


Questions about...

- Succeeding in high school?
- Post-secondary?
- Life after high school?
- How to adult?
- Careers?

**...a mentor
can help!**


Get matched with an eMentor!

Students, Join eMentoring!




Any place, any time

- Chat with your mentor online
- Send messages whenever you want--no scheduling meetings!



Personalized advice:


- About post-secondary, careers, how to adult, & more
- From someone who is living it



Your mentor:

- A student in post-secondary
- Matched based on stuff you have in common

Info for Parents:




Safe and Secure

- No sharing personal info
- Conversations regularly monitored



The Best Mentors

- From diverse backgrounds
- Complete training
- Must pass background check



Aim High!

- Mentors show students what they're capable of--because they're living it!

Join us:

www.ementoringbc.com

e.mentoring@ubc.ca | (604) 827-4197

[@ruralementoring](https://www.instagram.com/ruralementoring)

Sponsored by:



About Rural eMentoring BC

What is eMentoring?

eMentoring is an online mentoring program for rural teens. Any high school student residing outside the metro Vancouver, Victoria and Kelowna areas is eligible to be a mentee.

- Your mentor:
 - Mentors are post secondary students in a variety of programs throughout BC.
 - They are your near-peers (they are young adults) so they have been in your shoes recently—and they're not authority figures like parents or teachers.
 - We try to match you to your mentor based on stuff you have in common.
- Talking to your mentor
 - You and your mentor write messages to each other using our online platform.
 - It's not like instant messaging, so you can send messages whenever you want and your mentor will respond within 3 days.
- What do you talk about?
 - You can choose from 12 themed modules, called "Conversations", to work on with your mentor. Topics include careers, applying for jobs, post secondary, well being, overcoming obstacles, finding your sense of place, and much more.
 - Choose the number of Conversations to work on, and the order to work on them.
- Time commitment:
 - We ask that you logon to eMentoring at least twice a week.
 - It's okay to take a break! We understand that illness, vacation, and exams happen. Just tell your teacher and especially your mentor—so they don't think you ghosted them.

Why should you sign up?

Have you always wondered who you can talk to about your future? Well in this program mentors are there to answer questions; from how to navigate through high school, what college or university is like, how to decide on career training, to how to take care of yourself or build good study habits. So even if you're not planning on attending post secondary, you'll still have plenty to talk about. Mentors share their experiences, good and bad, to spell out the realities of being a young adult.

Mentors invest time into building a trusting relationship with you, so they can give you personalized feedback and support. They will share their experiences and perspective with you in hopes of better preparing you for your own journey. Their takes will be different, but relatable to yours, and you can decide what advice to integrate into your own life.

At eMentoring, safety, security, and privacy are our primary concern:

- Conversations are regularly monitored by the eMentoring staff.
- Participants are not allowed to communicate outside the online platform.
- We prohibit sharing of personal information, including email, social media handles, phone numbers.
- Mentors are vetted and trained prior to mentoring a student; this includes completing a criminal record check.
- We will contact you if there is anything to be concerned about with your students, including inappropriate behaviour, mental health problems, illegal activities, abuse or neglect, bullying, abusive relationships, etc.
- Our online platform provider, MentorCity, is a Canadian company:
 - All servers are located in Canada
 - They do not rely on ad revenue, and do not sell their members' data to third parties.
 - Read their privacy policy [here](#).
- ReMBC is an initiative of the [Rural Education Action Plan](#), and is run through UBC.

Contact Information:

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