

ReMBC Monthly Newsletter- February 2024

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:

- **Program wrap-up for Hope Secondary and Charles Hays Secondary:**
 - Friendly reminder that you can stay in touch with your mentor! It's not too late to let them know that you want to continue. As long as you are sending them messages on MentorCity, the eMentoring staff will keep your account active.
 - **Survey:** Take our [5 minute survey](#) and be entered into a prize draw to win a \$50 gift card, OR email us (e.mentoring@ubc.ca) to set up an interview and get paid \$50.
 - Nominate your mentor for a **Star Mentor Award!** This award recognizes outstanding and awesome mentors in our program and winners will receive a prize pack. To nominate your mentor: email e.mentoring@ubc.ca with your mentor's name and why they should win the prize by Feb 10th at 11:59pm.
- **Mentors:** Please let us know if you are **unable** to mentor a student next semester. The next semester runs from now until the end of June.

Events and Opportunities:

- **Rural Rounds:** Rural Rounds provides rural healthcare providers with up-to-date and relevant medical education through interactive Zoom presentations – students can drop in to these sessions to get a glimpse of what it's like to be a rural doctor. Sessions are Feb 7, Feb 14, March 14th.
- **Northern Pathways to Healthcare Bursary:** The Northern Pathways to Health Care Program (NP2H) provides financial, academic and career support for UNBC students throughout their 4-year undergraduate program. Eligibility: you must be from northern BC, interested in healthcare careers, and be accepted at, but not yet attending, UNBC. This program was created by UBC Medicine's Northern Medical Program and is funded by the Northern Medical Programs Trust. Apply by April 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
- **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.
- **IDEAL certificate program** – A learning opportunity about Indigenous history, cultural safety and decolonization. This program builds off of [Weaving Relations](#).

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.

- **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
- **Resource Spotlight:** Each month we feature a resource for Indigenous students. Up this month:
 - **UBC Vancouver's Collegia:** Do you self-identify as an Indigenous student at UBC Vancouver? If so, UBCV's two Collegia — UBC Collegia and šxʷta:təxʷəm Collegium — are designed for you to engage with peers and upper-year students to ask questions, learn about resources, and enjoy social events together. First-year Indigenous students are encouraged to participate in UBC Collegia, while Indigenous students at all levels are welcome at šxʷta:təxʷəm Collegium, located at the [Longhouse](#). For more information, email indigenous.collegium@ubc.ca

What to expect:

- Find community: Join small, regular group gatherings to build friendships, ask peers and upper-year students questions, and have fun together at social events.
- Get support from peers: Hear the experiences of upper-level student leaders and learn about study, writing, and exam resources.
- Discover resources and opportunities” Learn about opportunities and student resources, all while building community at university.

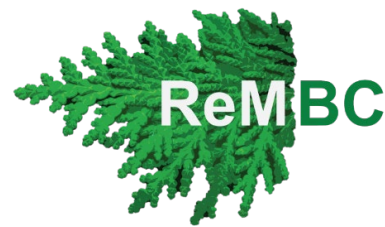
Training opportunities for mentors:

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 – Achieving Casual Tone in Your Messages: Ya'll are WAAAY too formal! Like, seriously, you sound like ChatGPT (that's a bad thing).

- **Why this is bad:** Sounding too formal can really turn off your mentee, and can seriously jeopardize your ability to build trust and get your mentee engaged. For example:
 - If they think you're using ChatGPT, they might question your commitment to them.
 - You don't want reading your messages to feel like just another boring school assignment – working with you is supposed to be a fun break from what your mentee is usually asked to do at school.
 - A more casual tone can help you seem more relatable (and human!) – think of it as speaking their language.
- **Learn how to write more casually:**
 - [Mentor Quick Tips for sounding like a human](#)

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- [Wordstream.com “How to write in conversational tone \(+30 awesome examples\)”](#). This is written for marketing, but it’s a great introduction to formal versus casual tone in writing. Check out the examples, there are lots of them.
- [Inbox Collective “5 tips to write more like a human \(and less like an AI bot\)”](#). Again, written for marketing but has some excellent strategies (“do this, not this”) of how to not sound like AI.
- If you want to learn more about writing for a high school audience, a quick google of “conversational tone in writing” and “how to not write like AI” will turn up some great results.
- 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
- **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
 - 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

Happy mentoring everyone!

The eMentoring Staff