

# Rural eMentoring BC



## ReMBC Monthly Newsletter- December 2023

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

### Program Updates:

- **Use of last names:** friendly reminder to refrain from using your last name in your messages to your mentor or mentee.
- **Don't forget to click 'send':** when writing to you mentor/mentee, don't forget to click the 'send' button. This includes when you attach items (pictures, documents, etc.) to your message: click the 'save to your portfolio' button, choose your item, then click the 'send' button.
- If you'd like to discuss your mentoring relationship or have questions/concerns to bring up, you can always email us or make an appointment: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

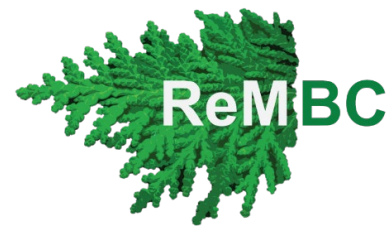
### Events and Opportunities:

- **Mentees and mentors - Get paid to participate in a study about mentorship relationships.** University of Alberta researchers are seeking participants to complete a survey about what mentoring relationship quality means to them. If you'd like to participate or want more information, please email (or have your parent/guardian email) Katie and Nicole at [mentor@ualberta.ca](mailto:mentor@ualberta.ca).
- **Free Virtual Event: Going Rural – Opportunities in Rural Healthcare.** January 23<sup>rd</sup> 5-8pm (Pacific time) online. Learn about careers in rural healthcare, including how to gain admission into health professions programs, what it's like to work in a rural setting, and hear from rural students in health professions programs. High school and college/university students are welcome! [Learn more and register for free here.](#)
- **Shad** is a month-long summer STEAM and entrepreneurship program for grade 10 and 11 students that opens doors to post-secondary pathways. [Learn more and apply here](#) by January 1st
- **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)

### Indigenous Opportunities

Each month we showcase learning opportunities for Indigenous and non-Indigenous mentors and mentees, and events and supports for Indigenous high school and college/university students.

# Rural eMentoring BC



- **VJKF** is a program where Indigenous students in grades 11 and 12 spend one week conducting STEM research at a Canadian University. [Learn more and apply here](#) by December 15<sup>th</sup>.
- **Indigenous Mentors and Mentees:** Get involved with ReMBC's Indigenous initiatives: We invite Indigenous mentors and mentees to help us develop our Indigenous initiatives. You will be compensated for your time and for any other expenses that will help you with this work. If you are interested in joining us, please reach out to our Indigenous Initiatives Manager, Ms. Angela Nash: [angela.nash@ubc.ca](mailto:angela.nash@ubc.ca)
- **UBC's Indigenous Community Holiday Craft Fair:** Dec 7<sup>th</sup> from 3-5pm at Sty-Wet-Tan Great Hall. All are welcome to attend and purchase art and handmade crafts made by Indigenous students, faculty and staff, which include original art pieces, small leather goods, beaded jewelry and accessories, and other exciting wares.
- **UBC .caISES:** Indigenous post-secondary STEM students and Indigenous STEM professionals come together to network, serve the community, and engage in professional development opportunities.
- **Resource Spotlight:** Each month we feature a resource for Indigenous students. Up this month:
  - **UBC's AMS Indigenous Committee:** The Indigenous Committee is the responsible party for maintaining, budgeting and disbursing funds from the Indigenous Students Fund. Many post-secondary schools have committees like this that are dedicated to serving Indigenous students.

## Training opportunities for mentors:

- Each month we'll feature resources on a different mentoring theme to help mentors perfect their practice and better support their mentees.
  - This month's feature – storytelling. Learn why and how you should try it with your mentee:
    - [Mentor Quick Tips for Storytelling](#)
    - [How do you use storytelling and examples to illustrate your points and inspire your mentee?](#) - from LinkedIn
- 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 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 - connect with fellow mentors and exchange experiences and advice: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
  - Seek and offer guidance to your fellow mentors on our Mentor Advice Forum [Google doc](#)

Thanks for reading the newsletter. For any questions or concerns, please reach out to us at [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

Happy mentoring everyone!

The eMentoring Staff