# Going Rural:

## **Opportunities in Rural Healthcare**



## **Event Program**

Presented by:

Rural eMentoring BC and UBC Health





We would like to begin by acknowledging that the land on which we gather, work and learn upon is the unceded territory of the Coast Salish Peoples, including the territories of the xwməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), Stó:lō and Səlílwəta?/Selilwitulh (Tsleil- Waututh) Nations. The land has always been a place of learning for the Indigenous peoples, who for millennia have passed on their culture, history, and traditions from one generation to the next. Unceded means that this land was never surrendered, relinquished or handed over in any way.

Land acknowledgment is a part of reconciliation, and as such we give you all the responsibility to continue your self-education by asking questions and learning more about reconciliation.

Questions like: What can you do to better care for the land? And Who lived on this land before you?

Land acknowledgment is about reflecting on the places where we reside and work and play, while respecting all peoples and their experiences, but in recognition of the Indigenous traditions and ties to the land.

Land acknowledgment can help build understanding about our relationships and responsibilities to the Indigenous people and lands where we live and work. It is a living celebration of Indigenous communities and relationships, and appreciation for the rich history and culture of the lands where we live and work.

We also invite you all to research what traditional lands you live, work and play in so that you can in your own way give acknowledgment.

Written by Angela Nash (Wəlastəkwewiyik)
eMentoring Indigenous Initiatives Manager

## **Welcome to Going Rural 2025!**

We are thrilled to be able to bring you this year's lineup of speakers and exhibitors. Whether you are here just to learn about different healthcare careers, or whether you are in the midst of your training and want a glimpse into what's next, we hope this event provides you with some clarity and gives you something to think about.

We want to thank our wonderful panelists who are taking time out of their work or studies to share their experiences as a rural student in healthcare and their stories training in a rural community. We hope their stories will inspire you to follow in their footsteps and give you practical advice to achieve your goals.

We also want to thank our exhibitors for showcasing their opportunities for rural students. We encourage you to network with the representatives from each program – they are eager to answer questions and give advice! Remember that these programs are here because they are hoping to recruit more rural students to apply to their programs, as a way to address shortages of rural healthcare workers. We thank them for their commitment to rural healthcare!

Finally, we want to thank you for attending this event! It is your enthusiasm and curiosity for rural healthcare that makes this event worth putting on. We hope you enjoy the event!

## Have questions? Contact the event organizers at <a href="mailto:e.mentoring@ubc.ca">e.mentoring@ubc.ca</a>

## **Program contents** (Click to navigate to each section)

**Event Schedule Virtual Venue Tutorial** Joining the venue **Virtual booths Attending event sessions Panel sessions Program and School Information Session Rural Rotation Mixer Session** Virtual venue drop-in sessions **Event Map Exhibiting Schools and Programs** Information about exhibiting schools and programs Tips for networking with program representatives **Panel Sessions** Rural rotations and careers panel session Going to school for a healthcare career

## Event Schedule: January 28th, 2025

Come and go as you please! Join whichever sessions you want, no need to attend the entire event. See the event map.

**4:30-7pm Check-in** - Please join a few minutes before the first session you are planning to attend.

- Check-in at one of the computers in the main lobby.
- The point of joining early is to get familiar with the platform and find where you are going. We will be starting the sessions right on time!

## 5-6pm Panel Session: Rural rotations and careers

- Location: Panel session room
- Hear from students about working in healthcare settings in rural communities. Learn about what different health professionals do day-to-day, how different professions work collaboratively, and what to expect when going on a rural rotation.
- Learn more about the panelists here.

**6-7pm Virtual booths and exhibitors** - Visit virtual booths hosted by a variety of schools and programs from across BC to learn about degree options, admission pathways, and other opportunities. View the schools and programs attending and learn more.

Location: Main lobby and exhibitor hall

**6-6:20: School and program information session:** Short presentations from health professions programs in BC about what degrees they offer and their admissions processes. View the schools and programs attending the session and learn more.

