



STAT Buddy Program

Student Handbook

2011-2012 Academic Year

Table of Contents

Welcome & Introduction.....	3
• Letter from the STAT President	
• Overview of Participation	
• The Buddy Process	
What is a Buddy?.....	5
• What a Buddy is NOT	
Expectations & Guidelines.....	6
• Time Commitment	
• Methods of Communication	
• STAT Member Incentive Program	
How to Make the Buddy Program Work for You.....	7
• Getting Started	
• Helpful Questions	
• Activity Ideas	
• Troubleshooting	
• Resources	
• Relationship Check-Up	
Student Buddy Program Contract.....	10

Welcome

Dear STAT Member,

Thank you for your interest in the STAT Buddy Program! This handbook was designed to give you a thorough understanding of what the program entails as well as some guidelines for our program participants.

The STAT Buddy Program serves three crucial functions: easing the transition from high school to SIUE for freshman and sophomore students and fostering student networking opportunities. In order to meet these goals and ensure lasting relationships between students and their buddies, great care is taken in pairing freshman and sophomore students with junior, senior and graduate student buddies who share similar hobbies and career interests.

This handbook will provide you with an overview of the program and hopefully answer some basic questions about what you can expect from your mentor. Please use it as a guide and resource throughout your experience and feel free to share with us any suggestions for improving its usefulness to our future student participants.

Once again, thank you for your interest in the STAT Buddy Program. If you have further questions about the program, please do not hesitate to contact the STAT adviser at 618-650-2762 or kabenne@siue.edu. We look forward to serving you!

With Cougar Pride,

Jamie Springer
2011-12 STAT President

Overview

STAT – Students Today, Alumni Tomorrow

The mission of STAT is to create relationships with SIUE alumni and other students while strengthening your lifelong loyalty to SIUE.

The purpose of the organization is to encourage students to interact with alumni before graduation through social and educational networking opportunities. The organization will also partner current students with alumni mentors for the purpose of gaining valuable career advice.

Freshman and sophomore students are partnered with junior, senior and graduate students in a one-on-one mentoring relationship through the STAT Buddy program. A buddy can serve as a guide, a friend, and a resource who has learned the ins and outs of SIUE. You could ask your buddy questions about campus, share your ideas and concerns, meet new people and get help developing a plan of action for reaching your goals at the end of the school year.

STAT Buddy Program - The Matching Process

All freshman and sophomore students who wish to participate in the program as mentees must first fill out the Student Survey (see page 11.) Once the Alumni Association office receives a completed survey, the current student will be matched with a buddy based on their answers to the mentor participation survey. As much as possible, matches will be made based on similar career interests, major, hometown, hobbies and interests. Please note that we cannot guarantee an exact match in any one particular area.

Once a match has been made, the Alumni Association office will provide the buddies with each other's contact information. We encourage matches to contact each other as soon as possible.

If there are no buddies available at the time that you sign up, we will hold your information for the next available student who matches your survey results.

What is a Buddy?

A Role Model who:

- Provides an example to emulate
- Expands the student's perspective on life

A Motivator who:

- Helps the student acquire information and skills that will prove integral for success at SIUE and beyond
- Participates with the student in learning new things
- Encourages the student to try new things

A Supporter who:

- Helps build the student's self-esteem
- Conveys a sincere personal interest in the well-being of the student
- Listens to the student's ideas and concerns
- Expresses belief and confidence in the student's abilities

A Resource who:

- Introduces the student to new people, places, interests and ideas

A Challenger who:

- Encourages the student to set goals and develop a plan of action to reach them
- Challenges the student to succeed and try things on his or her own
- Encourages the student to engage in increasingly complex activities

There are limits to what a buddy relationship can do for both students. Both parties must work at the relationship to make it successful. It will not just happen. A good mentoring relationship takes time, so do not expect it to happen overnight.

A buddy is a guide, a friend, a resource who successfully navigated the ins and outs of SIUE. Junior, senior and graduate students can share things they have learned at SIUE and their experience to help pave the way for success at SIUE and beyond for younger students.

What a Buddy is NOT

- A coach or personal trainer
- A tutor or proofreader
- A supervisor
- A parent or disciplinarian
- A counselor or therapist
- A "reference book"

Expectations & Guidelines

Eligibility

All SIUE freshman and sophomore students who are current members of STAT are eligible to be matched with a junior, senior or graduate-level STAT member. Participation in the mentor program is voluntary.

Time Commitment and Meetings

The buddy program requires a time commitment that can ultimately save valuable time as you learn to navigate your journey to graduation. You will stay connected with your buddy through face to face meetings, e-mail correspondence, phone calls, written letters or whatever forms of communication you both find convenient. We recommend that you interact with your mentor a minimum of one to two times a month.

The more time you spend with your buddy and the more activities you complete, the more points you will earn in the STAT Member Incentive Program.

