Micro-Affirmations in Tutoring and Mentoring
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- Micro-affirmations are small acts in the workplace fostering inclusion, listening, comfort, and support for people who may feel isolated or invisible in an environment.

- What are the subtle verbal and nonverbal environmental cues service providers can employ to convey to students that they are welcome, visible and capable of doing well?

Micro-Affirmations in Practice:
- Appreciative Inquiry
- Recognizing and validating experiences
- Affirming feelings
- Reinforcing and rewarding positive behaviors

Examples of Micro-affirmations:
- “I’m glad you’re here.”
- “Coming today was a good first step.”
- “I see you are making progress in this area.”
- “I’m concerned about you.”
- “I know this is difficult for you...”
- “I understand that you are frustrated...”
- “Have you thought about using this resource? Many find this resource helpful...”
- “Have you considered participating in this opportunity/program...?”
- “I see that you feel good about this and it is a great accomplishment...”

Source: Rowe (2008); Kuh, Kinzie, Schuh & Witt (2005); Pascarella & Terenzini (1991)