

## The UC Ambassador Program – Buddy Program Guidelines

The purpose of the UC Ambassador Program Buddy Program is to allow for UCAs to have a chance to foster a sense of friendship on an individual basis with another UCA. The opportunity for each UCA to develop a personal relationship with the other members of the staff is paramount to the bonds of friendship within the program.

Each month every UCA will be paired with a new Buddy. The pairings are listed in a document posted on the website at the start of the fall semester. The expectation for the Buddy Program is that UCAs will set aside time to engage their partner in some type of activity or event throughout that month. These activities or events should take place at least once a week for a minimum of four in a month. If you wish to have more interaction it is up to each pair to work out a schedule of activities or events. At no time should there be the sense that you or your Buddy has to do something if it is not agreed to by each partner. Some of the things folks have done in the past have been to spend time doing things such as:

- Grab dinner
- Catch a movie
- Take a walk
- Meet for coffee, tea, or smoothie
- Attend a campus event
- Attend a religious service

These are just a few of the things that UCAs have done to get to know their UCA partner better. Please try to be creative in the activities or events that you plan with your partner – make it something to remember and something that allows for you to explore your own feelings about trusting another person with who you are... Sometimes it is okay for Buddy pairs to join up with other Buddies for an occasion activity– but try to make this exception as opposed to the rule. You may only pair with another group once during the month.

If one or both of the Buddies in a pairing are studying virtually, it is expected that all Buddy dates will be conducted online. You can video chat or call, or perhaps even attend a virtual event together! Get creative :)

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At the end of the month you will submit a Monthly Buddy Report – this report will recap what you learned about your “Ambassador Buddy” during your time spend together. In addition to writing about what you learned about your buddy, you will be asked to identify anything you may have learned about yourself. The report should detail how you spent your time together, including the planning of events and a brief evaluation of the interaction.

Time should be made to make your Buddy Dates a priority and should not be taken lightly. Please show your teammates the proper respect due them as members of your “Ambassador” family. Try to use the golden rule when it comes to your personal interactions with one another:

***“Do Unto Others As You Would Have Them Do Unto You”***

Or simply put – treat others as you would like to be treated.

Here are some of the keys to interpersonal relationships and how you can be successful in your buddy dates:

- Practice empathy
- Practice compassion
- Be friendly
- Be helpful
- Listen to others
- Overcome prejudice
- Stop negative criticism
- Don't control others
- Don't be afraid to view the world through the eyes of a child
- Keep things light and fun when appropriate