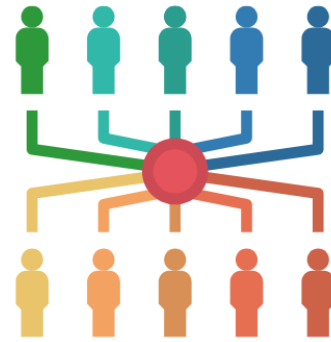




MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY

national mentoring month 2025



January 2025: Mentoring Partners

Mentoring Partners Newsletter: *A monthly overview of timely tips, resources, and relevant events to support formal and informal mentoring at Wake Forest. Throughout January, we're celebrating [National Mentoring Month 2025](#)!*

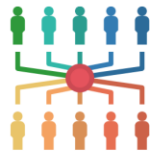
NATIONAL MENTORING MONTH 2025: INVEST - BUILDING SOCIAL CAPITAL

We hope that you'll join us in celebrating **National Mentoring Month** throughout January 2025 – a time to recommit to one another as a campus community and to consider how we can better support, encourage, and build relationships with each other through mentoring.

Our focus for this year's National Mentoring Month is on **how to intentionally invest in relationships and build social capital**. Check out our [NMM 2025 webpage](#) for more information and resources for students, including:

- [A short webinar](#) on networking vs. relationship building
- *Tips for students on how to invest and deposit into relationships during their time in college*
- *COREFour Guide of [Best Practices to Build Relationships](#)*
- [Sample LinkedIn post and email template for students](#) on how to stay in touch with their network of connections
- *Alumni reflections on the value of building social capital*

Please share our [National Mentoring Month 2025 webpage and resources](#) with your colleagues and students! In fact, we've already created a folder of pre-made digital images for you to include in email newsletters and use for social media posts. [Access this folder here.](#) Below are some examples of the images available.



what is social capital and why do you need it?

Social capital is essentially the network of relationships and connections that you have formed with people by building mutual trust, sharing resources and information, and establishing goodwill.

- **85%** of jobs are landed through connections
- **55%** of college grads say they met one of their closest friends in college
- Highly connected employees in the workplace experience **92%** more professional growth than their peers



how can you invest & deposit into relationships now?

- **Time** - Be present and show up for others.
- **Talent or expertise** - Share your skills & talents.
- **Trust** - Show up on time, follow through on your commitments, and maintain confidentiality.
- **Communication** - Take the time to check-in with people via text, email, or a quick message.
- **Reciprocity** - Don't just be a taker. Identify ways to help and contribute to others.

ALUMNI REFLECTIONS

Read these reflections from Wake Forest alumni about the importance of building relationships and lessons they've learned along the way:



michael hoag ('11)

"...it's all about connections. The most significant factor in my career progression has been networking and building strong connections....Even today, I continue to take on extra work to expand my knowledge and strengthen relationships, balancing it with personal commitments. This combination of networking and going the extra mile has been essential to my career development."



elise jones ('19, MSM '20)

"One of the important things is to make sure you contribute to the communities you're in too. This can be as simple and quick as sharing an article you saw or just sharing some encouragement. Actively participating creates stronger connections and reciprocity."



brian li ('03)

"Networking isn't just about building a list of contacts; it's about fostering meaningful relationships based on trust, mutual respect, and shared values. By staying true to yourself, acting with integrity, and focusing on the well-being of others, the networking journey becomes not only enriching but also fulfilling."

RELEVANT EVENTS

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](#)

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