

QCC Mentoring December Area of Focus: Self Care and Mindfulness

Although December can be a busy month, we ask Mentors and Mentees to take a moment during the December Mentoring Session, and reflect on the Fall Semester, as it comes to an end. Some topics to discuss:

- 1) Can we identify a positive aspect of the Fall Semester? What went well?
- 2) Did the Fall Semester go as planned? Were you able to meet the goals you set in the beginning of the year?
- 3) If something did not go as planned- What was the cause? How could we work to improve that in the future?

Finals, new course registration, and the Holiday Season all can be very stressful! It is hard to find time to take care of ourselves. The page below has a Self-Care Assessment. Both the Mentor and the Mentee can go through this assessment, and identify some strategies that you can try to use throughout the month of December, and for the remainder of the academic year. You can each fill out a worksheet, and compare Self-Care Strategies you will try to use for the upcoming semester.

Don't forget about our December 12th pick up Basketball session, and our Spring Kick Off on January 23rd 2020!