



# MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

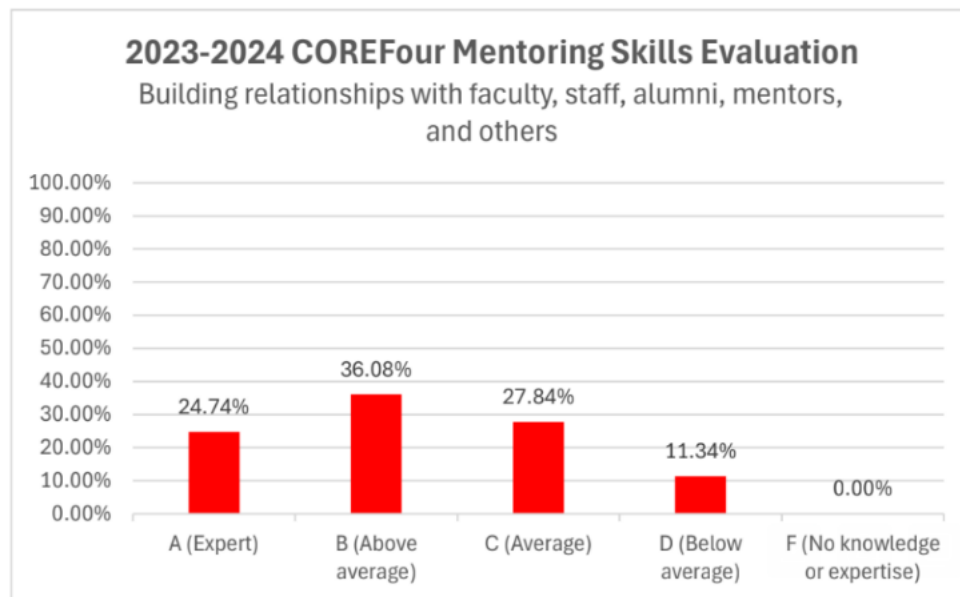
## October 2024: Mentoring Partners

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

### SURVEY SAYS...

Do Wake Forest students and alumni feel confident in their ability to **build relationships**? 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 "Build relationships with faculty, staff, alumni, mentors, and others."



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:

- **Set expectations for students** around what it means to show up and participate in relationships and conversations, including: taking the initiative, being prepared with questions and a readiness to learn from others, keeping your commitments and arriving on time for meetings, saying "thank you" to people who offer up their time and expertise, just to name a few.

- **Model for students** what it means to build intentional, meaningful relationships by reaching out to them for conversations, asking questions and being curious about their lives, and building trust and mutual respect.
- **Be a connector** to other people on campus. [What are your students needs and who can help them?](#) This could include a mental health counselor, wellbeing coach, faculty member from a specific academic department, career coach, or another student.

## RELEVANT RESOURCES

**Cultivating Connections - The Current State of Social Capital in College and Career Pathways:** In [this report from the Education Strategy Group](#) (May 2024), get insights into the importance of relationship-building for students to unlock future opportunities and tips for education leaders around helping students build the social capital they need.

**The Surprising Benefits of Just Reaching Out:** Sometimes just sending a quick text or email to check-in with someone is all you need to do in order to build the relationship. [Read this article](#) from the *Chronicle of Evidence-Based Mentoring* to learn the unexpected positive effects of simply reaching out.

**How to Prepare for a Mentoring Conversation:** Whether you're in the role of mentor or mentee, it's important to prepare ahead of time for intentional mentoring conversations. In [this piece](#) by AVP Allison McWilliams for *Psychology Today*, learn about the 4 P's and how to use them for your next mentor/mentee meeting.

**Students' Best Practice Guide to Building Relationships:** Share this [Best Practice Guide to Building Relationships](#) with your students to help them consider how to build and enter into relationships during their time at Wake Forest.

**COREFour Mentoring Skills Materials:** As a reminder, we created [this Google Drive folder](#) as a resource for you to download printable materials for your office as well as ready-to-use email newsletter and social media content.

**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.

## DEACON SPOTLIGHT



Alumna **Holly Tyrrell Kitchin ('12)** works as a Research and Grants Manager at Degnon Associates, Inc. in Washington, DC. In [this Deacon Spotlight profile](#), Holly reflects on the impact of mentorship during her time at Wake Forest and beyond:

*"During undergrad, I worked in Debbie Best's lab in the Psychology Department – She was (and still is!) an amazing mentor and friend. Her expertise and guidance truly spurred my next steps post-graduation and beyond...Debbie was there for me when I was struggling through grad school and we've continued to check-in with each other ever since. I can't emphasize this enough – find your people! They are the ones who will see in you what you struggle to see in yourself and continue to support you when you feel like you are floundering. And then, pass it on."*

## RELEVANT EVENTS

### **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.

### **Out of the Forest | Year One 101: Key Skills for Life After Wake**

Interested in providing your graduating seniors an overview of key skills they'll need in their lives after Wake? Reach out to [Maggie Kuhn](#) for more information about bringing our new, 60-minute seminar course to your students!