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.

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
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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!