

## ReMBC Monthly User Updates - November 2025

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

**Try one of our courses!** ReMBC comes with 13 courses designed to help you get the most out of your relationship with your mentor.

- **Why do a course?** Courses give you more information about useful topics that you can discuss with your mentor. They help you understand what kind of questions to ask your mentor and help you get useful feedback. Courses also come with activities designed to help you prepare for the future; for example, mapping your support network, creating a resumé, and practicing “adulting”.
- **How to do a course:** Login to MentorCity and click on the “Courses” tab on the left hand side of your dashboard. You’ll be taken to our course database, where you can click on any course you’d like. Once you choose a course, click on “Course contents” to get started.
  - More instructions [here](#) (must be logged into MentorCity)
  - Course descriptions: learn about what’s in each course [here](#).

### Events, Opportunities and Supports

- **An evening with RPM: November 19<sup>th</sup> at Selkirk College or virtual.** Learn more about Selkirk College’s Rural Pre-Medicine program. If you are interested in a career in rural healthcare, this is the program for you! Earn your pre-requisites for medicine, nursing, pharmacy and any other healthcare career you can think of in a supportive environment designed to shape you into a competitive applicant – all with a rural spin. [Learn more and RSVP](#) (free) by Nov 12.
- **Health Care Career Open House** – for high school and college/university students: Nov 21<sup>st</sup> 10am-1pm at Vancouver General Hospital. Meet healthcare professionals, connect with representatives from health professions training programs. Free to attend, no registration required. [See the flyer here](#).
  - **If you do not live in Vancouver and would like to attend, ReMBC will pay your way!** Contact [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca) to apply for a travel bursary.
- **Live Learning Session with EducationPlannerBC: Wednesday, November 19th, 2025, from 6:30-7:30 p.m. PDT.** These free sessions are open to anyone interested in learning about post-secondary education and career planning and will be especially helpful for high school students in grades 10-12, parents and student supporters, adult learners, high school counsellors, teachers, and career advisors. Free registration [here](#), or contact [support@educationplannerbc.ca](mailto:support@educationplannerbc.ca).
- **Join an SOI Expedition in the Arctic** (ages 14-35): If you’re passionate about ocean conservation, Indigenous-led initiatives, climate action, or Arctic issues, this is your

opportunity to take part in a life-changing Arctic expedition! Full scholarships available – apply early to secure your spot! [Learn more and apply here](#) by December 4th.

- **Be an astronaut!** Read about internships and student jobs in the space sector [here](#)
- **List of jobs open to students in the sciences:** see databases of jobs specifically geared towards students. [Database here](#).

## Volunteer with your local Health Authority

- **Interior Health:** Available for high school students, undergraduates and grads in the Central, North and South Okanagan regions, as well as Kootenay and Thompson Cariboo Shuswap areas.
  - **Volunteer** in a community care, hospital, long-term care, public health, or substance use services setting. [Learn more](#)
  - **Career exploration (job shadow):** For students in grades 10-12: Observe and learn about healthcare career paths, experience healthcare settings and receive supportive mentorship from Interior Health teams. [Learn more](#)
- **Northern Health:** Volunteers of any age are accepted! Volunteer in community care, hospital, long-term care, public health, or substance use services setting. [Learn more](#)
- **Island Health**
  - **[Step-Up Youth Program: Ages 15-18.](#)** Volunteer at a hospital or long-term care home. Attend weekly shifts and participate in monthly Guest Speaker Series.
  - **Volunteer programs (vary by location): Ages 18+.** Volunteer in Long Term Care Homes, Acute Care Hospitals, Public Health Units and other unique sites such as Queen Alexandra Centre for Children's Health. [Learn more](#)

## 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:** [British Columbia Aboriginal Network on Disability Society](#). An organization serving the unique and diverse disability needs of Indigenous peoples across Canada.

## Scholarships and Funding for Indigenous Students

- **Indspire:** Scholarships and Bursaries for Indigenous high school and post-secondary students. [Learn more and apply by November 1st](#)
- [List of scholarships for Indigenous students from GrantMe](#)
- [Indigenous Bursaries Search Tool \(Government of Canada\)](#)
- [Aboriginal Futures: List of scholarships and bursaries](#)
- [Scholarships from the Metis Authority](#)

- [Canadian Council for the Arts: Creating, Knowing and Sharing: the Arts and Cultures of First Nations, Inuit and Métis Peoples](#): Funding for artists and arts projects

**Resource Spotlight:** Each month we feature a resource for Indigenous students. This month:

- **Admissions pathways for Indigenous students interested in healthcare careers:** BC needs more Indigenous healthcare professionals, so UBC's Medicine and Pharmacy programs have created unique application pathways for Indigenous students. Learn more below:
  - [UBC Medicine Indigenous Pathway](#): UBC Medicine reserves seats for Indigenous students.
  - [UBC Pharmaceutical Sciences](#): Indigenous applicants are given interview priority and special consideration for admission. Once admitted, the program offers a variety of [supports for Indigenous students](#).

## Training opportunities for mentors

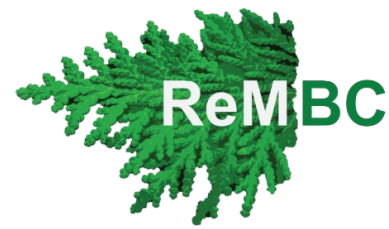
**Training Feature:** Each month we feature resources on a different mentoring theme to help mentors perfect their practice and better support their mentees.

- **This month's feature – ReMBC's courses.** Most of your mentees are required to work through some of ReMBC's courses as part of their class. Even if they aren't, courses are a great way to structure your discussions. Below are some tips to encourage your mentee to work through the courses:
  - Don't be shy about reminding your mentee about their course requirements! Sometimes mentees don't even know that the teacher is requiring them to complete courses. The teachers often depend on the mentors to guide the mentees through the courses, and introduce them.
  - Make it clear that you are coming from a place of support, for example: "I want you to get credit for this program!", so it doesn't feel like you are nagging them.
  - Get your mentee pumped about the courses! Take a look at the course you are about to do ahead of time and try to say something positive about when you are introducing it. Give your mentee something to look forward to. For example:
    - Given what you know about your mentee's interests, intentions, and goals, explain to your mentee how you think the course will benefit them.
    - Explain to your mentee how that course would have been helpful to you when you were in high school.
    - If there is anything in the course that is personally exciting to you, share it with your mentee! Excitement is infectious.
  - Review our training on how to guide your mentee through the courses [here](#) (must be logged in to MentorCity)

**Other training opportunities:**

- **Full list of mentoring resources:** [Mentor Training and Resources Portal](#) (login to view).
- **Peer-support opportunity for mentors:** Join our Mentor Mingle group - connect with fellow mentors and exchange experiences and advice. Email: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

# Rural eMentoring BC



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)

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