

## ReMBC Monthly Newsletter- October 2023

Welcome to ReMBC's monthly round of updates, where we bring you up to date on what is going on in the program, share exciting events and opportunities, and provide some ongoing training for mentors.

### Program Updates:

- **Support for Indigenous mentees and mentors:** reach out to our new Indigenous Initiatives Manager, Angela: [angela.nash@ubc.ca](mailto:angela.nash@ubc.ca)
- **MentorCity tip:** Do not see your message or attachment? Refresh the page! If you are still having problems, let us know at [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
- **Looking for more resources about schools, careers and mentorship?** Visit the Resources section of MentorCity. Login to your account and click on the "Resources" tab on the left-hand side of the page.

### Events and Opportunities:

- **High school students - Get \$100 to show off your town:** Make a short video, photo journal, or anything else you can think of to show off your town - and we will pay you \$100! We will share what you make with next year's mentors as part of their training. Contact us for more details: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
- **Health Professions Students at UBC:** did you know that you are automatically registered in the [interprofessional health education hub](#)? Find learning, leadership, and scholarship opportunities on this great resource!
- **Interested in learning more about rural healthcare?** Join a [Rural Rounds online session](#). New topic each month.
- **Rural Medicine Conference Sponsorship Opportunities:** The [Rural Education Action Plan \(REAP\)](#) provides sponsorship to UBC medical students and residents to attend [SRPC's Rural & Remote Medicine Conference](#) and/or [RCCbc's Rural Health Conference](#). Apply by January 31<sup>st</sup>, 2024: [www.reapbc.ca/conference](http://www.reapbc.ca/conference) – select "Rural Conferences and Events Sponsorship" once you have logged in to the application platform.
- **Orange Shirt Day at UBC:** September 30 is Orange Shirt Day, a day to honor residential school survivors' healing journeys, coinciding with **National Day for Truth and Reconciliation**. UBC students: get your orange shirts at the [UBC Bookstore](#) or online through the [Museum of Anthropology](#). Indigenous students can pick up free shirts at the [Longhouse](#). Learn more [here](#) about these initiatives and engage in meaningful activities.
- **Big Brothers of Greater Vancouver is looking for volunteer mentors** for their Community Mentorship program across Greater Vancouver, with specific emphasis on volunteers in Surrey! Volunteers meet once per week for 2-4 hours with their mentee and have fun doing what they love for over one year. It can be shooting hoops, playing video game, making art, or simply hanging out! To inquire or get involved visit [BigBrothersVancouver.com/volunteer/inquire](http://BigBrothersVancouver.com/volunteer/inquire).

### Events for Indigenous Mentors/Students

- **In the Midst of Grief, We Are Healing, UBC Campus October 11, 2023, 12:30-2pm:** Indigenous Staff, Faculty and Students are invited to come together for informal conversations, community building and healing as we navigate the ongoing journey of truth, reconciliation, and redress in our communities. Learn More [here](#)
- **Exploring Place: The Indigenous Atlas of Canada Giant Floor Map, UBC Campus October 11, 2023, 10-11:30am:** In this session, participants are encouraged to think

differently about location and place through guided in activities and hands on learning while on walking on and exploring the map. Learn More [here](#)

## Training opportunities for mentors:

- Each month we will feature a different resource designed to help mentors perfect their practice and better support their mentees.
  - This month's feature - getting off on the right foot. Below are some resources for making a good first impression on your mentee:
    - [Mentor Quick Tips for Introductions](#)
    - [ReMBC's guide for milestones in the program](#) - view the "Introductions" section for a refresher. Login to MentorCity to view.
  - Find our full list of mentoring resources in your [Mentor Training and Resources Portal](#) on Mentorcity (login to view).
  - Have an area you need support in? Let us know and we will feature it in an upcoming newsletter (or at the very least we will help you out individually): [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
- Peer-support opportunities for mentors:
  - Email us to join our Mentor Mingle group: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
  - Ask for/give advice in our Mentor Advice Forum [Google doc](#)

Thanks for reading the newsletter. For any questions or concerns, please don't hesitate to reach out to us at: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

Happy mentoring everyone!

The eMentoring Team