

Strong Start: Mentorship Program

Fall 2020

ACADEMICS

COMMUNITY

CAREER

HEALTH & WELLNESS

IMMIGRATION

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August 25th, 2020

Land/territory acknowledgement

Douglas College acknowledges that our campuses, where we live, learn, work and play, are located on the unceded traditional territories of the Coast Salish Peoples of the Qayqayt and Kwikwetlem First Nations.

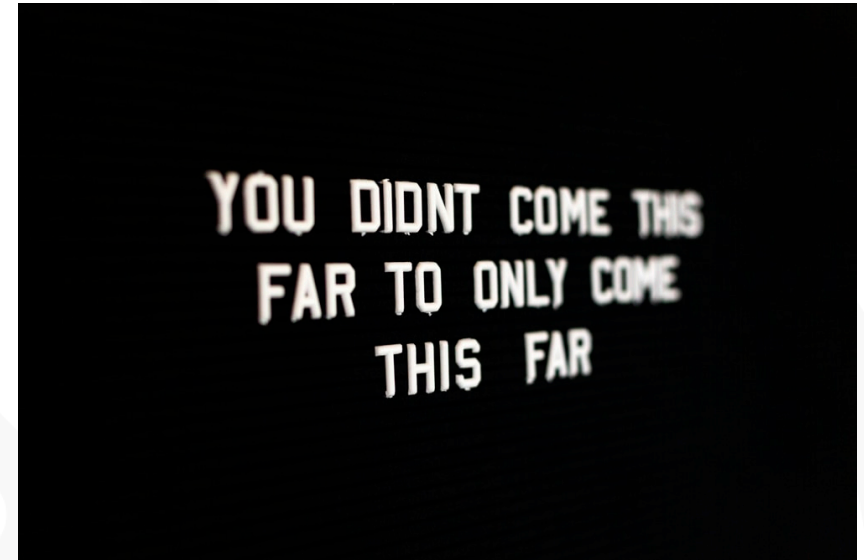




One word to describe how you feel about the Fall semester

Welcome to the Strong Start Mentorship Program

- The program was launched in Summer 2020 semester.
- Each new incoming international student will have the chance to be paired to continuing students at Douglas.
- This is a voluntary program designed to help you with your daily life and Douglas experience.



Objectives of the program

- Create early connections from mentor to mentee and provide new international students the support and guidance they need to transition to Canada, BC, and Douglas College.
- Help orient students to Douglas College services.
- Support a peer-to-peer network between new students.
- Reduce the feelings of loneliness and isolation among new students.

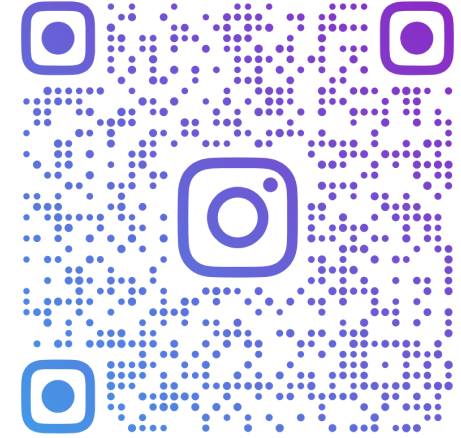
How do I sign up?



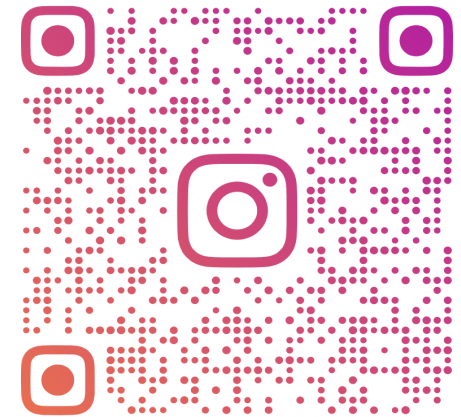
- Strong Start Mentorship
 - Look for an email this week about the program
 - It will ask you to sign up for an account
 - Matching survey
 - Get connected to a mentor
 - You can sign up for the program at any time

