

## ReMBC Monthly Newsletter

### January 2025 – Happy New Year!

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

- **Wrapping up fall term:** for mentees who are participating in the program as part of a class -
  - Friendly reminder that you can stay in touch with your mentor! It's not too late to let them know that you want to continue. As long as you are sending them messages on MentorCity, the eMentoring staff will keep your account active.
  - Tell us what you think: For most of you, your teachers will give you class time to take our survey. If not, you can take [our online survey here](#), OR email us ([e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)) to provide feedback in a different way.
  - Nominate your mentor for a **Star Mentor Award!** This award recognizes outstanding and awesome mentors in our program and winners will receive a prize pack. To nominate your mentor: email [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca) with your mentor's name and why they should win the prize by January 30 at 11:59pm.
- **Mentors:** We are expecting new classes and mentees to join us in the new semester, which runs from February until the end of June, which means that if your relationship this semester is ending, we may match you to a new mentee in the new semester.
  - **Please let us know ASAP if you are unable to mentor a student next semester, otherwise we will assume you are able to be matched.**
- **January is International Mentoring Month!**
  - Whether you are a mentor or mentee, take a moment to think about what mentoring has meant to you. If you wish, share on social media using #MentoringMonth

### Events, Opportunities and Supports

- **Free online event: Going Rural – Opportunities in Rural Healthcare.** 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.
  - **When:** January 28<sup>th</sup>, choose from a series of sessions to attend, or attend the whole event. First session starts at 5pm, event concludes at 8pm.
  - **Learn more:** <https://ps-ementoringbc-2023.sites.olt.ubc.ca/events/>
  - **Register for free:** [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_838NLg5ZbuiTbGS](https://ubc.ca1.qualtrics.com/jfe/form/SV_838NLg5ZbuiTbGS)
- **Science for All: Building Equity Together with Lisa M.P. Munoz.** Join us for a morning with Lisa M.P. Munoz, author of *Women in Science Now* and publicist behind the Emmy-nominated film *Picture a Scientist*, where she will present *Women in Science*

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Now: *How to Use Science to Overcome the Remaining Obstacles to Equity*, followed by a book signing.

- **Monday, February 10 11am:** [Learn more and register](#) (free)

## 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)
- **Resource Spotlight:** Each month we feature a resource for Indigenous students. Up this month:
  - [UBC's Indigenous Speaker Series](#): An original and important platform to begin, continue and advance the conversation about telling the truth and reconciling for the future. There has never been a more important time to call upon our elders, leaders, scholars, and people to speak about our individual and shared truths and to anchor compassion in reconciling for the future.
    - Next event: [Weaving Relations for Meaningful and Genuine Change – Feb 12th 2025, 12-1:30pm](#). A conversation with Dana-Lyn Mackenzie, creator of UBC's Intergenerational March to Commemorate Orange Shirt Day, the Weaving Relations course, and the Cascades of Change program.

## Training opportunities for mentors

Each month we'll feature resources on a different mentoring theme to help mentors perfect their practice and better support their mentees.

- In anticipation of the new term starting in February, and many of you receiving new mentees, we are repeating our training on getting off on the right foot. Below are some resources for making a good first impression on your mentee:
  - [Mentor Quick Tips for Introductions](#)
  - [ReMBC's Mentor Guide to Meeting your mentee](#) (Login to MentorCity to view)
  - The "Moving through the program and mentee engagement" section of your [Mentor Handbook](#).
- 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](#)

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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