

ReMBC Monthly Newsletter- March 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:

- **Adding pictures:** MentorCity's embed picture feature is currently not working, so **if you would like to add pictures to a message please use the "Save to your portfolio" button**. If you are trying to send multiple pictures, you can paste them all onto a document (like a word document) and then send the document using the "Save to your portfolio" button.
- **Finding messages:** We know that it can sometimes be hard to find the messages that you and your mentor send each other, since sometimes your messages get sent in a different unit. We are working on this, but in the meantime please see [this tutorial](#) for some workarounds.
- **Last names:** Please refrain from using your last name in your messages to your match! We prohibit sharing of personal and identifying information in this program. Review our [privacy policies](#).
- **Mentors:** We need more mentors! Tell your friends to sign up, or please let us know if you can take more than one mentee. Thank you!!!

Events and Opportunities:

- **[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.
- **[Interprofessional Health Case Competition](#):** March 23rd 10am-3pm (PST) UBC Vancouver. Come join students from different healthcare disciplines at UBC in a patient case competition. Teams are provided with acute health case(s), with the goal of developing a collaborative interprofessional person-centred plan of management. Win a \$1000 prize!
- **[Dialogue Day for Anti-Oppression](#):** *Starting on Your Path* is a chance to engage with practical strategies for grounding anti-oppressive strategies in the institutional setting. The

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focus of the Dialogue Day will be to engage in listening and learning, and a community lunch will be provided. Date: Tue, March 12, 2024

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:
 - **Indspire:** is a national Indigenous registered charity that invests in the education of First Nations, Inuit and Métis people for the long-term benefit of these individuals, their families and communities, and Canada.

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 – **Getting focused:** So you and your mentee have gotten to know each other and are having a casual chat – great! Now it's time to get to work. Here are some tips for steering the conversation toward deeper waters.
 - [Mentor Quick Tips for Getting Focused](#)
- 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