

# ACE LINKS

*ACE Mentoring Program Quarterly Newsletter*



## Renewing or Rekindling a Mentorship Connection

Time can move very quickly; at times it is fleeting and can feel like it is slipping away. Perhaps it moved so quickly you were not able to form that deep connection for which you were hoping. It absolutely feels magical when a deep connection forms organically; however, it can feel like a great deal of pressure when our expectations don't always meet our reality. We invite you to celebrate your strong connections and to give yourselves grace if you are still working on those bonds. A mentor/mentee relationship can simply be about fostering growth, identifying goals, and helping you clarify your next steps. Although there isn't much time remaining in the academic year, there is still time to reflect, refresh, and reconnect with each other.



### We invite you to pause and reflect

- Why did you apply to participate in the mentoring program?
- What have you gained from the mentoring relationship, thus far?
- What would a recommitment to this relationship mean for you?
- What thoughts come to mind as you focus on the journey versus setting or achieving specific goals in the time left?
- Are you setting too ambitious of expectations for your mentoring relationship? Consider reimagining your expectations to celebrate your growth.

Mentorship isn't a shortcut to intimacy - it's a scaffold for growth and learning

*-unknown*

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



## CONVERSATION STARTER

Share at least one way in which your role in this mentoring relationship can be improved.

Share at least one thing that you uniquely contribute to this mentoring relationship by just being you.

What is one thing you can commit to doing together by the end of summer?

Stay  
Connected  
with ACE



## RESOURCES AND UPCOMING EVENTS

### ACE Mentoring Community Dialogue

How to Leverage Support from our Mentoring Community during Challenging Times

**Thursday, May 29th**

2:00-3:00pm

**Zoom link to follow!**

### ACE End of Year Luncheon

**Tuesday, June 17th**

12:00-1:30pm

Hershey Hall Salon

**Save the date!**

## UCLA HEALTHY CAMPUS INITIATIVE

**SEMEL INSTITUTE**  
LIVE WELL INITIATIVES

**MINDFULNESS PRACTICES**  
MINDFUL AWARENESS RESEARCH CENTER  
(MARC).

## ACE MENTORING COMMITTEE

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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](mailto:ace@college.ucla.edu) for more information!