.09%, F (No Knowledge or Expertise) - 0.00%

You can help your students develop these skills through your teaching, advising, and mentoring. Check out our [COREFour Faculty and Staff Guide](#) for tips on how to do this!

The Mentoring Resource Center team will be using this data to consider how we can grow awareness of and instill confidence in students around these skills in the new academic year.

Connect with the Mentoring Resource Center team if we can support you and your program/department. Please feel free to forward this newsletter to your colleagues. We will take a break from sending out monthly newsletters during the summer months, but will return with regular communications and a Mentoring Partners Kick-Off gathering in September 2024!

*[Mentoring Resource Center website](#)
Contacts: [Allison McWilliams](#), [Lauren Beam](#), and [Maggie Kuhn](#)*

