

# SAM-buddy peer-mentoring program for first year students.

SAM-buddy (Student Adjustment Monitoring Peer Support) is a brand new project in our University managed by the Office of On-campus Student Personal Support & Counseling Services.

SAM-buddy is program designed to assist first year freshman students to adjust more efficiently to our unique academic culture in the period of eight weeks. It combines traditional peer-mentoring elements with non-traditional technology based support for all involved.



## Introducing the program

As you will know, coming to University can be both exciting and daunting. Many new students will be living away from their parents for the first time and will find shared living with their peers a

challenge; also managing money will be new to many students as will independent study. All of these changes can often make the start of University life a confusing and difficult time.

A Peer Mentor is someone who can be a friendly face on campus, someone who can help you settle in and someone who can support you during your first year of study.

SAM-buddy program relies on student volunteers (second year or higher year students) who are inspired to help an incoming student and willing to share his/her valuable experiences and information about the campus, the local academic system, and other topics generally associated to living in Budapest as an international student.

The program works in one on one, or small group format where student-mentors dedicate 1-2 hours of their time per week for meetings with their peer-buddies for the period of eight weeks.

During the course of the eight week you will be invited to fun activities, exclusive get-togethers organized by the university for all involved in the program.

## What can you expect from your mentor?

In most cases you should hear from your Peer Mentor right in the beginning of the semester during the orientation day. After this initial meeting your mentor should meet regularly with you. If meeting you in a group, this normally takes place in an informal setting such as the

Student Centre or a coffee shop. Whether you are seeing a peer mentor one-to-one or in a group, he or she should be able to provide up-to-date information about University's policies and practices, assisting you to settle in. Alternatively, they should be able to find out for you or point you in the right direction for finding out yourself.

## What can I talk to my Peer Mentor about?

Once again that is up to you and your peer-mentor. You can ask your mentor about a wide range of things such as what textbooks to buy, what to bring to university, where to go and explore in Budapest, as well as useful tips on the course and how to study effectively. Peer mentors have all received training and will know what they can and cannot discuss with you. It is important to remember that Peer-mentors are not advisors and it is normal for them to refer you on to seek alternate advice should you need it.

## How to apply

If you are interested in becoming a peer-buddy and you are beginning your studies for the first time in the University, you are welcome to fill in the online application form by visiting [www.peer-buddy.hu/apply.html](http://www.peer-buddy.hu/apply.html) Once you are completed the application, you will be contacted by our office about all the further details.

## For more information

Would you need more information, please, write us an e-mail: [mhc@human-service.hu](mailto:mhc@human-service.hu)