



## February 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 the month of February, we're focused on the COREFour Mentoring Skill of **Setting Goals**.*

### **SETTING GOALS: WHERE DO YOU WANT TO BE THAT IS DIFFERENT THAN WHERE YOU ARE NOW?**

Let's be honest, most students don't sit down at the beginning of a new semester and write out intentional SMART goals to guide them throughout the months ahead. But, if you were to ask a student the simple question of what they want to change or do differently than they are currently, you'll likely get a quick answer.

Some students might say they want certainty around where they'll be living in the summer and have locked down a full-time job or internship. Other students might hope to land that student leadership role that they've been working towards or secure a research spot in a faculty member's lab for next semester. For a first year student, perhaps they just want to make new friends or find the right "fit" socially in a student organization or club.

**Ultimately, these hopes and intentions for the future are goals!**

As you meet and talk with students, encourage them to put these hopes and intentions into actual goal statements along with specific action steps that they can share with a trusted mentor, friend, or advisor for accountability. You can use the process below from our Best Practice Guide to Setting Goals as you guide students in the goal-setting process.



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## RECOMMENDED READS & RESOURCES

**Using AI for Student Goal-Setting and Success?:** The University of Miami's Miller School of Medicine recently launched [a new research project](#) to determine if artificial intelligence coaching can help medical school students set goals, optimize their academic success, and improve their personal wellbeing. If positive outcomes are discovered, the study hopes to serve as a national model for using AI to support student goal-setting and learning.

**Set Goals Like the WNBA's Caitlin Clark:** [This piece from Inc.](#) examines how women's basketball star Caitlin Clark set goals to turn her dreams into a reality - by actually writing down her goals and taking tangible steps towards achieving them. "...you don't need to know how to dribble a basketball to steal her science-backed technique for whatever big goals you have for your own life." (Jessica Stillman, 2024)

**SMART Goals vs. DYB ("Do Your Best") Goals:** According to the *Chronicle of Evidence-Based Mentoring*, a recent study published in *Educational Psychology* found that SMART goals may not always be the best approach to use for goal-setting. Instead, DYM or "do your best" goals that have no specific objective outcome may be more useful, especially when a person is in the exploratory or beginning phase of learning a new skill or experience. [Learn more here.](#)

**First in the Forest:** Many thanks to the [First in the Forest team](#) for sharing about their work with first generation students at our January 30th Mentoring Partners meeting. Know of a first gen student who needs support or help making a connection? Contact [Carol Torres](#) (Assistant Director of First in the Forest) and she will be glad to help! Additionally, check out these opportunities for student financial support that were noted at our meeting: [Summer Experiential Learning Funding](#) (application opens in late March) and the [OPCD's Professional Development Grant and Experiential Learning Stipend](#).

**Download Toolkits and Guides:** Did you know that the Mentoring Resource Center website has [several toolkits and guides](#) to support mentors, mentees, and program coordinators? Log into our password-protected page using your WFU Gmail credentials and start downloading! Explore a few of these resources below:



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## DEACON SPOTLIGHT

Alumna Celia Quillian ('14) works as the Founder of Smart Work AI; author of [AI for Life](#) (book recently published on January 28, 2025); and Associate Director of AI and Growth at Greenlight Financial Technology in Atlanta, Georgia. In [this Deacon Spotlight profile](#), Celia shares about her post-Wake Forest career journey

(from a double major in Theatre and Communications to now working in the AI field) and offers up advice to students around setting goals to learn new skills in preparation for the world of work:



## celia quillian ('14)

"Whether it's creating a project, starting a club, or leading a volunteer initiative, showing that you can have a vision, bring it to life, and see it through is incredibly valuable. Think about what skills or interests you can apply now to create something meaningful and unique—something you're proud to talk about on your resume or in an interview. Additionally, take advantage of the free tools and resources available to build your skill set today, especially if you're interested in tech or marketing. Explore AI tools, experiment with coding platforms, or dive into content creation—whatever aligns with your goals."

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### RELEVANT EVENTS

#### [Out of the Forest | Year One 101 Workshop Series for Class of 2025](#)

Let Seniors know about these five workshops to help them prepare for life after Wake Forest. Topics include: managing life transitions, post-grad success by focusing on strengths, post-college finances, and more! Each workshop lasts 90 minutes, dinner will be provided, and, due to the limited space, registration is required for all five.

#### [Career Programming & Events for Alumni, Students, Faculty, and Staff](#)

The Mentoring Resource Center team also manages the [Alumni Personal & Career Development Center](#). Check out our list of upcoming programs, events, and online courses, many of which are available to alumni, students, faculty, and staff. You can also view student-only career events on the [Office of Personal & Career Development](#) website.

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*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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