Location: Main lobby and exhibitor hall

**6:30-7: Rural rotations mixer session** – Find your community! Meet other students going on rural rotations. Find students going to the same location as you, so you don't have to go it alone.

- This is a facilitated session where session attendees will introduce themselves and say when and where they are going on rotation. <a href="Details.">Details.</a>
- When introductions are over, you will be able to freely mix and mingle with other session attendees to find other students going on rotation near you.
- Location: Lounge

#### 7-8pm Panel Session: Going to school for a healthcare career

- Hear from current students in health professions programs who are from rural communities. Learn about the different educational pathways to different degrees, what school is like, and how these students made the transition from rural to urban.
- Learn more about the panelists here.
- Location: Panel session room

## **Virtual Venue Tutorial**

The event will take place at our virtual space on the Gather.town platform. Imagine if a conference were in a video game!

## Joining the venue

Please use this link to join the venue:

https://app.gather.town/app/p7rBN5pczNz6BzSF/Going%20Rural%202025

- You **do not** need to sign in or create an account.
- This link gives you access to the virtual venue immediately. We recommend checking out the venue ahead of time to familiarize yourself with the platform.
  - o If this were an in-person event held at the Convention Centre (for example), this would be like giving you the keys to the Convention Centre ahead of time so you could visit it before the event and get your bearings.
- We recommend using a computer to access the virtual venue. You can access it on a mobile device, but it's a bit tricky to move around and view the space.
- To leave the venue, exit the tab on your browser. You can rejoin whenever you want by using the same link.

#### Your avatar

After you click on the link, you will be asked to create an avatar. Your avatar will allow you to interact with the virtual space.

**Creating your avatar**: Click "edit" to customize your avatar (optional).

 No drum accessory: Exhibitors' avatars will have the drum accessory, so please do not include this on your avatar.

 No graduation caps: Panelists' avatars will be wearing graduation caps, so please do not include this on your avatar.

 No witch hats: The event staff will be wearing witch hats, so please do not include this on your avatar.

Your name: please enter your name. You do not need to include your last name.

Click on Join the Gathering when you are done creating your avatar.

• Make sure to give Gather.town permission to use your mic and camera.

**Moving your avatar:** Move your avatar to get to the different event sessions, video chat with other attendees, visit virtual booths, and interact with objects.

• Move by using the arrow keys on your keyboard OR double click where you want to go.

Zoom in/out by scrolling with your mouse wheel OR pressing Cntrl +/- on your keyboard

OR pinching to zoom on a laptop mouse trackpad.



#### Instant video chat

#### Chat with panelists, exhibitors, staff and other attendees

- Allow your Gather.town to access to your camera and mic.
  - Turn your camera off/on anytime during the event using the icons at the bottom left corner of the screen.



- **To video chat**: turn your camera and mic on and move your avatar close to the avatar of the person you wish to video chat with. When you are close enough, your audio and video will automatically connect to theirs they will be able to see and hear you, and, as long as their video/audio is on, you will be able to see and hear them.
- Turn your camera and mic off until you are ready to talk to someone. Otherwise your audio and video will automatically connect to every user nearby.
- Video view options
  - View yourself on the bottom left of the screen. You can pin your video using the pin icon.
  - Click on the maximize video icon (it will appear when you mouse over the video of yourself) to make your video full screen. Click it again to get out of full screen.



Grid view

 Click on the view icon in the top right of the screen (circled in the screenshot) to switch between carousel view and grid view.

## Interact with objects

Like in a video game, you can interact with objects by walking up to them.

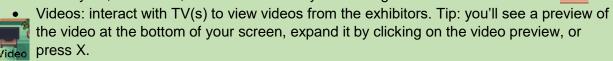
- Objects will glow yellow when you can interact with them
- **To interact**: Press "X" on your keyboard, or if you are on mobile, tap the preview.
- To stop interacting with an object and return to the venue: press the "Esc" key on your keyboard OR click (tap on mobile) the "x" button on the top right of the preview.