Check out our Social Media

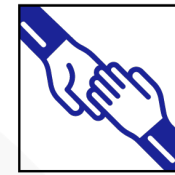
- Happening this week
 - Every Monday, find out what is coming during the week
 - Workshops, events, reminders
- Video tutorials
 - Study tips
 - Introduction to services at Douglas
 - How to get involved (clubs, events etc.)
- Contests
 - Look for contests once a month on the douglas international account



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Communicating with your Mentor

- Connect with them anytime
 - They will respond within 48 hours (except weekends)
- 1 on 1 questions (email, social media, text message etc.)
 - They can either answer your question or refer you to the appropriate service
- Virtual activities
 - 2-3 times this semester
- Connect anywhere in the world
 - Not in Canada? No problem!



Planning for a Strong Start online

- Reliable internet access for home computer & Wi-Fi
- Reliable computer access
- A comfortable place to work in your new home
- Take regular breaks from online work (10-15 min./hour)

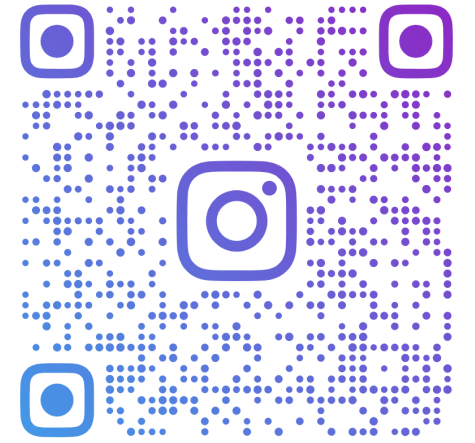
Benefits

- Make connections that will last until the end of time
- Get familiar faster
- Stay informed (e.g. find out what your mentor had for breakfast)
- Smooth transition
- Community building
 - Common interests & goals

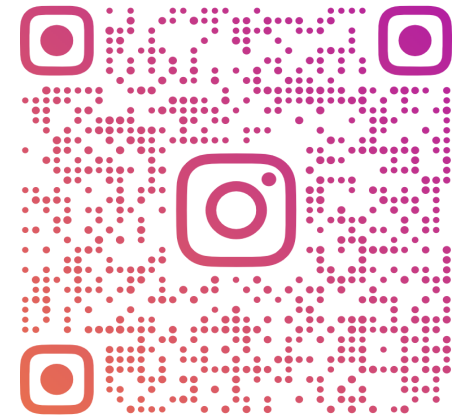


Recap: Steps to the Program

- Follow our social media accounts
 - @douglasinternational
 - @strong.start.mentors.fall.2020
 - <https://www.douglascollege.ca/international-students/new-students/strong-start-mentorship-program>
- Receive the Strong Start Mentorship email
- Sign up for an account
- Take the matching survey
- Get connected
- Have fun and find success!



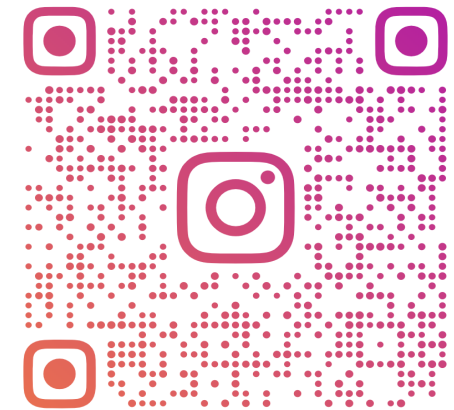
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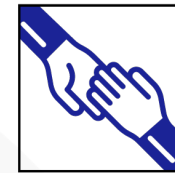
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CONTEST ALERT

- Follow Strong.Start.Mentors.Fall.2020
- Find the post
- Leave a comment with your home country and the program you are in
- Be entered to win a \$25 gift card to Amazon!



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Thank you!

See you at the next workshop.