

What is eMentoring and why should I sign up for it?

A guide for high school students

What is eMentoring?

eMentoring is an online mentoring program for rural teens.

- **Mentee eligibility:**
 - Any high school student residing outside the metro Vancouver, Victoria and Kelowna areas.
- **Your mentor:**
 - Mentors are post secondary students in a variety of programs throughout BC.
 - They are your near-peers (they are young adults) so they have been in your shoes recently—and they're not authority figures like parents or teachers.
 - We try to match you to your mentor based on stuff you have in common—but if you don't like your mentor, let us know and we can rematch you.
- **Talking to your mentor**
 - You and your mentor send messages to each other online.
 - It's not like instant messaging, so you can send messages whenever you want and your mentor will respond within 3 days.
- **What do you talk about?**
 - You can choose from 12 conversation topics.
 - Topics include careers, applying for jobs, post secondary, well being, overcoming obstacles, finding your sense of place, and much more. Ask your teacher for a full list of topics.
 - Each topic has readings, videos, articles or activities for you to explore with your mentor.
- **Time commitment:**
 - We ask that you logon to eMentoring at least twice a week.
 - Usually mentees spend 1-3 hours on eMentoring per week.
 - It's okay to take a break! We understand that illness, vacation, and exams happen. Just tell your teacher and especially your mentor—so they don't think you ghosted them.

Why should you sign up?

Have you always wondered who you can talk to about your future? Well in this program mentors are there to answer questions; from how to navigate through high school, what college or university is like, how to decide on career training, to how to take care of yourself or build good study habits. So even if you're not planning on attending post secondary, you'll still have plenty to talk about. Mentors share their experiences, good and bad, to spell out the realities of being a young adult.

Mentors invest time into building a trusting relationship with you, so they can give you personalized feedback and support. They will share their experiences and perspective with you in hopes of better preparing you for your own journey. Their takes will be different, but relatable to yours, and you can decide what advice to integrate into your own life.

Contact Info

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Phone: (604) 827-4197 | **Email:** e.mentoring@ubc.ca

How do I sign up and get started with eMentoring?

Another guide for high school students

Signing up and getting started

1. Ask your teacher to register you. They will send us (the eMentoring staff) your information.
2. The eMentoring staff will register you with our online platform, MentorCity.
3. You will receive a welcome email from MentorCity—don't lose this email!
4. Follow the instructions in the email to join Rural eMentoring BC.
5. You will read our Policies, and then make your profile.
6. Fill out your profile with lots of detail—this is how the eMentoring staff matches you to your mentor.
7. MentorCity will send you an email when we've matched you to your mentor. Then you can logon to MentorCity.com (or follow the link in the email), and begin the program.
8. Once you've logged on, you'll see "Your relationships". Click on your mentor's name.
9. You'll be taken to the "Welcome Conversation", which will teach you how to use the platform. Read through the text, then click on the blue arrow to go to the next page.
10. Once you learn to use the platform, you'll meet your mentor, and it's off to the races!

eMentoring's Policies

1. Respect your eMentoring match's opinions and experiences. Be open minded and non-judgmental.
2. Do not create any content on the platform that is rude, discriminatory or inappropriate.
3. Commit to participating in eMentoring until you and your eMentoring match complete the program.
4. Do not share any identifying information; including, but not limited to: full names, contact information, email addresses, and any social media handles.
5. Only communicate with your eMentoring match through MentorCity.
6. Respect your eMentoring match's privacy. Do not divulge confidential information unless someone's safety or well-being is at risk.
7. Respond to your eMentoring match within 3 days (72 hours). If you are unable to do so due to sickness, vacation, business, etc. please let your match know!
8. Violation of these policies could result in removal from the program.
9. Contact the ReMBC staff if you're having trouble getting ahold of your match.
10. Contact the ReMBC staff if you experience difficulty with your eMentoring relationship, the eMentoring content, or with the MentorCity platform.

Contact us:

The eMentoring staff loves answering questions and helping you out. Email us at e.mentoring@ubc.ca

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