#### Virtual booths

Each exhibitor will be displaying information about their program at their virtual booths. By walking your avatar through the booths you are interested in, you will be able to view the following:



- Walk up to the question mark icon next to each booth to view a greeting from the exhibitor.
- View exhibitors' websites by interacting with computers at the booths.
- Website
- At many booths, the website will show as a preview within the current webpage. You will be able to click through the website as you normally would.
- View flyers, brochures, other documents by interacting with the document icons.



 Decide which booths you want to visit by reading about each exhibitor and finding them on the <u>event map</u>.



## Attending event sessions

#### **Panel sessions**

5-6pm Rural rotations and careers, 7-8pm Going to school for a healthcare career - Panel session room

- Move your avatar to the panel session room to automatically connect to the livestream.
- Please turn off your mic and camera.
- Find a seat and do not move your avatar until the session is complete (it is distracting to other attendees if you move around).
  - Please stay off the stage.
- To ask a question: Move your avatar to the microphone. Please keep your mic and camera off until the session moderator tells you it is your turn, then turn your mic and camera on and ask your question. Please note that your video and audio will be broadcast to the whole room.



Video view options: Click on the view icon (top right of screen - circled in red in the screenshot below) to choose your view options.

- Grid view: view yourself and all the speakers side-by-side in full screen mode.
- Speaker view: enlarges the speakers' videos and minimizes your video in full screen mode.
- Clicking on Carousel view gets you out of full screen mode, but you will still be able to see the speakers' videos at the top of the screen.

## **Program and School Information Session**

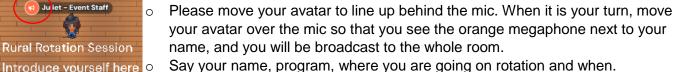
6-6:20pm - Main Lobby and Exhibitor Hall

- Move your avatar to the Main Lobby and Exhibitor Hall.
- The session will be broadcast to the entire room.
- When the session is over, you will be able to chat one-on-one with program representatives at their booths.
- See which programs are presenting.

#### **Rural Rotation Mixer Session**

6:30-7pm – Lounge

- Move your avatar to the Lounge, and walk over to the right side of the room.
- The session will start with the facilitator giving an introduction, then each person will have a chance to introduce themselves.





- Say your name, program, where you are going on rotation and when.
- When the session is over, feel free to mix and mingle with the other session attendees.

## Tips:

Carousel view

Speaker view

Grid view

- Listen to the other session attendees and take note of who you might want to talk to.
- Take note of who is going to be in a similar location, even if it is at a different time, or if the student is in a different program. You can still reach out to them about things like housing, transportation, places to eat, lifestyle, etc.

#### Toolbar

Find event information on the toolbar at the bottom right of the screen:



**Info board**: real-time announcements about the event.



Chat: View/send messages to specific people, people nearby, or to the entire room.



**People icon**: View all the people at the event. Click on a person's name to send them a message or locate them.



Schedule: View each of the sessions at the event, including their times and locations. Click on a session's name to view more information about it. The "let's go" button will display a black line that you can follow to get to the session.

## Getting Help and Troubleshooting

If you are having technical difficulties with Gather.town, try any of the following:

- Refresh the page
- Exit the event tab and use the link to rejoin
- Respawn (click on your name and select "Respawn")

Get assistance during the event in any of the following ways:





- Visit an info kiosk to view Gather.town's tech support page
- Visit the help desk to talk to the event staff
- Find anyone with a witch hat whose name includes "Event Staff"
- Email us: <u>e.mentoring@ubc.ca</u>



