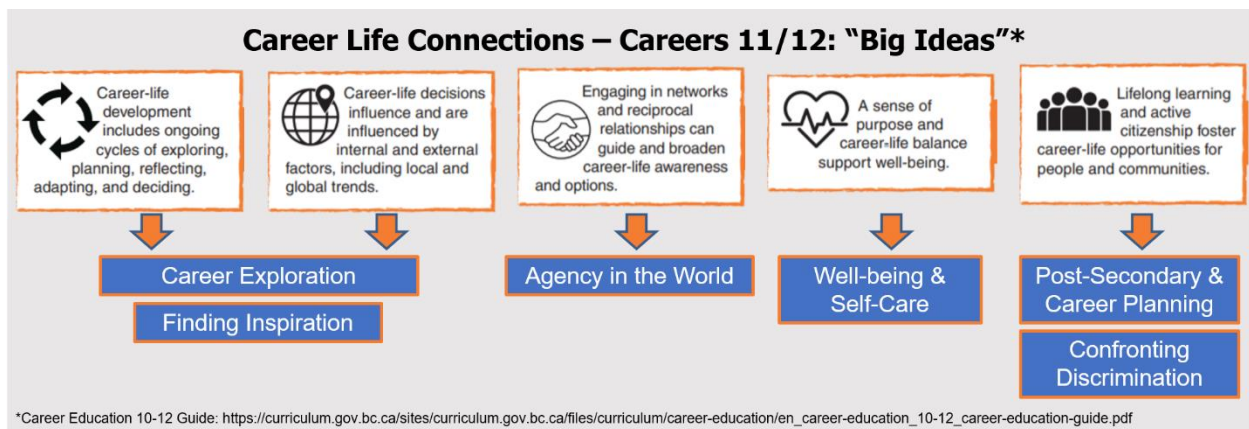
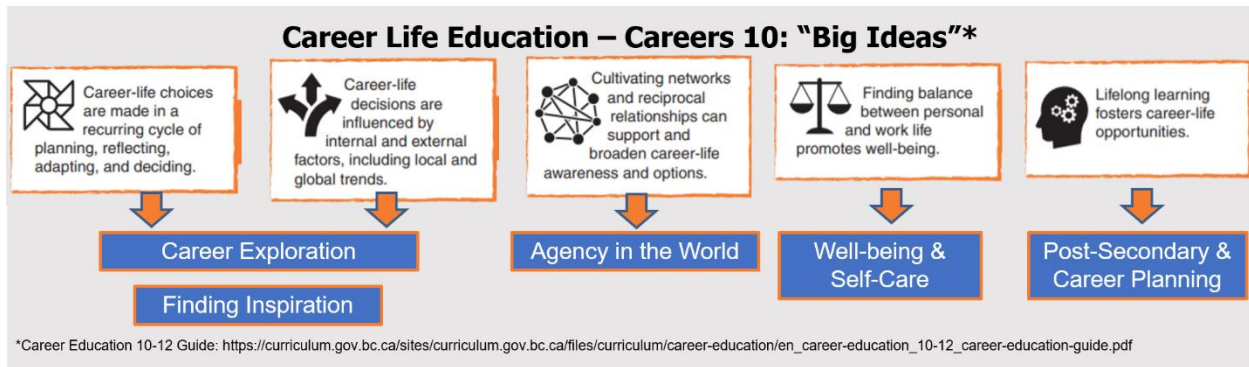


eMentoring and careers classes (CLE, CLC & Capstone)

The original intent of this eMentoring program was to get students thinking about what comes after high school. Since we first started out, we have been a part of dozens of careers classes, like Career Life Education, Career Life Connections and Capstone projects, in a variety of ways.

Since we have been so popular with careers courses, we have specifically tailored many of the program's activities to fit careers classes. Some of our units can supplement or even replace some of the content for those courses. The below graphics show how some of the program's units (in blue) map to some of the "big ideas" for CLE and CLC classes (in white).



In addition, students in these classes might also benefit from the "Getting Hired" unit, which helps students create a resumé and become comfortable with job interviews, and the "Adulting" unit, which explores the skills needed for living independently.

How to incorporate eMentoring into your careers course

The activities we developed are not mandatory, you can incorporate the program and our mentors into our course however you see fit. Here are some suggestions:

- Weekly check-in with mentors: students write to their mentors once or twice a week, reflecting on what they learned in class. They can tell their mentors how they will apply what they learned to their life, and/or ask their mentor questions about the topics covered in class that week.
- Feedback from mentors: students can send their work to their mentors for gentle, constructive feedback (we have a mentor training tutorial on giving feedback sensitively). For example, mentors can provide advice and suggestions on educational and career plans, resumés and goals.

- If you would like to use our activities, check out our [guide on using eMentoring's activities in your course on our website.](#)

Read our eMentoring for classes guide for information on logistical considerations.

Capstone: we have had many mentors work with students on their Capstone projects. Some have even attended their mentee's final presentation!

- We can match students to a mentor studying in the student's desired school and/or program.
- Mentors can answer questions or be interviewed about their educational and career paths.
- Mentors can provide feedback and advice on students' projects and/or final presentations.
- Some students have completed some of our program's activities for their Capstone project. Check out our Portfolio Project in our guide on using eMentoring's activities in your course

Let us know your Capstone requirements and we can arrange these connections.

Whatever you can dream up for your careers class, we'll make a reality. Contact us at e.mentoring@ubc.ca to bring mentors to your careers class!