

<b>Name</b>	
<b>UNBC Student No. (if applicable)</b>	
<b>Date of Birth (dd-mm-yyyy)</b>	

**Activities Relevant to Northern, Rural, and Remote Living**

This section allows you to demonstrate your connection to northern, rural, and remote living through activities, which further helps capture your suitability for rural and/or northern education. You may include both Canadian and non-Canadian locations for this section. These activities can include non-traditional activities (e.g., farming or tree-planting), outdoor, leisure, hobbies, volunteer or community-based work, and employment activities. For each activity, please include a short description. If the activity was performed on an irregular schedule, or if there is something else you wish to clarify about your participation in the activity, please explain in the clarification box provided. Please note that you may be asked to provide the contact information of a person who can confirm the details of each activity listed.

<b>Activity 1:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 2:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 3:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 4:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 5:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 6:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 7:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 8:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 9:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

<b>Activity 10:</b>	
<b>Location:</b>	
<b>Start date (dd/mm/yy):</b>	<b>End Date (dd/mm/yy):</b>
<b>Total Hours:</b>	
<b>Description:</b>	
<b>Clarification:</b>	

**Role of Mentor in Decision to Pursue Nursing**

This section is about northern, rural, or remote mentors who have influenced your decision to pursue nursing. Please enter the information for three (3) mentors. The start date should be the date the person started to play a mentorship role in your life. For the description, please describe the relationship or connection you have with the person, and explain how the mentor influenced your decision to study nursing. Please enter where your mentor lives/lived. If your mentor no longer lives in the rural community, please note when they moved in the description field.

<b>Title, First Name, Last Name</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Start Date</b>	
<b>Where does your mentor live/lived?</b>	
<b>Description</b>	

<b>Title, First Name, Last Name</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Start Date</b>	
<b>Where does your mentor live/lived?</b>	
<b>Description</b>	

<b>Title, First Name, Last Name</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Start Date</b>	
<b>Where does your mentor live/lived?</b>	
<b>Description</b>	

**Lived Experiences in Canadian Rural/Remote/Northern/Aboriginal Settings**

In this section, you will list the Canadian locations you have lived from birth until the most recent December. Please include all the places you have lived in Canada, even if the location was not rural, remote, or northern. Do not enter places you have lived for less than three months.

*If you were born in Canada*

- Enter the city and province where you were born. The start date for Age 0-4 (Birth to Pre-School) is your month and year of birth.
- If you were still living in the same location when you turned 5, the end date is the month of your 5<sup>th</sup> birthday.
- If you moved one time before you turned 5, the end date is the last month you lived in your place of birth. You would then create a location entry, in the Age 0-4 (Birth to Pre-School) row, with a start date of the month you moved to the new location. The end date for this entry would be the month of your 5<sup>th</sup> birthday.
- Fill out the other ages in a similar manner. You might have more than one entry per age, depending on how many places you have lived. The end date of your last entry should be the most recent December unless you are currently living abroad. If you are currently living abroad, then your last entry should be the last date you were residing in Canada.

**Example:**

Age	Location	Start Date (mm/yyyy)	End Date (mm/yyyy)
Age 0-4 (Birth to Pre-School)	Dawson Creek, BC	06/1993	05/1998
Age 5-12 (Elementary School)	Dawson Creek, BC	06/1998	05/2004
Age 13-17 (Secondary School)	Dawson Creek, BC Fort St. John, BC	06/2004 10/2008	09/2008 05/2009
Age 18+ (Post-Secondary)	West Vancouver, BC Prince George, BC	06/2009 09/2013	08/2011 06/2015

*If you were born outside Canada*

- Determine how old you were the month you started living in Canada and select the appropriate “age” category. The start date will be the month you started living in Canada. Enter the city and province where you first resided in Canada.
- If you were still living in the same place when you reached the next age category (when you turned 5, 13, or 18 years old), the end date is the month of your 5<sup>th</sup>, 13<sup>th</sup>, or 18<sup>th</sup> birthday.
- If you moved to a new place before reaching the next age category, the end date is the month before you moved to the new location. Then you would create a new entry for the new location, keeping the same age category. The start date for the new entry is the month you started living in the new location. The end date is the month before your 5<sup>th</sup>, 13<sup>th</sup>, or 18<sup>th</sup> birthday as applicable. If you moved again, the end date would be the last month you lived in your old location and you would repeat the process, adding a new entry for the new location.
- Fill out the other ages in a similar manner. You might have more than one entry per age, depending on how many places you have lived. The end date of your last entry should be the most recent December unless you are currently living abroad. If you are currently living abroad, then your last entry date should be the last date you were residing in Canada.

**Example:**

Age	Location	Start Date	End Date
Age 5-12 (Elementary School)	Vancouver, BC	07/1993	09/1995
Age 13-17 (Secondary School)	Vancouver, BC	10/1995	09/2000
Age 18+ (Post-Secondary)	Vancouver, BC	10/2000	04/2001
	Smithers, BC	5/2001	08/2001
	Vancouver, BC	9/2001	04/2002
	Valemount, BC	5/2002	08/2003
	Vancouver, BC	9/2003	04/2004
	Vancouver, BC	9/2004	06/2005
	Vancouver, BC	5/2009	06/2012

Age	Location	Start Date (mm/yyyy)	End Date (mm/yyyy)
<b>Age 0-4 (Birth to Pre-School)</b>			
<b>Age 5-12 (Elementary School)</b>			
<b>Age 13-17 (Secondary School)</b>			
<b>Age 18+ (Post-Secondary)</b>			

**Ties to Rural, Northern, and Remote Areas**

Please enter the names of three (3) individuals (e.g., Mother, Father, Sibling, Cousin, Partner, Grandparent, Friend, etc.) through whom you have a tie to a rural, remote, and/or northern area. For the description, please explain a bit more about your relationship to the person, such as how often you visit them, how long you have lived together if applicable. If the person no longer lives in the rural community you indicated, please note when they moved in the description as well.

<b>Title, First Name, Last Name</b>	
<b>Relationship/connection to the individual</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Where does your connection live/lived?</b>	
<b>Description</b>	

<b>Title, First Name, Last Name</b>	
<b>Relationship/connection to the individual</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Where does your connection live/lived?</b>	
<b>Description</b>	

<b>Title, First Name, Last Name</b>	
<b>Relationship/connection to the individual</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Where does your connection live/lived?</b>	
<b>Description</b>	