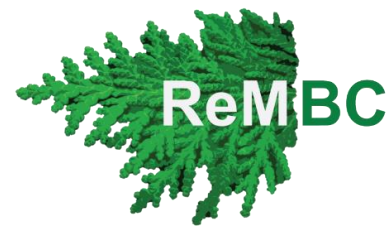


Rural eMentoring BC



ReMBC Monthly Newsletter

November/December 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 useful events and opportunities, and provide some ongoing training for mentors.

Program Updates

- **Is something on your mind? Tell us!**
 - Make your voice heard by answering 4-6 short questions at the end of each unit. You can tell us what you thought about the unit and about the program as a whole.
 - We'll use your answers to improve the program.
 - If you take the survey for each unit you complete, you can win a swag bag!
- **November is 'Thank your mentee' month!**
 - Mentors, celebrate by sharing with your mentee something you've learned from them, or how you've been impacted by them.
 - You can also [share your story with MENTOR](#).

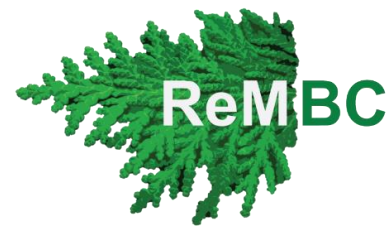
Events, Opportunities and Supports

- **Save the date! Going Rural – Opportunities in Rural Healthcare, January 28th 5-8pm online.** ReMBC and UBC Health's annual online event for high school and undergraduate students interested in rural healthcare careers. Hear what it's like to work in different rural healthcare careers, get tips from rural students, and meet admissions representatives from health professions college and university programs.
 - [Subscribe to our newsletter](#) or email e.mentoring@ubc.ca to get notified when registration opens.
 - This event is free!
- **Resources Around Me:** Kids Help Phone (which is NOT just for kids!) has a new feature that helps you find mental health supports in your community. Filter by in-person, virtual, or app-based support. [Use it for free anytime.](#)
- **Rural Conference Sponsorship:** The Rural Education Action Plan (REAP) provides sponsorship to UBC medical students and residents to attend provincial rurally-focused medical conferences each year.
 - [Apply](#) between December 15 – January 15 (select "Rural Conferences and Events Sponsorship" once you've logged in to the application platform).

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.

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- **Verna J Kirkness Foundation Program:** Indigenous students in grades 11 and 12 spend a fully-paid week at a Canadian university conducting research. [Learn more and apply by December 20th.](#)
- **UBC's Indigenous Holiday Craft Fair:** Wednesday Dec 4th, UBC campus. [Learn more.](#)
- **Upcoming Scholarships**
 - **UBC's Presidential Scholars Award:** UBC has almost \$100,000 in Presidential Scholars Awards for Indigenous secondary school students. Indigenous students who apply before the deadline will be considered for both general and Indigenous-specific Presidential Scholars Awards.
 - For more information on how to apply, please visit the [Presidential Scholars Awards](#) page by December 1st.
 - **UBC's Centennial Scholars Entrance Award:** The UBC Centennial Scholars Entrance Award program assists students who are transitioning to UBC from secondary school or another post-secondary institution. The purpose of the program is to financially support academically qualified students who show an interest in joining and contributing to the UBC community, but who would not be able to attend without significant financial assistance. [Learn more and apply.](#)
- **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:
 - **[EducationPlannerBC for Indigenous Students](#):** Post-secondary resources for Indigenous students. This page has scholarships and funding for Indigenous students, as well as available services for Indigenous students at each of BC's colleges and universities.

Training opportunities for mentors

Reminders:

- **There's a guide for that:** We've been getting a lot of questions about things like how to get started with your mentee, how to guide them through the units, and where to find things on the platform. Lucky for you, we have guides and tutorials for all of these things! Here's where to find them (must be logged in to MentorCity):
 - **Matching email:** Remember, you are required to read and save the email from the eMentoring staff that has information about your mentee. That's because attached in this email are guides for [getting started meeting your mentee](#), [guiding your mentee through the units](#), and how to support mentees in the different ways they are participating ([through a class](#), or [voluntarily](#)).
 - **[Mentor training and resource portal on MentorCity](#):** This page has guides, tutorials and resources on how to handle common problems and support mentees with different needs.
 - **[Your Mentor Handbook](#):** Provides guidance on your role as a mentor.
 - **[Get Help course on MentorCity](#):** links to the program tutorials and other relevant supports for using MentorCity.

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- **Please refer to these resources FIRST before reaching out to the eMentoring staff.** We love to help, but we've also spent a lot of time creating and curating these resources so that you don't have to rely on us!
- **Please complete your progress reports BEFORE the deadline:** Why? We compile your comments and send them to the teacher the morning after the deadline, so if you submit your progress report after the deadline, the teacher (and the eMentoring staff) won't see it! You'll have done all that work for nothing ☹️

Training:

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 – engaging low/nonresponsive mentees. Below are some resources for getting your less-than enthusiastic mentee on board with the program:

- The “Moving through the program and mentee engagement” section of your [Mentor Handbook](#).
- [Mentor Quick Tips for Mentee Engagement](#)
- 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