



# MENTORING RESOURCE CENTER

WAKE FOREST UNIVERSITY



## April 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. For the month of April, we're focused on the [COREFour Mentoring Skill](#) of **Practicing Reflection**.

### PRACTICE REFLECTION: BECOMING A LIFELONG LEARNER

According to the [World Economic Forum's Future of Jobs Report \(January 2025\)](#), we can expect 170 million new job roles to be created and 92 million roles displaced by 2030 due to technological advances, demographic shifts, and economic changes. As the world of work transforms rapidly, lifelong learning and upskilling have become more important than ever - for each of us individually as higher education professionals and for our students who are preparing to launch into their post-college careers.

In [this recent article from Inc.](#), Harvard instructor and author Carmine Gallo shares why being a learner is such a vital skill: *"Those with a growth mindset are best suited to thrive in new environments because they never stop learning. They see new technology as an opportunity to learn and improve. They view challenges as a natural part of the learning process and are willing to put in the effort to adapt."*

**One simple way that we can all become lifelong learners is to practice reflection.** Practicing reflection helps us connect past experiences to future goals, identify opportunities for growth, and move towards the future with intention.

Our favorite exercise for practicing reflection is called **What? So What? Now What?** Consider how you can use this exercise personally and as you work with students to wrap up their spring semester. Ask these questions at the end of a project, assignment, internship, or academic course:

- **What?** What did you experience/what happened?
- **So what?** How do you feel about what you experienced and what are you learning from it?
- **Now what?** What will you do with what you learned?

Download our [Best Practice Guide to Practicing Reflection](#) and our [COREFour Faculty and Staff Guide](#) for additional resources on this topic.

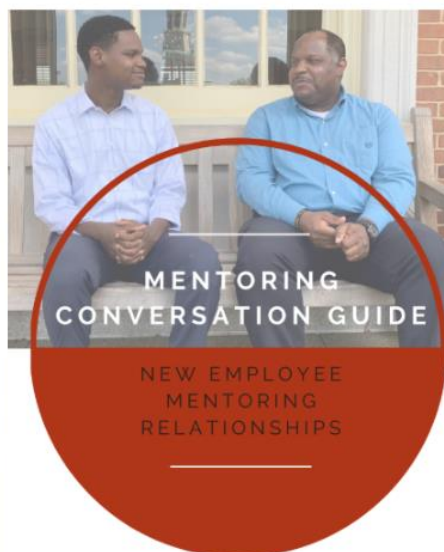
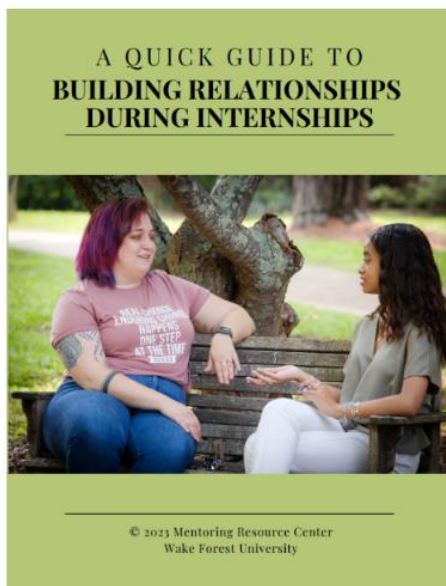
## RECOMMENDED READS & RESOURCES

**Meet Your Younger Self for Coffee:** What if a current TikTok trend could actually help you practice self-reflection? As crazy as it sounds, a poem by Jenna Cecilia started a new viral self-care exercise where you visualize meeting your younger self for coffee, reflect on your past journey, and offer self-compassion. [Learn more here.](#)

**10 Ideas for Reflecting at the End of the School Year:** We've shared this article before, but it's so good that we're sharing it again! Looking for more creative options for reflection? Check out [this piece from the New York Times](#) featuring unique ideas for facilitating reflective practices such as drawing a more/less list, making a playlist of music that sums up an experience, and using data visualization to graph out academic or personal experiences.

**Case Study - Exploring the Use of Regular Reflections in Student Collaboration:** In [this recently published study from Frontiers in Education](#) (March 20, 2025), researchers found that when college students regularly reflected in teams in the classroom that they reported more positive collaborative experiences and felt an increase in psychological safety with their peers. Additionally, this study notes the importance of reflection and collaboration as key competencies for students to develop as they enter the job market.

**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

Alumnus Marshall Shaffer ('15) works as an Associate Director of Paid Social for Ogilvy in New York, NY. In [this Deacon Spotlight profile](#), Marshall describes the constantly changing world of advertising, the skills needed to navigate this career path, and some advice for current Wake Forest students and young alumni:



## marshall shaffer ('15)

"Advertising and the wider marketing/communications space is changing all the time, so any advice about how to enter the industry gets dated fast. What remains constant is that there will always be a need for people who can learn quickly, think intelligently, and connect the dots between the business needs and the ways we can go about achieving it."

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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. This will be our last newsletter for the current academic year. We look forward to being in touch with you all in Fall 2025!*