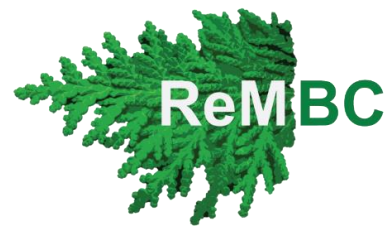


Rural eMentoring BC



ReMBC Monthly Newsletter

February 2025 – Welcome to the new term!

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

- **Getting started:** we welcome mentees from ADSS and Clearwater Secondary! Get started by reviewing our [program tutorials and meeting your match](#) (must be logged into MentorCity to view).
 - **Please remember to refrain from sharing personal/identifying information,** like your last name, contact info, and social media.

Events, Opportunities and Supports

- **Live Learning Session with EducationPlannerBC:** These free sessions are open to anyone interested in learning about post-secondary education and career planning. The session will show you how to use EducationPlannerBC's website, where you can search thousands of programs, get to know trades, and discover career paths, as well as find helpful resources, like financial aid options and admission requirements, and apply to schools.
 - March 4, 2025, from 6:30-7:30 p.m. PDT.
 - [Register here](#) for free, or contact support@educationplannerbc.ca with questions.
- **Volunteer with Interior Health:** High school students and undergraduates (and grads!) can volunteer in a community care, hospital, long-term care, public health, or substance use services setting. Opportunities available in the Central, North and South Okanagan regions, as well as Kootenay and Thompson Cariboo Shuswap areas. [Learn more here.](#)
- **Spring and Summer Tech Courses for Teens:** This partnership between UBC Extended Learning and Circuit Stream offers online and in-person courses in AI, Engineering, Gaming, Coding, and more. Each course is designed to give you a firsthand look into growing industries, help you explore your interests, and to equip you with skills that will make you stand out. [Learn more here.](#)

Black History Month

- [Events at UBC](#)
- [Resources from UBC's Equity and Inclusion Office](#)
- **Black Excellence in STEM Speaker Series:** This student-led initiative, supported by the Faculties of Applied Science, Science, Forestry and Land and Food Systems, aims to celebrate and highlight the outstanding contributions of Black leaders in STEM-related industries. The series will take place over four hybrid sessions, allowing in-person and online participation.
 - Sessions held throughout February and beyond.

- [Learn more and register here.](#)

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
- **Disconnect to Reconnect with Vanessa and Ariana from Decolonize and Rize:** Email, social media, and other online platforms keep us constantly plugged in to the outside world. In this circle participants will reflect on simple ways to disconnect from the digital world so they can reconnect with themselves. We will also explore accessible ways to cultivate a deeper connection to the land regardless of where one resides.
 - March 20th 10-11:30am Online. [Register for free](#)
- **Stitching Together Knowledges: Indigenous Traditions, Stories and Research.** Join us for a day of story sharing, medicine bundle making, and beading pattern design! This event is a one-day, interactive dialogue session that brings together Indigenous community members and researchers to discuss how culture keeps Indigenous people healthy.
 - March 27th, UBC Robson Square. [Learn more and Register \(free!\).](#)
- **UBC Medicine's Indigenous Speaker Series:** The First Page of a New Chapter: Leading Transformative Change for Indigenous Peoples in an Era of Truth and Reconciliation. Join us for a conversation with Dr. Alika Lafontaine, an award-winning physician, social innovator, and the first Indigenous physician listed by the Medical Post as one of Canada's 50 Most Powerful Doctors.
 - March 26th 12-2pm online. [Learn more and register.](#)
- [Indigenous Resources for Pink Shirt Day from First Nations Health Authority.](#)

Scholarships and Funding

- [List of scholarships for Indigenous students from GrantMe](#)
- [Indigenous Bursaries Search Tool \(Government of Canada\)](#)
- [RBC Future Launch Scholarship for Indigenous Youth](#)
- [Scholarships from the Metis Authority](#)

Resource Spotlight: Each month we feature a resource for Indigenous students. Up this month:

- **[Urban Native Youth Association:](#)** Moving to Vancouver for school? Check out the Urban Native Youth Association! Their goal is to be a safe place for Indigenous youth and young adults (ages 15-30) to access advocacy, preventative and support services, as well as provide opportunities for personal and professional development. All provided for free!
 - [Check out their calendar of programs](#)

Rural eMentoring BC



- Visit the [Native Youth Learning Centre](#) for career workshops, employment counselling, networking, job boards, and drop-in career/educational counselling.
- [Kinnections Mentoring Program](#): Indigenous youth and young adults, ages 16-19, are matched to a mentor in the community.

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.

- **This month's feature: Getting down to business.** So, you and your mentee have gotten to know each other and are chatting casually. Great! Now, it's time to get to work. Here are a couple tips for how to tactfully switch to knowledge-exchange mode:
 - [Mentor Quick Tips for Getting Focused](#)
- 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