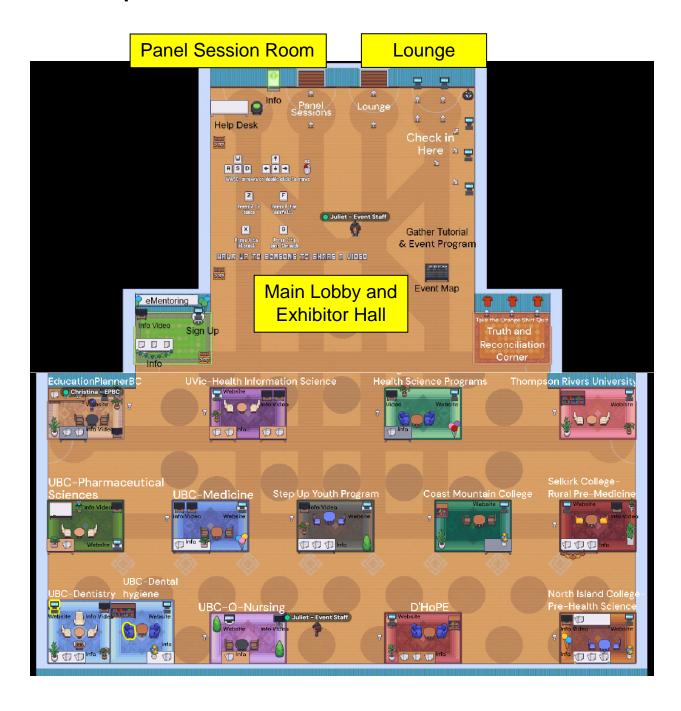
## Virtual venue drop-in sessions

Join a drop-in session on our Gather.town virtual venue, where the event staff will be available to answer questions and help you practice using the platform. Remember, you can access the venue at any time using the link provided, but the event staff is guaranteed to be available during these times.

Jan 20<sup>th</sup>: 4-5pm | Jan 22<sup>nd</sup>: 9:30-10:30am | Jan 24<sup>th</sup>: noon-1pm | Jan 27<sup>th</sup>: 8:30-9:30pm

Join at any time during the session, no registration required. All times are Vancouver time zone.

## **Event Map**



## **Exhibiting Schools and Programs**

## Information about exhibiting schools and programs

- Learn more about visiting exhibitors' virtual booths
- Learn more about the School and Program Information Session
- Tips for networking with program representatives

List of Programs: \*Starred programs will present during the Information Session.

Rural eMentoring BC\*

**UBC Medicine\*** 

UBC Okanagan School of Nursing\*

D'HoPE - Diversifying Health and Human Services Professions Education\*

Coast Mountain College\*

Selkirk College Rural Pre-medicine Program\*

North Island College - Island Pre-Health Science\*

Thompson Rivers University\*

University of Victoria - Health Information Science\*

College of New Caledonia - Health Science Programs\*

**UBC Pharmaceutical Sciences\*** 

EducationPlannerBC

**UBC** Dentistry and Dental Hygiene

Step Up Youth Program\*

## **Rural eMentoring BC**

- About: Are you a rural student or a student who is interested in rural healthcare? Could you
  use some help or advice planning for your future? Of course you could! Join eMentoring and
  be mentored by a student in the health professions program of your choice. Drop by the
  eMentoring booth to learn about the program and to sign up for free. Everyone who signs up
  will have a chance to win a prize!
- Will have program representatives at the event.
- Attending the program information session.

#### **UBC** Medicine

- About: Are you interested in becoming a physician and practicing in northern and/or rural settings? Would you like to hear from medical students and program staff about unique pathways to becoming a doctor? Drop by our booth to learn about the program and hear directly from current medical students who currently study in our Northern Medical Program.
- Will have program representatives at the event.
- Attending the program information session.

