



MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

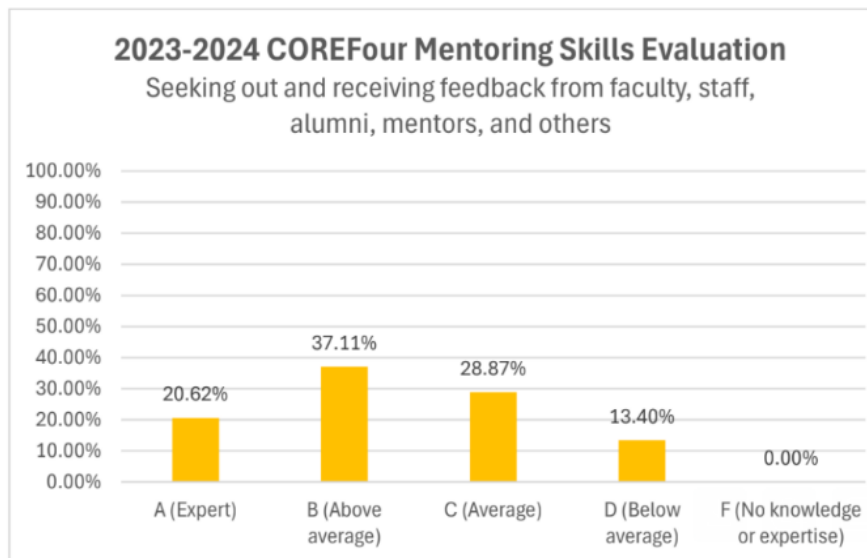
November 2024: Mentoring Partners

Mentoring Partners Newsletter: *A monthly overview of timely tips, resources, and relevant events to support formal and informal mentoring at Wake Forest. For November, we're focusing on the COREFour Mentoring Skill of **Seeking Feedback**.*

SURVEY SAYS...

Do Wake Forest students feel confident in their ability to **seek out feedback**? 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 "Seek out and receive feedback from faculty, staff, alumni, mentors, and others."



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

- Provide students with **immediate, objective, and specific feedback** after a project, assignment, or presentation. This could be in an academic, extracurricular, or employment setting. What did they do well? What are 1-2 areas of improvement? How can they apply this knowledge moving forward?

- Create **structured experiences where students can practice both giving and receiving feedback** from their peers. Whether it's through a classroom project, as leaders of student organizations, or teammates on a sports team, identify specific opportunities to build in feedback moments.
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RELEVANT RESOURCES

Guiding Students Through Meaningful Feedback: In [this piece from *Inside Higher Ed*](#), learn 3 tips for giving feedback to students along with various methods for delivering feedback, particularly in a classroom setting.

Gen Z Workers Can Take Criticism. You're Just Phrasing It Wrong: [This article from *The Washington Post*](#) takes a look at young professionals from Gen Z and their desire for feedback, especially at work. "...Gen Z also expects feedback to be immediate. Even when it comes to watching their favorite TV shows, they're used to getting content instantaneously..."

The Right Way to Process Feedback: Effective feedback takes place through intentional conversations and encourages the listener to reflect on what they're hearing and learning. [Check out this piece from *Harvard Business Review*](#) to learn about 6 ways to process feedback and implement changes as a result.

Best Practices to Seek Feedback: [Download our guide](#) to help students learn how to practice asking for feedback throughout their time at Wake Forest.

Culturally Responsive Mentoring Webinar: Check out [this webinar](#) led by Psychologist, Assistant Professor at the University of Richmond, and Wake Forest alumna [Janelle S. Peifer](#) ('10) which discusses culturally responsive techniques for mentoring college students, including concrete takeaways for implementing more inclusive practices, particularly for supporting students from historically underrepresented communities.

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

[Jordan Monaghan \('17\)](#), Deputy Communications Director at North Carolina Office of the Governor in Raleigh, NC

"Be open to feedback and new ideas in all areas of your life! That includes talking about these kind of things (finances, health, values) with your friends, family, and loved ones to hear the ways in which they've grown and thrived throughout their life and being open to trying new

things. And most importantly, don't be too hard on yourself — you're not SUPPOSED to have it all figured out right out of the gate. Otherwise, life would be too easy! Everything — especially personal growth and development — takes time."

RELEVANT EVENTS

Mentoring Skills Training for Mentors and/or Mentees

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

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!

Introductory Mentoring Skills Online Certificate Course | Register by January 24th (course available Feb 1 - March 1, 2025)

This self-paced course is designed as an introduction to skills and strategies used by effective mentors and mentees. At the end of this course, you should be better equipped with the language and tools for engaging in mentoring relationships and conversations both personally and professionally. Open to all WFU students, faculty, staff, and administrators.

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](#)*