STAT Member Incentive Program

STAT members will earn points throughout the school year and receive STAT items as a reward. Points can be earned through the following activities:

- Attend a STAT meeting = 2 points
- Attend a STAT event = 4 points
- Meet with your buddy outside of a STAT function/create your own event = 6 points
- Meet with your buddy and his/her alumni mentor = 8 points
- A successful and productive experience at SIUE

Points will be totaled at the end of the fall and spring semester. The following prizes will be awarded:

- 20 points = STAT pen
- 40 points = STAT water bottle
- 60 points = STAT buddy t-shirt
- 80 points = STAT hoodies
- More than 80 points = End-of-Year Dinner with the STAT officers

How to Make the Buddy Program Work for You

Benefits of Having a Buddy

- An opportunity to expand your view of SIUE
- Introduction to positive role models who have gone through similar experiences
- Friendship and guidance
- An outlet to discuss concerns
- A successful and productive experience at SIUE

Responsibilities of Student Participants

- Sincere interest in developing a personal and professional relationship that supports your efforts towards graduation
- Commitment to have regular contact with your buddy
- Willingness to take responsibility for your own growth and success
- Willingness to attend SIUE Alumni Association and STAT events and to schedule recommended activities which support your buddy relationship

Getting Started

Once a match has been made and the information is sent to each participant, both parties are asked to contact one another as soon as possible. Your initial meeting or phone call should be kept friendly and light – the goal is to have both parties be at ease with each other. It should not be a “goal setting/problem solving” session. This is the time to get to know about each other, significant events or people in each other’s life, likes, dislikes and interests.

At the end of the meeting, conversation or e-mail exchange, be sure to make arrangements for the next contact you will have with each other, at which time you should discuss in more detail what each person, especially the student, hopes to gain from the relationship, and try to establish a contact schedule.

Here are some questions to think about as you prepare for initial contact with your buddy:

- *What are some things I should tell my buddy about myself that would help us get to know each other? What about me and my life story might be interesting and relevant to this person?*
- *What do I want to gain from the buddy relationship – what are my hope and goals?*

Activity Ideas

As you work with your buddy, you can develop your own ideas for activities or take advantage of the suggestions listed here:

- Meet your buddy at Starbucks or Kaldi's for coffee before class.
- Grab lunch in the MUC, Skywalk or Cougar Den.
- Socialize with other buddy pairs.
- Meet in the Quad for a few minutes between classes.
- Have dinner at a local restaurant.
- Attend a campus theater performance or a sporting event together.
- Attend a SIUE Alumni Association or STAT event.
- Volunteer a few hours to help at a campus or community-organized event.
- Do something fun and social with your buddy!

Troubleshooting: What to do when...

- *You are having trouble contacting your buddy* – Try all methods of communication that have been provided to you (phone, e-mail, etc.) If you still have no response, contact the Alumni Association office to verify your buddy's information or have a staff member contact the buddy on your behalf.
- *Your buddy seems disinterested* – Please do not get discouraged! It could be that your buddy is very busy with work or his/her personal life at the moment. Sometimes a few months of gentle reminders that you are there and are interested is all that it takes for a mentor to get back on track with consistent contact.
- *You feel the relationship is not working* – We ask that all our student partners give the relationship a full year to develop. Oftentimes it takes longer than expected for a freshman/sophomore and junior/senior/graduate student to become relaxed with one another and really start to benefit from the relationship. If you are having specific problems with your buddy, please contact the Alumni Association office for further assistance.

Relationship Check-up

Instructions: This worksheet is intended for you to complete and share with your buddy after you have been working together for approximately 3-4 months. It's time to do a "check-up" if you have already completed goal-setting and have gotten to know each other reasonably well. You can also use this worksheet when things get rocky and you feel some honest mutual feedback might help.

My Buddy and I have been meeting and/or conversing for _____ (amount of time)

I feel we have established enough trust between us that we can work well together.

Yes No Not Sure

If he/she's upset or unhappy with me or our relationship, I'm confident my buddy would talk to me about what's going on.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

If I were upset or unhappy with my buddy or our relationship, I would feel comfortable talking with my buddy about what's going on.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

I feel we've made real headway in helping me set goals and take steps to implement them.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

Three Things I feel are going great in our buddy relationship are:

1. _____
2. _____
3. _____

One thing I wish I could change about how we interact with each other is...



STAT Buddy/Alumni Mentor Contract

The purpose of this contract is not to demand a certain time commitment from the mentor, but just to ensure that you as the buddy or alumni mentor will be dedicated to this program. We are attempting to foster a positive relationship for the student members and the alumni volunteers, and for that to happen you must be dedicated, interested and involved. In summary, by signing below you are promising that you will:

STAT Member Terms:

- **Maintain a good standing regarding attendance and incentive points**
- **Make time for your buddy outside of STAT**
- **Try to participate in as many activities as possible with your buddy**
- **Do at least one create-your-own activity with your buddy**

Freshman/Sophomore Member:

I, _____, agree to the terms of the STAT Buddy Contract for the year 2011-2012.

Signature: _____ Date: _____

Junior/Senior/Graduate Member:

I, _____, agree to the terms of the STAT Buddy Contract for the year 2011-2012.

Signature: _____ Date: _____