

Student Wellbeing Classroom Resource

Buddy Program

Developed by:

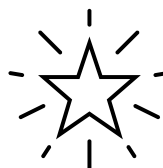
UNSW Rural Clinical School, Port Macquarie



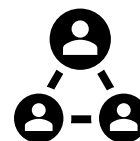
First Year
Students



Accessible for
reserved students



Leadership
Opportunities



Social
Connectedness

Description

The UNSW Rural Clinical School at Port Macquarie has established a buddy program to assist first year students in their transition to university. The program pairs a small group of first-year students with a fifth-year buddy who offers mentorship and guidance on medical student life. The program also provides a platform for first-year students to develop relationships with one another. Senior students can be an important link between junior students and staff, alerting academics when they feel a first-year student requires support.

Implementation

- Ahead of T1: Reach out to senior students to participate in the buddy program
- Nearing T1: Pair a small group of first-year students (3-5) with a senior mentor. Academics can manage this allocation or delegate this responsibility to the senior buddies
- Start of T1: Organise a space for buddy groups to hold their first meeting. This may be digital or physical.
- T1: Following the first meeting, academics can leave the buddy groups to organise their own future catchups. It may be useful to advise on meeting frequency (e.g. every fortnight) to encourage regular meetings.

Evidence of effectiveness

- First-year students feel supported in their transition to university
- Students form relationships with their peers

Dr Linda Ferrington and Dr Jessica Macer-Wright are members of the Education Focussed Student Wellbeing Practice (CoP). To find out more about the CoP, please contact the EF Team: EF@unsw.edu.au