

ReMBC Monthly User Updates - December 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

- For **mentees** wrapping up eMentoring fall term:
 - **Stay in touch with your mentor!** Let your mentor know that you want to stay in touch, and 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) to provide feedback in a different way. **Take the survey and receive a gift card as a thank you!**
 - **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 with your mentor's name and why they should win the prize by January 30 at 11:59pm.
- **New Features on MentorCity!**
 - **Click on your match's name to view their profile:** Want to learn more about your mentor or mentee? Click on their name in your message hub to view their profile. Your match's profile will have information about why they joined the program and how they prefer to communicate.
 - **Coming soon: Read message indicator:** You spoke we listened! MentorCity is working on a feature that will enable you to see if your match has read your messages. Stay tuned!
- **Connect with us** on [Facebook](#) and [Instagram](#) (@ruralementoringbc) for updates, upcoming events, and resources to support your journey as a rural student.
- **eMentoring office closure:** The eMentoring office will be closed starting Dec 24th and return on January 2nd. If you need immediate assistance, please call 604-827-4197 and leave a message with your name, and call back phone number. Happy Winter Break!

Events, Opportunities and Supports

- **Save the date! Free virtual 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 27th, online. Choose from a series of sessions to attend, or attend the whole event. First session starts at 5pm, event concludes at 8pm.
 - Keep checking [our event page](#) for more details, or [register for free here](#).
- **Northern Development Internship program:** College or university students and recent grads can apply to be an intern at a local/First Nations government organization in Northern BC. [Follow them here](#), and their application opens Dec 15th.

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- **Spotlight on Mental Health: Apply for the Education and Leisure Fund.** If you have had mental health or substance use issues, apply for up to \$400 to spend on educational courses, leisure activities, or recreation classes to improve your well being. [Learn more and apply](#) by Dec 15th.
- **STORYHIVE Grants: call for podcast ideas:** STORYHIVE is providing funding to produce locally reflective, nonfiction podcasts accompanied by a video component. We're seeking stories that capture the voice, personality and experiences of communities across Western Canada. Projects may be featured on TELUS platforms, including TELUS Optik TV On Demand and STORYHIVE's YouTube channel. [Learn more and apply](#) by Dec 11th.
- **Free Wellness Gathering for BIPOC Youth: Dec 13th in Vancouver.** A peaceful space for BIPOC youth to rest, heal, and connect through sound, mindfulness, and community care. [Reserve a spot.](#)
- **Elizabeth Greenshields Foundation Grants for Young Artists:** Funds young artists who are pursuing their studies or are in the early stage of their career, and working in a representational style of painting, drawing, sculpture or printmaking and demonstrate the determination and talent to pursue a lifetime career in their art practice. [Applications](#) open Jan 1st.
- **BC Legislative Internship Program:** B.C. Legislative Interns gain experience in our parliamentary system and contribute directly to the work of the executive and legislative branches of government as non-partisan employees of the Legislative Assembly of British Columbia. [Learn more and apply](#) by Jan 31st.

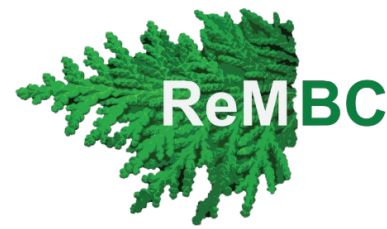
Indigenous Opportunities

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
- **First Peoples' Cultural Council's Youth Empowered Speakers Program:** Paid internships for B.C. First Nations post-secondary students, ages 18-35, who are interested in learning their language while working towards a rewarding career as a language immersion teacher, early childhood immersion educator or community language revitalization leader. [Learn more and apply](#) by Jan 13th.
- **HR MacMillan Space Centre planetarium show: Salish Skies: Indigenous Sky Stories, Dec 13th.** Join Dr. Shandin Pete to explore the rich history of the Salish skies, along with a 360° planetarium show. [Learn more and register.](#)
- **Indigenous-lead workshop, Jericho Beach Vancouver, Dec 13th and ongoing.** Join us for a powerful and heart-opening experience led by local Indigenous educator Tara Belcourt. This workshop invites participants to engage with Indigenous teachings through a lens of respect, cultural understanding, and allyship. [Learn more and register.](#)

Scholarships and Funding for Indigenous Students

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- [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:

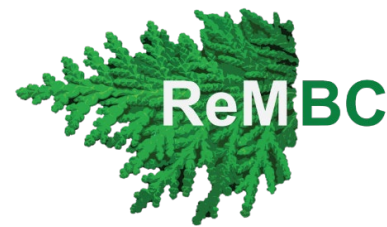
- **First Nations Health Authority:** The health and wellness partner to over 200 diverse First Nations communities and citizen across BC. FNHA supports Indigenous youth in a variety of ways:
 - Access to [Health Benefits](#)
 - The [Virtual Doctor of the Day program](#)
 - Culturally safe [mental health supports](#) including counselling services
 - Youth Forum
 - Resources, like guides for [Respecting Tobacco](#) and [Vaping](#), [Flu Season information](#), [2S/LGBTQQIA+ Wellness](#) and much more.
- [Visit their website](#) for more resources and info, or get in contact with them at Youth.Wellness@fnha.ca

Training opportunities for mentors

Reminders: Replying to your mentee – This is likely your mentee’s first mentoring experience, so it’s extra important to show your mentee that they are a priority and that you care. A bad first mentoring experience could put them off mentoring forever, so please be mindful of the following:

- **One word or one sentence responses are not acceptable!** Your mentee needs an explanation so they can understand the reasoning behind your answer. Taking a bit of time to respond also shows that you care and encourages them to stay engaged. Brief responses can feel dismissive.
- **Generative AI usage:** You can use AI (like ChatGPT) to **assist** you in your responses to your mentee, but it shouldn’t do all the work. Here’s some examples of when and when not to use AI:
 - When AI use is okay:
 - To help you write at an appropriate level for your mentee,
 - To organize your thoughts,
 - To search for information (ALWAYS verify it yourself, AI can be wrong!),
 - As a topic of conversation with your mentee. Discuss when and when not to use AI, and be open and honest about how YOU use it (yes, even if it’s for writing your eMentoring responses).
 - What to be careful of:
 - Always read your message before you send it. At least ensure that you didn’t copy/paste your ChatGPT prompt into your message (oof!).
 - Consider: could your mentee have gotten the info you provided by googling it or asking ChatGPT? If so, revise your response to show why having you as a mentor is better than just asking AI. Relate info to your mentee’s interests, or share personal stories – AI can’t do that!
 - Stay tuned, we are working on more training on this topic.

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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 – Tips and advice from last year's participants.** We recently reviewed the surveys that mentors and mentees took last year, and wanted to share some advice from successful mentors, and what the mentees said they wished their mentors knew. Check it out [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

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

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