



If you are interested in joining TIPS as a mentor or mentee,
please contact Alana Sargent at asargent@cbfy.ca

Our Partners




Our Funder





Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



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About the Program

The Transitioning into Post-Secondary Program (TIPS) is based on a partnership between the Calgary Bridge Foundation for Youth's Mentorship Program and the Werklund School of Education's Service-Learning Program at the University of Calgary. Pre-service teachers and international students serve as mentors for newcomer youth by providing support, resources and information to newcomer youth as they transition into post-secondary education or training.

The purpose of this program is to provide newcomer youth with the information and support necessary to make a successful transition into post-secondary studies, while providing student mentors the opportunity to gain hands on experience with working with diverse youth.

TIPS Program Components

WHO

- Each match is comprised of 1 pre-service teacher, 1 international student and 1 or 2 newcomer youth

WHAT

- U of C student mentors provide newcomer youth mentees with support, information and resources to assist in their transition to post-secondary education or training

WHERE

- Convenient library locations
- U of C campus
- Other Calgary post-secondary institutions

WHEN

- 2 orientation sessions
- 10 week meeting period, once a week for 1.5 hours (Fall or Winter)
- 2 group activities
- 1 closure session



"Developing a relationship with individual mentees allowed me to develop a deeper understanding of the unique challenges faced by immigrant youth, from academic challenges to financial considerations." - TIPS Mentor, Winter 2017

"Having a mentor helped me because they shared their personal experience of post-secondary and gave advice, and helped me to be more confident." - TIPS Mentee, Winter 2017

Topics Covered

The following are meeting topics covered by mentors during the once-a-week match meetings:

- Career planning and interests
- Application process
- Financing your education
- Student support services
- Academic support
- Clubs and extra-curricular activities
- Alternative learning options
- Tech and research
- Life in post-secondary