



Rural eMentoring BC:

Program Overview & Purpose

This guide will help you understand what you can expect to get out of your mentoring experience and provides an overview of the program.

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What's the point of this program?

Watch the video or read the text: <https://clipchamp.com/watch/96ufBWuQGdb?>

You are getting ready for the next chapter of your life! This is the time in your life to explore who you are and what you want in life. As exciting as this time is, the transition into adulthood is not always easy. It can be overwhelming and sometimes terrifying, but the good news is that everyone has had to go through this period of growth and change.

With a mentor, you won't be alone during this time! Your mentor can help you think about some of the future situations you might find yourself in and to provide you with a repertoire of tools and resources to help you navigate the ups and downs of your unique journey. They are here to support you with any questions you might have about the transition into adulthood, to share with you their experiences and wisdom they have acquired throughout their own journey. This is the time to ask all of your burning questions!

This is also an opportunity for you to learn from someone different than you - and for your mentor to learn about you and your community! In your future, you will need to work with people from different cultures and backgrounds, and you will also need to create mentoring relationships on your own. This is an opportunity to practice, make mistakes and learn how to develop these types of relationships without any of the negative consequences that might happen in the "real world".

We know it can be hard to be authentic about your hopes and fears when you know someone will be reading your words, but the work you do with your mentor will remain confidential, meaning that no one, except your teacher and the eMentoring staff, will see them unless you choose to share with them. The more you put into this program the more you will get out of it, so be forthcoming and keep an open mind.

What mentoring is and is not

A mentor is an experienced and trusted advisor, friend or guide. In this program, mentors are NOT meant to act as a parent/guardian, teacher, therapist or any other authority figure. Here is what you should – and should not – expect from your mentor:

A mentor's role is to...	A mentor WILL NOT...
Empower mentees based on what they enjoy and are good at.	Focus on their mentee's flaws and failures or try to "fix" them (unless requested).
Expose mentees to new ideas, experiences, options and ways of thinking, and let them choose what to incorporate into their lives.	Tutor mentees or help them with their homework. But they can provide advice on studying and how to succeed in school.
Share their experiences, give advice, and share resources based on their mentees' personal goals.	Assign their mentees a grade for the program or evaluate their mentee in a formal way.
Help mentees plan for the future based on their strengths and passions.	Try to pressure mentees down a path that is not right for them.
Support and encourage their mentees.	Judge their mentees' choices. A mentor will support their mentees' decisions no matter what.
Answer their mentees' questions and act as a sounding board for their ideas.	Get their mentee in trouble. Though mentors are required to report safety concerns.

You can share anything with your mentor without any fear of consequences or judgement. After all, your conversations will be confidential. So, you have absolutely NOTHING TO LOSE – and everything to gain – by participating in this program.

Reasons to have a mentor and what you can gain from mentoring

What you can gain from having a mentor

Watch this video from the University of Melbourne that has university students describe what they have gained from having a mentor. You only need to watch until 3:00.

<https://www.youtube.com/watch?v=WZpVDrGW2cs&t=12s>

Reflect on what these students gained from their mentoring experiences. Notice that what they valued most was not learning about the ins and outs of their fields, but rather gaining confidence, validation, personalized advice and discovering their wider options and potential.

Reasons to have a mentor

You may have joined this program for career and educational advice. While this is a good reason to have a mentor, there is much more to gain from them beyond these things.

Your mentor will have experience with "adulthood", dealing with setbacks, building soft-skills, motivation, goal setting, and much more. They have had experiences that are different than yours and have faced their own challenges, and now they have stories and wisdom to share with you!

So, while we may not be able to match you to a mentor who shares your career interests or goals - especially if you are interested in going into trades or if you are not planning on going to college or university - there is MUCH more to life after high school than your just career. So even if you have very little in common with your mentor, you will still be able to learn from them - or at least get to meet someone new and interesting.

Please watch this video about the reasons to have a mentor. These students are probably a bit younger than you, but their reasons for having a mentor are still valid. You only need to watch until 2:00 <https://www.youtube.com/watch?v=JEbad3WM-Hw>

What are your top 3 reasons for having a mentor?

- | | | |
|--|---|--|
| • Having someone to talk to – about anything! | • Getting advice about meeting your goals | • Improving yourself |
| • Learning new skills | • Getting questions answered | • Learning what to expect in the future |
| • Having someone to bounce ideas off of | • Getting help planning for the future | • Having someone who you can depend on and who believes in you |
| • A connection to a new and interesting person | • Learning from someone different than yourself | • Other _____ |

Program Overview

[Watch the video](#) that explains how the program works, or read the text below.

How the program works:

1. The eMentoring staff will match you to a mentor
2. We will invite you to join our program on our online platform, MentorCity
3. Through MentorCity, you and your match will write messages to each other.
 - These are not instant messages; your mentor will respond within 3 days
4. Your teacher may require, or you may choose, to work through some of our activities.
 - Activities give you something to talk about with your mentor - we know it can be hard to know what to talk about with someone you just met.
 - Activities have background info, usually videos or articles, that your mentor will help you incorporate into your life.
 - Each activity has a different theme that has to do with preparing you for life after high school graduation.

You can think of this program as doing activities with a slightly older pen-pal.

Contact

Have questions about this program or your mentor? Contact us: e.mentoring@ubc.ca