#### **UBC Okanagan School of Nursing**

- About: Discover your future in healthcare at UBC Okanagan's School of Nursing! Set in the
  beautiful Okanagan Valley, our program combines hands-on experience, top-tier education,
  and a welcoming community. Prepare for an exciting career while studying close to home or
  exploring new horizons. Join a supportive network, learn from expert faculty, and make a
  difference in healthcare. Take your first step toward a fulfilling career with us!
- Will have program representatives at the event.
- Attending the program information session.

## D'HoPE - Diversifying Health and Human Services Professions Education

- About: Bringing health profession education support to the North. D'HoPE is a summer
  program connecting people interested in a healthcare career to resources, role models, and
  information that will help support them in this goal through a fun interactive environment.
  D'HoPE has run successfully in Vancouver for 3 years and we are currently in the process of
  designing a program to fit the needs of more rural and Northern BC communities and we
  would love to hear from you!
- Will have program representatives at the event.
- Attending the program information session.

## **Coast Mountain College**

- About: Coast Mountain College (CMTN) offers exciting options in health care training
  including programs to become a Registered Nurse, Licensed Practical Nurse and Health
  Care Assistant. Study at our campus in Terrace, BC, a northern community with abundant
  skiing, hiking and mountain biking as well as affordable student housing. CMTN creates a
  supportive environment with small class sizes, newly renovated nursing labs, and
  classrooms with updated technology and equipment for healthcare training.
- Will have program representatives at the event.
- Attending the program information session.

## Selkirk College Rural Pre-Medicine Program

- **About**: Study with Rural Pre-Medicine (RPM) at Selkirk College and begin your path toward a fulfilling career in the health sciences. Graduates from RPM have continued on to medicine, pharmacy, midwifery, physical therapy, and more! Stop by to learn about our amazing program in the beautiful West Kootenay.
- Will have program representatives at the event.
- Attending the program information session.

#### North Island College - Island Pre-Health Science

- About: Do you want to prepare for professional health science programs, but with a
   Vancouver Island focus? Are you interested in how you can complete all the required
   university-level courses and credits you need in 3 years, so you have OPTIONS? Are you
   looking for a personalized education experience and want to live in the beautiful Comox
   Valley? North Island College's Island Pre-Health Science program may be the right choice
   for you! Come chat to learn more.
- Will have program representatives at the event.
- Attending the program information session.

## **Thompson Rivers University**

- **About**: Are you interested in Health Care related fields and need some help deciding what pathway is best for you? Explore your options with Thompson Rivers University, we have a variety of options to choose from!
- Will have program representatives at the event.
- Attending the program information session.

## **University of Victoria – Health Information Science**

- About: We are global leaders in health informatics education, research, and our programs are a model that has been implemented around the world. With the current global changes and demands in health care, this is a dynamic and rapidly expanding field of study. This impacts the planning, design, implementation, and evaluation of the latest health information systems in diverse health care settings. In our programs, students will benefit from small classes, internationally-renowned faculty members and instructors who bring their extensive experience into the classroom, a strong cohort experience, and hands-on paid work experience. They will learn how to help health care professionals by utilizing and optimizing technological solutions within the health industry.
- Will have program representatives at the event.
- Attending the program information session.

## **College of New Caledonia – Health Science Programs**

- About: Are you ready to launch your career in health science? The College of New Caledonia offers over 10 exciting, fast-track health science programs that can be completed in 2 years or less—plus, each program includes built-in practicums to give you invaluable hands-on experience! Get ready for a rewarding career with great pay and job stability. Our programs include: -Medical Radiography (X-Ray Technician) -Dental Hygienist -Sonography (Ultrasound Technician) -Practical Nurse (2-year program) -Nursing Baccalaureate (4-year Bachelor of Nursing) -Dental Assisting -Medical Laboratory Technology -Medical Device Reprocessing -Health Care Assistant (Free education + stipend provided!) Don't miss out—take the first step toward a fulfilling, in-demand career today!
- Will have program representatives at the event.
- · Attending the program information session.

