



THE UNIVERSITY GRADUATE SCHOOL

THE GRADUATE MENTORING CENTER

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Dear Graduate Mentoring Center Community,

We hope you are well. Mentoring is an ongoing process with many components. The newsletter, in addition to the usual announcements, will highlight some key practices, strategies, and research that you may find useful and to which you can always refer when needed.

We start this October by reminding you to create an account with the [National Center for Faculty Development and Diversity \(NCFDD\)](#). IU has an institutional membership which is available for free to you.

In this newsletter, create (or update) your semester plan, complete a mentoring map, and learn about mentoring episodes.

October: Transiting Between with Your Semester Plan

October is a month of transition. It is the month we begin to see what is working, and where we need to put in more or less effort to move forward on what we want to accomplish. With this in mind, we'd like to invite you to schedule 30 minutes during the week to reflect on your semester so far.

After you do this, check-in with yourself.

Do you have a semester plan? If not, check out [NCFDD's resource](#) to create one.

If you do have one, ask yourself: How much have I accomplished?

Acknowledge what you have done, and then celebrate. Afterward, review what you have left to do. Is your timeline realistic? Do you need to revise your plan?

October is also a month that we start asking how long before break? Change and transition (from the weather to our writing) can take a toll on us. We'd like to invite you, then, to schedule at least 20 minutes a day to be still, breathe, and appreciate the people and things that give you joy. Rest is important as we move into the holiday seasons and mid- and final semester deadlines.

What's Happening at The GMC in October?

- Sitting for Peace: Friday's 11 am – Noon, NMBCC, A221
- [Writing groups](#): Virtually (Monday's and Thursday's) and face-to-face (Wednesday's)
- Imposter Syndrome: Am I Who I Say I Am? (for Maurer Law School Students)
- Mentoring Cohort Meetings

Other Events Happening at IU that May Interest You

- [Researching the Margins: Conducting Qualitative Research in Quantitative Fields](#) (Register by October 31st)
- [GPSG Travel Awards](#) (Deadline: October 25th)
- [Future Faculty Teaching Fellowship](#) (Deadline: October 25th)
- [Thriving in Grad School Series offered by Scholars' Commons](#)

We look forward to seeing you at future events.

Maria Hamilton Abegunde, Ph.D.
Director

October 2019

Great Mentoring Creates Relationships

Mentoring Episodes for Graduate Students

By Jennifer Park

Starting a new semester for graduate students is a challenge in adjusting to

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mentoring program to engage in high-quality interactions. You can talk to people that you feel comfortable talking to and share your situation. Research shows that high-quality interaction that occurs short-term, e.g., 5-10 minutes, can be of great help for a person in need of assistance during critical times in their career.

Fletcher and Ragins (2007) define mentoring episodes as short-term developmental high-quality interactions in mentoring relationships. They explain that while all mentoring relationships include mentoring episodes, individuals can experience mentoring episodes without being formally involved in a mentoring relationship. As mentoring episodes increase, continue, and repeat between individuals, they become mentoring relationships (Ragins, 2016).

Relational mentoring episodes are short-term developmental interactions that occur at a specific point in time (Allen & Poteet, 2011). For example, at critical points when graduate students are experiencing difficulties with a new environment or on a project, mentoring at the right time can promote their engagement in high quality mentoring episodes.

Is there a specific issue with which you need help at this time? If you review your [mentoring map](#), who might you approach for assistance? Have you identified how they could help you? Or, do you have a set of talking points that may help you clarify what you need most? Whatever your response, remember that mentors are here to help you.



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