

OWHE

OREGON WOMEN
IN HIGHER EDUCATION

March 2018

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

Hello, Mutual Mentors!

This month, we're talking about learning; how we learn, and how we can facilitate learning in others. Why is this important for mentorship? Check out this month's handbook activity and find out!

Monthly Check-in – Begin this month's meeting with the *Monthly Check-In Guide* in your handbook.

Handbook Activity – As a mentee, you have the chance to guide your own learning process and to focus on learning that is meaningful and fits your particular interests. As a mentor, you can help make learning happen by asking questions, listening reflectively, and referring your mentorship partner to resources.

Conversation Topics – As a supplement to the activities in your handbook this month, consider discussing the following questions:

- How have your favorite mentors or teachers supported your learning in the past?
- Do you know what your learning style is?
- In your experience, which factors influence student learning the most?
- Have you been a mentor in the past? If so, what was that like?
- Describe a time when you learned about a new concept that was foreign to you. What helped the learning process?

If you're interested in reading more about the learning process, click on the articles to the right.

Happy mentoring!

-OWHE Director of Professional Advancement



Resources

[Learning How to Learn](#): a free online course available through Coursera.

What is [Micro Learning](#)?

What's your Learning Style? Find out with [this quiz](#).

Three ways to [create an inclusive learning environment](#)

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