



THE UNIVERSITY GRADUATE SCHOOL
THE GRADUATE MENTORING CENTER
Indiana University Bloomington

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Checking In. Dear mentors and mentees, if you have not checked in with each other because... well, life, ... I invite you to use this month to re-discover your relationship with/to each other. Consider having a virtual tea or lunch with each other. Reach out for no other reason than to ask *how is the month going?* Then, listen. Pay attention to silences and responses. Ask each other: *What has changed?* Ask the questions I ask members of the cohort: *In this past year, what has become non-negotiable for you and why? How has your answer changed your expectations of yourself, others, your research? The world around you?*

Midsemester Check-in. If you have been able to meet with one another over the past two months, the next time you meet would be a good time to do a [mid-semester check-in](#). Mentees, now would be great for you to review your [mentoring network](#). *Invitation:* Be honest about whether or not you need changes and where. *(Note. To access the NCFDD site, please create an account through IU's institutional membership.*

Reminders. This month – even before we get to May 25 - we will remember or be reminded of who we have lost, and what we have lost this past year. We will remember or be reminded of how difficult it is has been to take care of ourselves and our families, get groceries, stay healthy, keep up with classes, teach elementary school, write with clarity. We will be reminded that we are still trying to make sense of what has happened. We will breathe, and be reminded how difficult it is to do so. *Invitation:* Spend time away from social media to not be overwhelmed by images and sound of the past year.

Grieving and Mourning. The truth? We've had no time to grieve or mourn, or to recognize we need to do both before moving forward. We may not even know how to do either, one private, the other public. As we emerge from our homes, we may find ourselves uncertain about and unfamiliar with being with other humans. As we re-negotiate what it means to be human with each other, we will grieve and mourn. Our re-meeting each other will remind us what we have lost. It also reminds us that we remain. *Invitation:* Think about what [community](#) means, or to redefine it for yourself, and share this with your mentor or a friend.

Resources. I hope the resources below can help you understand a little more about grief and mourning and, most of all, to know that it is ok to do both, especially now. *Invitation:* If you find this time too much, or need someone to talk to, please contact [CAPS](#) or a [mental health professional](#) for assistance. Links to resources:
[Bereavement and Grief](#)
[CDC: Grief and Loss](#)
[Five Stages of Grief](#) (Kübler-Ross Model)
[The Journey Through Grief: The Six Needs of Mourning](#)

Also, check out [The GMC website](#) for more information about mentoring, contemplative practices, guidelines for dialogues, and resources. Here are an immediate links that might be helpful.

[COVID-19 Resources and Information](#)

[Anti-Racism Resources and Information](#)

[The GMC Newsletters](#), especially [March V3 2020](#) which contains some guidelines for breathing.

As the semester comes to an end, the GMC is working with campus partners on mental health initiatives and mentoring initiatives, including our handbook whose research and writing were delayed due to 2020 events. As you have had to do, we have had to recalibrate everything. We are happy to have piloted training workshops on the stages of mentoring and the contemplative practice of bearing witness as part of mentor-mentee dialogue earlier this semester. Finally, spring means Trailblazer. If you were unable to join us and [Dr. Martinez-Rivera](#) on February 24, I invite you to watch our discussion and to get more information about the series [here](#).

Maria Hamilton Abegunde, Ph.D.
Founding Director