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## Happy Monday!

We all hope that you all have been able to enjoy the lovely fall leaves as we near the last bits of autumn.

### Important Information

Nicki and I received some feedback from QuiAnne' Holmes who guided the mentee cohort in a wellness workshop for their November Meeting. We wanted to pass along QuiAnne's two main takeaways so that you all can be mindful of these as you further your relationships with your mentees and mentorship groups. Feel free to find ways to work the following concerns in with how you engage with your mentee or construct the dynamic of your mentorship groups.

#### Areas to focus with mentee cohort further:

1. Ways to strengthen community or find/build strong communities;
2. Intellectual wellness - finding intellectual stimulus outside of academics that help explore new skills and improve well-roundedness

### Be Featured in the Mentee Cohort Newsletter!

In the CAIRNS mentee newsletter, we are hoping to continue to feature you all each week and help the cohort get to know you all better. If you are interested in being featured, [you can fill out this survey](#) (should take less than 5 minutes)!

**Have comments or feedback? You can send us [anonymous feedback here](#)!**



The Nicholas Institute has a [calendar full of events](#) for the upcoming semester! Check out these happening this week:

*Sadly, no open events this week from the Nicholas Institute. Feel free to share events you believe the mentor cohort would be interested in by emailing them to [meilin.chan@duke.edu](mailto:meilin.chan@duke.edu)*

**Have a wonderful rest of your week!**

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