



# MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

## September 2024: Mentoring Partners

**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**.

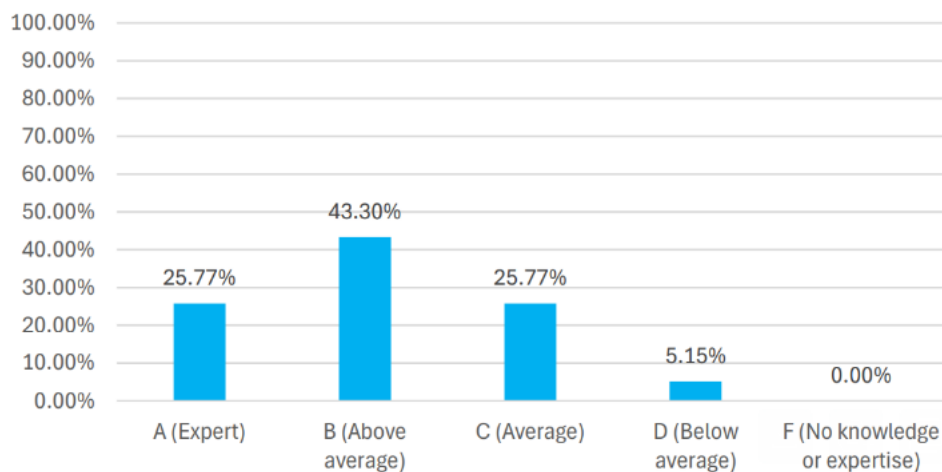
### SURVEY SAYS...

Do Wake Forest students and alumni feel confident in their ability to **set goals**? Let's see what the data tells us.

In Spring 2024, we conducted a survey of junior and senior students in which they graded themselves on their competency levels of each COREFour Mentoring Skill. Here's what they self-reported on their ability to "Setting goals and creating an action plan to achieve them."

### 2023-2024 COREFour Mentoring Skills Evaluation

Setting goals and creating an action plan to achieve them



How can we support students in developing this key skill of goal-setting during their time at Wake Forest? Here are a few practical ways:

- Ask students to **write specific goals and action items at the beginning of any new experience** (for example: academic course, study abroad, campus employment, research project) to practice the habit of setting goals.

- Help **students in leadership positions** to set goals for their organizations (for example: student government officers, Greek life leaders, volunteering/civic engagement leaders) and support them as they take action steps towards these goals.
- **Check in on students' progress** toward their intended goals and celebrate with them as they achieve these milestones!

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## RELEVANT RESOURCES

**COREFour Faculty & Staff Guide:** As a reminder, we created [this guide](#) to support faculty and staff as you work with students in a variety of settings to develop the COREFour Mentoring Skills. The start of a new academic year is a great time to revisit this guide and mentoring best practices.

**COREFour Mentoring Skills Materials:** Use [this Google Drive folder](#) to download printable materials for your office as well as ready-to-use email newsletter and social media content.

**Students' Best Practice Guide to Setting Goals:** You might even share this [Best Practice Guide to Setting Goals](#) with your students.

**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.

**Mental Health is...Setting Goals:** In [this Health & Wellness blog post](#) from the University of Colorado Boulder, learn about how goal-setting is a key aspect of getting "unstuck," particularly for students facing mental health challenges. This practical post includes tips for students to set and move towards their goals.

**Best Practices and Mentoring Tips:** We have a \*new\* blog roll on our Mentoring Resource Center website which we update monthly. [Check it out](#) for the latest posts written and curated by MRC staff and WFU experts.

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## DEACON SPOTLIGHT



Alumna **Sydney Gibson ('21)** works as a Manager of Private Equity Accounts at AlphaSights in New York, NY. In [this Deacon Spotlight profile](#), Sydney reflects on her post-Wake Forest career journey and her biggest challenge as a young professional:

*"The most challenging part of my first "real world job" was setting short-term and long-term goals that I believed in and would help guide me through the kind of all-consuming routine that comes along with working full time. Short term goals especially help to push the needle forward on a daily basis."*

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## RELEVANT EVENTS

### **Student Employees: Mentoring Tools to Maximize Your Experience | September 25, 2024 | 3:30-5:00pm**

Student Employees will receive the tools they need to maximize the student employee experience and tips for turning their experience into accomplishment statements for their resume.

### **COREFour Mentoring Skills Training for Mentors and/or Mentees**

Interested in a brief 20 minute-overview presentation and training of the COREFour Mentoring Skills for mentors and/or mentees? Let us know! We can tailor these sessions to your group or program. Contact [Maggie Kuhn](#) for more information.

### **Class of 2024: Get Connected with Alumni | Register by October 11, 2024**

Graduates from the Class of 2024 who register will be paired up with an experienced alum for a 1-on-1 conversation.



### **Men of the Forest:**

We had the opportunity to learn about a new mentoring initiative for Wake Forest men at our Mentoring Partners meeting on Wednesday. Know a male student who could benefit from a mentoring relationship? Refer them to [this confidential interest form](#) to get more information.

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