#### **UBC Pharmaceutical Sciences**

- About: Founded in 1946, the Faculty of Pharmaceutical Sciences at UBC enjoys an
  international reputation in pharmacy education, innovation in pharmacy practice, and
  research in the pharmaceutical sciences. Each year, we educate close to 900
  undergraduate students and train more than 50 graduate students. Our alumni, numbering
  close to 7,000, have established themselves as successful pharmacists, scientists, teachers,
  entrepreneurs, leaders and innovators the world over.
- Will have program representatives at the event.
- Attending the program information session.

#### **EducationPlannerBC**

About: Are you curious about going to post-secondary in B.C.? Come explore our website!
 EducationPlannerBC is home to the provincial post-secondary application service and
 valuable resources. Learn how to create an account, save programs, paths, and careers to
 My List, and apply to institutions in B.C. Search thousands of programs, get to know trades,
 and discover career paths. Find helpful resources, including financial aid options, admission
 requirements, FAQs, the Glossary, and more. Find Your Path at EducationPlannerBC.
 www.EducationPlannerBC.ca

## **UBC** Dentistry and Dental Hygiene

About: Dentistry Program – The Doctor of Dental Medicine degree is a full-time, four-year
didactic and clinical educational program that prepares students to enter the profession of
dentistry. Applicants for admission must have completed all required courses and 90 credits
by the end of August of the year the candidate submits the application. Successful
graduates of the program will be evidence-informed and technically competent practitioners
with an understanding of the role of the dentist as an ethical health professional and a
leader in the community.

**Dental Hygiene Program**: The Entry-to-Practice Admission Option is a full-time, four-year degree program at UBC-Vancouver that includes didactic and clinical instruction and leads to a Bachelor's Degree in Dental Science (Dental Hygiene). The program is open to both secondary school graduates and applicants with post-secondary experience.

## Step Up Youth Program\*

- About: Looking for hands-on volunteer experience in Healthcare on Vancouver Island? The Step Up Youth Program is for you! In our program, high-school aged volunteers attend one 2-hour shift per week, at a local healthcare centre providing social engagement support to patients or long-term-care residents. This volunteer program provides a great way to get experience in a healthcare environment while still in high school. Drop by the Step Up Youth Program booth to learn more!
- Will have program representatives at the event.
- Attending the program information session.

## Tips for networking with program representatives

**Ask about all things rural related**: All the programs attending want to recruit rural students like you! Ask about what each program offers as a way to attract and retain rural students. Then, in your application, you can refer to how you will take advantage of these opportunities – this will demonstrate your commitment to rural healthcare and show that you've done your homework.

- Ask about opportunities, pathways and financial aid for rural students, or for students who are interested in working rurally after graduation.
- Ask about opportunities to study in a rural community. Many programs offer practicums, rotations, or experiential learning opportunities in rural communities.
- Ask about supports available to help rural students transition to a new environment.

#### This is your chance to get personalized advice about applications.

- Don't ask for information that you can find on their website. Lucky for you, each program has a link to their website available at their booth.
- Ask what they are looking for in an applicant to their program. Find out what kind of skills, experiences, and personality types suit their program.
- Tell them about where you feel weakest in your (potential) application, and ask what you
  can do about it. For example, maybe your grades are low, or you have not had a lot of
  chances to participate in extracurricular activities. They may suggest things like
  academic upgrading or joining a club or volunteer organization, or offer advice on how to
  frame your personal statement.
- Do your research ahead of time and come with any questions about admissions requirements that are specific to your situation, or that you need clarification on. For example, you can ask if a specific course counts, or if you are eligible for a certain pathway or scholarship.

## **Panel Sessions**

Rural rotations and careers panel session | 5-6pm Pacific Time Zone Hear from these students and recent alums about their experiences working in healthcare settings in rural communities. They will talk about what different health professionals do day-to-day, how different professions work collaboratively, and what it is like to go on a rural rotation.

