

OWHE

OREGON WOMEN
IN HIGHER EDUCATION

February 2018

EMPOWERMENT, EQUITY, AND ADVANCEMENT FOR ALL WOMEN IN HIGHER EDUCATION.

Hello, Mutual Mentors!

We are excited to support you in your mentorship journey! Around the 1st of each month, you will receive a newsletter with content that complements the mentorship handbook. Each newsletter will give an overview of the month's handbook activities, conversation topics to discuss, and resources to use. Be sure to check out the [Google Group](#) too!

Monthly Check-in – At least once per month, connect with your mentor. Follow the *Monthly Check-In Guide* in your [handbook](#).

Handbook Activity – This month is all about getting to know your mentorship partner. Flip to the month of February in your handbook and prepare to discuss the listed topics with your mutual mentor.

For those who did not attend the conference: there's a lot to cover in the handbook this month! Don't feel pressured to discuss everything. If you're short on time, identify the most

important things you'd like to discuss during your first meeting. Remember, you and your mentorship partner can meet as often and for as long as you each would like.

For those who attended the conference: Review the discussion questions in the February section of the handbook that haven't been covered already. If you're feeling good about everything, feel free to discuss other conversation topics or share your thoughts about the resources in this newsletter.

Conversation Topics – Establishing a communication plan is key to building a strong mentorship foundation. Consider your preferences and expectations related to mentorship. How often would you like to meet? How would you like to communicate? What is realistic for both you and your mentor? Answering these questions now will help keep communicate consistent and structured.

Happy mentoring!



Resources

Looking for ways to connect with your mentor? [Zoom](#) is a free online tool that can be used for phone and video meetings.

[Skype](#) is another video conferencing tool that's free to use.

This motivating article on [The Importance of Mentorship](#) is a great read for the start of the year.

New to the field of Higher Education? Check out these [professional associations](#) and [online journals](#) related to Higher Ed.

Have a great resource you'd like to share with the group? Let us know! mentorship@owhe.org