# Guide for supporting individual students

**Why?** You are a devoted educator who is looking for ways to connect your students to supports. Mentoring has been shown to support students in a variety of situations. Moreover, adding mentors to students' already existing networks of support has been shown to increase positive outcomes in youth. Our mentors are happy to fill whatever role you need them to, and the staff at eMentoring is equally happy to support you connect your students to mentorship opportunities.

**How does it work?**
Recruit students who you think would benefit from the program and help them participate.
- **Who should you recruit?** We are happy to support any students who you think could benefit from having a mentor. For example:
    - Students who are having social issues: mentors can help them navigate the complexity of high school relationships.
    - Students who need to work on their communication skills: our mentoring program is low-pressure, low-stakes. Students can practice and make mistakes consequence free.
    - Students who lack motivation or who could use a positive role-model: mentors can show students their options and help them realize what they are capable of.
    - High achieving students who are looking for an extra advantage: most of our mentors are post-secondary students and many are high achievers themselves. They can help students get to the next thing and know what to expect when they get there.
    - If for some reason we feel we cannot support a student, we have friends in other mentoring programs who we can refer the student to.

**What's your role?** Help students access and engage with the program:
- Ensure students have access to an internet-connected computer or device one or more times per week for at least 30 minutes to an hour. For example, help arrange for them to use the computer lab or borrow a device from the school on certain days of the week.
- Connect regularly with the students to check-in and ensure that they are progressing. You will likely need to be very persistent, as students often have find it challenging to make time for the program, and some students might not see its value. The eMentoring staff will help with this by providing progress reports every two weeks (or at the frequency of your choosing).
- Be the point-of-contact person who the eMentoring staff could reach out to if students are experiencing issues.

**How do you get your students involved?**
- Think about which students you want to involve in the program, and how you envision mentors supporting their needs.
    - Consider creating an eMentoring club: convene all students in the program for 30 minutes once a week (for example) to connect with their mentors.
- Reach out to the eMentoring staff at [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca) and tell us what you envision. We will make it happen! Specifically, we will:
    - Get students registered for the program and set up with MentorCity accounts.
    - Find mentors for the students.
    - Arrange logistics around communication – for example, monitoring students' activities on MentorCity, setting up safe and secure Zoom calls, etc.

For more information about how our one-on-one mentoring program works, please see our One-on-one program guide for educators on [our website](our website).

Thank you for considering our mentors as part of your students' support networks! We truly value all the work that you do for your students, and hope that our mentors can be a useful resource.