

ACE LINKS

ACE Mentoring Program Quarterly Newsletter



Reflecting on this past year

As this academic year comes to a close, we invite you to think about how the mentoring relationship may have contributed to your growth and learning. Perhaps your mentor or mentee planted a seed, or challenged you to identify your strengths. Did sharing your experiences shed light on you in any way? We hope you will continue to seek opportunities for mentorship, whether as a mentor, mentee, or both. On behalf of the ACE Mentoring Committee, we thank you deeply for your engagement this year. May the rest of the year bring you great reflection, growth, and healing, and learning.

A blurred background image featuring a Buddha statue on the right and a hand holding a pen on the left. Overlaid on this background is the text "Check-in" in a large, cursive script, and "WITH YOURSELF" in a smaller, bold, sans-serif font below it.

Check-in
WITH YOURSELF

- What are my strengths?
- How have I addressed challenges?
- Have I celebrated myself this year?
- What do I want my life to look like?
- What does success mean to me?
- How do I want to make others feel? What impact do I wish to have on others?

CONVERSATION STARTER

**A FRIENDLY REMINDER TO
CHECK-IN WITH YOUR
MENTOR/MENTEE!**

WHAT ARE YOU MOST PROUD OF
ACCOMPLISHING THIS YEAR?

“The journey into self-love and self-acceptance must begin with self-examination... until you take the journey of self-reflection, it is almost impossible to grow or learn in life.” – Iyanla Vanzant

*Stay Connected
with ACE*

STAY CONNECTED WITH THE UCLA ADVISING
COMMUNITY BY FOLLOWING **@ACEUCLA** ON
INSTAGRAM!

RESOURCES AND UPCOMING EVENTS

UCLA TEACHING KITCHEN

DEPARTMENTS CAN ALSO
SCHEDULE AN IN
PERSON TEACHING
KITCHEN SESSION!

HAPPINESS BREAK PODCAST

GREATER GOOD
MAGAZINE

ACE TALKS FEATURING ASBEIDY SOLANO

THURSDAY, MAY 25TH
2:00-3:00 PM VIA ZOOM
REGISTER HERE!

ACE PROGRAM RECEPTION IN-PERSON CELEBRATION SAVE THE DATE!

THURSDAY, JUNE 1ST
2:30- 4:00 PM
RSVP TO FOLLOW VIA EMAIL

NOTES FROM THE UNIVERSE

If you are looking for some daily inspiration and love, sign up to receive Notes from the Universe.

ACE MENTORING COMMITTEE

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Alina Avila
Social Media Guru and ACE Links Co-Editor

Interested in the ACE
Mentoring Program?
Have an event or resource
you would like to share in a
future issue of *ACE Links*?

Email ace@college.ucla.edu
for more information!