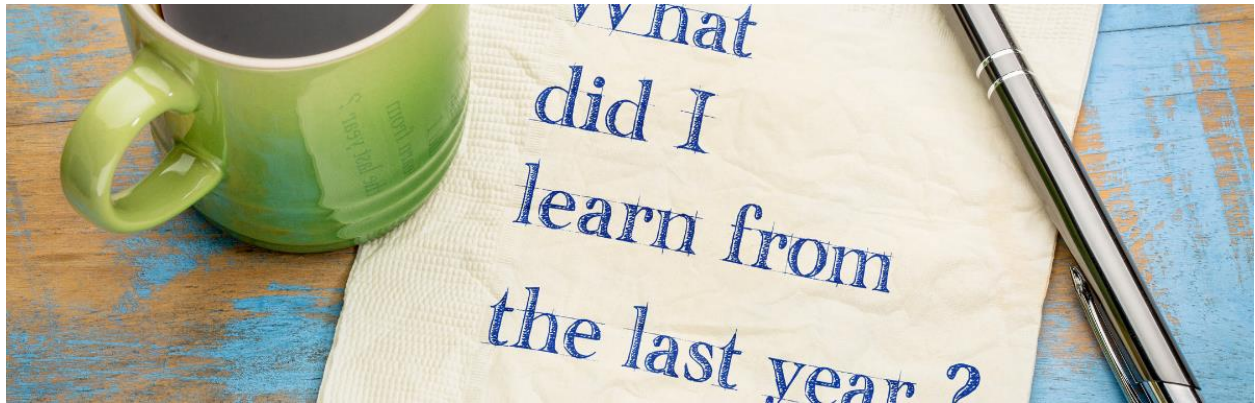




MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY



December 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 December, we're focusing on the COREFour Mentoring Skill of **Practicing Reflection**.

SAVE THE DATE: Spring 2025 Mentoring Partners Breakfast Meeting!

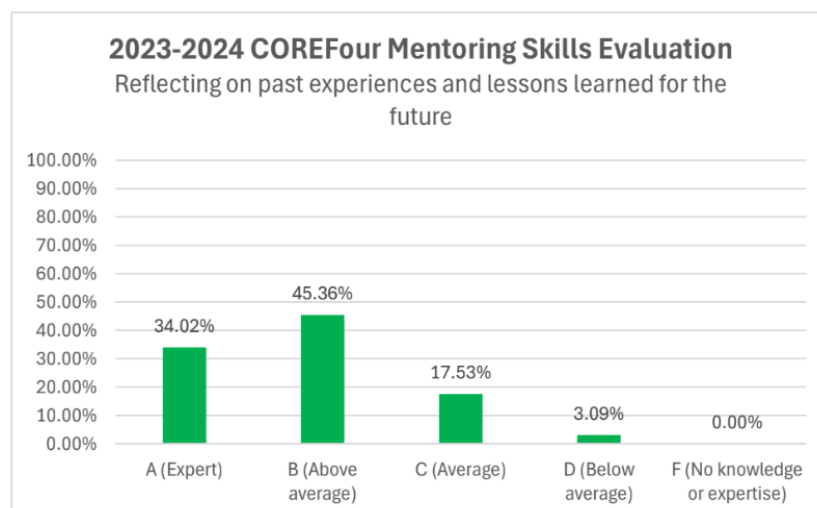
Thursday, January 30, 2025, 8:30-10:00am in Benson 410 (not 401!)

Details to come in a Google calendar invite where you can *indicate your availability to attend*. Join us for a hot breakfast buffet as we learn from the First in the Forest staff members about supporting the needs of first generation students.

SURVEY SAYS...

Do Wake Forest students feel confident in their ability to **practice reflection**? 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 each of the COREFour Mentoring Skills. Here's what they self-reported on their ability to "Reflect on past experiences and lessons learned for the future."



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

- Include **reflective exercises (written or verbal) in academic courses or extracurricular experiences**. The end of a semester is a natural time to ask students to reflect on what they've learned and what will they do differently moving into the spring semester.
- Use your time in **1-on-1 conversations with students to ask "[What, So What, Now What](#)"** (What happened? How do you feel about what happened? Now what will you do with what you've learned?) to help them reflect on their fall semester. You could also provide your own reflections around how you've seen the student grow, develop, and learn.

RELEVANT RESOURCES

Enhancing Reflective Practices with AI: Leticia Britos Cavagnaro, adjunct professor at the Stanford University Hasso Plattner Institute of Design, [shares about a new AI tool](#) called Riff that she created to help people get better at reflection. You can also check out [this presentation](#) she gave on how AI tools can enhance reflection through prompting deeper thinking and by analyzing reflections for common themes and insights.

Seek Out Feedback and Reflect on Major/Minor Options: Many sophomore students are anticipating the spring semester when they will be able to declare their major(s) and minor(s). [Use this resource](#), which includes specific reflection questions around academic interests, to help students navigate this big upcoming decision.

Reflecting on Study Abroad Experience: We know that a large number of Wake Forest students will be returning home from their fall semester study abroad experiences. Check out [these six helpful reflection questions](#) that students can consider as they transition back home and prepare for the spring semester.

Best Practices to Practice Reflection: [Download our guide](#) to help students learn why reflection is so important and how to integrate reflective practices into their time at Wake Forest.

COREFour Mentoring Skills Materials: Help us educate students around the COREFour Mentoring Skills! [Use this document](#) that we created for campus offices with pre-made content and media images to use in your communications to students. Simply click on the suggested monthly content items and download what you want to use.



ALUMNI DEACON SPOTLIGHT

Kaley Vontz ('21), Operation New Hope, Community Engagement Manager in Jacksonville, FL

"I can confidently say that every professor I had at Wake Forest taught me things beyond the classroom, even if they didn't know it. While taking journalism classes, I learned the importance of justly telling people's unheard stories without speaking above them. This inspired my desire to work for a nonprofit and find ways to make an impact that goes beyond my lifetime.

I was largely inspired by Professor Justin Catanoso, who truly practices what he preaches. He showed me the importance of integrity and maintaining what is important to you – a guiding truth in my own personal and professional development. "

RELEVANT EVENTS

Young Alumni Mentoring Groups and New Manager Mentoring Groups | Register by December 6th to Participate

Do you know any undergraduate college alumni from the classes of 2020-2023? Encourage them to register for our [2025 Young Alumni Mentoring Groups](#)! These will be in-person in Charlotte and New York City, along with a virtual/Zoom group option. We are also offering [New Manager Mentoring Groups](#) in Atlanta, New York City, and virtual/Zoom for Wake Forest alumni stepping into new management roles or aspiring to leadership positions. Space is limited!

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. **Free and open to all WFU students, faculty, staff, and alumni.**

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.

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!

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](#)*
