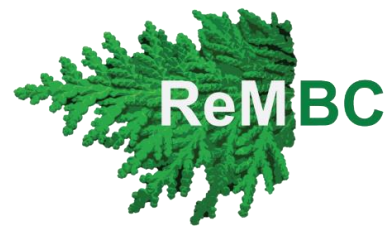


# Rural eMentoring BC



## ReMBC Monthly Newsletter- April 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:

- Try out our new user interface and win \$50! [Watch the video](#) or [read the tutorial](#) to learn how.
- **Completing units: instructions for mentees.** This program is all about discussing topics with your mentor! It's not enough to just review the background info – use the 'send message' box to write what you think about the background info and to answer the discussion prompts and ask your mentor questions.

### Events and Opportunities:

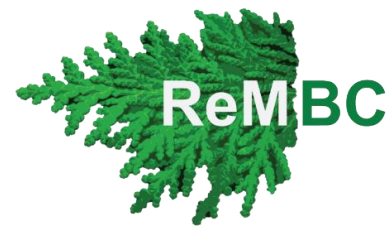
- **High school students - Get \$100 to show off your town:** Make a short video, photo journal, or anything else you can think of to show off your town - and we will pay you \$100! We will share what you make with next year's mentors as part of their training. Contact us for more details: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
- **Rural Rounds:** Get a glimpse of what it's like to be a rural doctor. Students can drop into Rural Rounds sessions, which provide rural healthcare providers with up-to-date and relevant medical education through interactive Zoom presentations. Sessions are April 4<sup>th</sup>, April 12<sup>th</sup>, May 16<sup>th</sup>, May 24<sup>th</sup> and June 6<sup>th</sup>

### 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](mailto:angela.nash@ubc.ca)
- **UBC's Summer Science Program:** A one-week cultural, health and science program at UBC for Indigenous students in grades 9-12. Apply by May 1st – *please let us know if you are accepted, we may be able to provide financial help to high school students in need.*
  - Grades 11-12: June 30 - July 6
  - Grades 9-10: July 7 - July 13
  - Mentors: volunteers are needed! Email [summer.science@ubc.ca](mailto:summer.science@ubc.ca)
- Job and volunteer opportunities
  - [Indigenous Youth Internship Program](#)
  - [Graduate Academic Assistant – UPROOT Team](#)
  - [Unlearning & Undoing Lab – Student Opportunity](#)

# Rural eMentoring BC



- [Facilitator for UBC 23 24 Indigenous Cultural Safety Program](#)
- [Seminar: Storytelling MMIWG2S & Extraction](#): April 19<sup>th</sup> 1-2pm UBC campus
- **Resource Spotlight:** Each month we feature a resource for Indigenous students. Up this month:
  - VISE (Virtual Indigenous Science Experience) was created in 2020 to replace UBC's Summer Science Program in response to the COVID-19 pandemic. Though the Summer Science Program is back in-person and VISE is no longer running, [this summary of what the program accomplished](#) gives you a taste of what VISE and Summer Science Program are all about, and has a great list of resources for Indigenous students interested in science, technology, engineering, math and healthcare.

## Training opportunities for mentors:

Reminder: You are required to respond to your mentee within 3 days - regardless of how your mentee is participating. If you are going to be unable to respond to your mentee within the 3 day requirement, please send them a quick message informing them of the situation. That way your mentee won't think you ghosted them, and the eMentoring staff won't bug you about not responding.

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 – **It's okay to say 'I don't know'**.
  - High school students value authenticity and honesty. Admitting you don't know something, or have all the answers, makes you human – what really matters is the effort you put into finding the answers.
  - Mentor Quick Tips: [How to say 'I don't know' productively](#)
- 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