#### **Panelist Bios**

Gabrielle Caillier (she/her): UBC Master of Physical Therapy Northern Program, class of 2024.



Gabrielle was born and raised in Prince George, BC and, prior to joining the Physical Therapy Program, completed a Bachelor of Health Science Degree at UNBC, majoring in Community and Population Health: Aboriginal and Rural Health. Gabrielle has done rotations at Kitimat General Hospital and Child Development Center, Prince George UHNBC IP Rehab and Prince Rupert Regional Hospital PRISM Clinic. Gabrielle is currently working in Fort St John at the Child Development Centre and Freedom Physiotherapy.

Career: Physical Therapist

Tara Luk (she/her): UBC PharmD, class of 2021



Tara was born and raised in Kitsilano/East Vancouver with no plans of ever working rurally. But she discovered the wider scope, larger impact, and lifestyle benefits of rural practice while on rotation in Port Alberni, Powell River, Penticton, and Dawson Creek during her training. She is currently working as a pharmacist in Fort St. John. She completed a residency in Prince George and is now practicing as a primary care pharmacist in Fort St. John.

Career: Clinical Pharmacist

Seamus Damström (he/him): UBC, Land and Food Systems, Dietetics Major Program



Seamus is Oneida with Czech ancestry on his mother's side and Swedish and Irish ancestry on his father's side. He was born in Cranbrook BC and grew up in Terrace BC. His post-secondary journey led him to the College of the Rockies and UBC, where he completed a 10-month placement travelling across Northern BC with Northern Health. Throughout his journey of reclaiming his Indigenous identity, he has recognized the significance of food and Land in building relationships and strengthening connection between language and health.

Career: Public Health Dietitian in Population Health with Interior Health

Mattias Wels-Lopez (he/him): UBC Northern Medical Program, class of 2025



Mattias is in his final year of medical school. He did his clerkship rural family medicine block in Haida Gwaii and is hoping to work rurally in the future as well as work in Emergency medicine in smaller towns. He grew up in North Vancouver but has come to love rural living.

Desired career: Rural physician

## Going to school for a healthcare career panel session | 7-8pm

These current health professions students are originally from rural communities and are eager to share their journeys to their current program and school. They will share how they chose their current program, their strategies for applying to schools as a rural student, what their degree program is like and how they made the transition from rural to urban.

#### **Panelist Bios**

Alisha Thapar (she/her): UNBC Nursing 2023, UBC Northern Medical Program Year 2.



Alisha was born in Quesnel, BC and graduated from UNBC with a Bachelor's of Science in Nursing (BScN). After working with many amazing physicians in the healthcare setting, she realized she wanted to become a physician as well, and was accepted into medical school.

Desired career: Physician

Alexis Magrath (she/her): UBC Doctor of Dental Medicine (DMD) program Year 3.



Alexis is originally from Prince George, BC. Midway through completing her Bachelors of Health Sciences from the University of Northern British Columbia, Alexis decided to pursue a career as a general dentist. She took one gap year between graduating and entering the DMD program at the University of British Columbia, during which she worked full time inside the local school district as a substitute teacher.

Desired career: General dentist

Aashna Thapar (she/her): UNBC - Northern Collaborative Baccalaureate Nursing Program



Aashna graduated from her Bachelor of Science in Nursing in May 2024 and has worked as a registered nurse since September 2024. She works in Primary Care within an interprofessional team where she helps clients access assisted living, long term care, and home care.

Career: Registered Nurse

Ilianna Doornbos (she/her): UBC PharmD Program Year 4,

UNBC Health and Human Sciences BSc (Biomedical Studies major)

Ilianna is a passionate individual in the process of completing her final year of the UBC PharmD program. Born and raised in Prince George, Ilianna aspires to complete a hospital residency after graduation to practice as a clinical pharmacist and continue to advocate for the profession of pharmacy in underserved/rural communities.

Desired career: Clinical (Hospital Ward) Pharmacist.