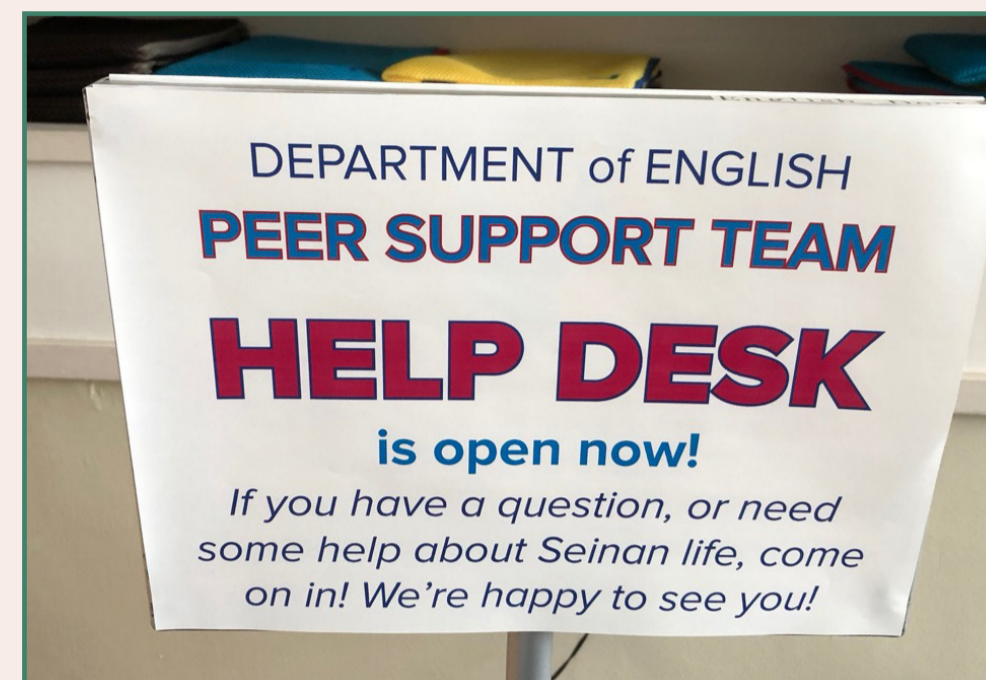


Peer Support for Incoming Students

ASSESSING THE EFFECTIVENESS OF PROGRAMS TO SUPPORT COLLEGE ENTRANTS

University is a time of great flux in all students' lives. Research (Sasaki, 2009) and experience suggests that the lifestyles and mental health of students appears to change significantly at the beginning of their university lives—something which does not necessarily improve in subsequent years. Reducing student anxiety should be a concern for the university as it can affect all students' performance and the resulting impressions of their university experience. Social support, primarily by friends, is a lead indicator in student adjustment. Providing an environment for the development of friendships and peer support groups can be done in the form of a well thought out orientation program.



Peer Support in Action

- » Distribution of explanatory flyers
- » Self-introductions at departmental orientation
- » Explanation of Student Mentor system
- » Setting up of Help Desk offering informal assistance
- » Guidance provided at other official events during Orientation Week
- » Planning and participating in annual English Camp
- » Organization of some English Camp activities
- » Guidance when needed during the year (e.g., explaining seminar system)

Preparation Process

- » January - Selection of current students as PST members
- » March - Explanation and training
- » April - Running activities for new 1st-year students during orientation
- » May - English Camp planning

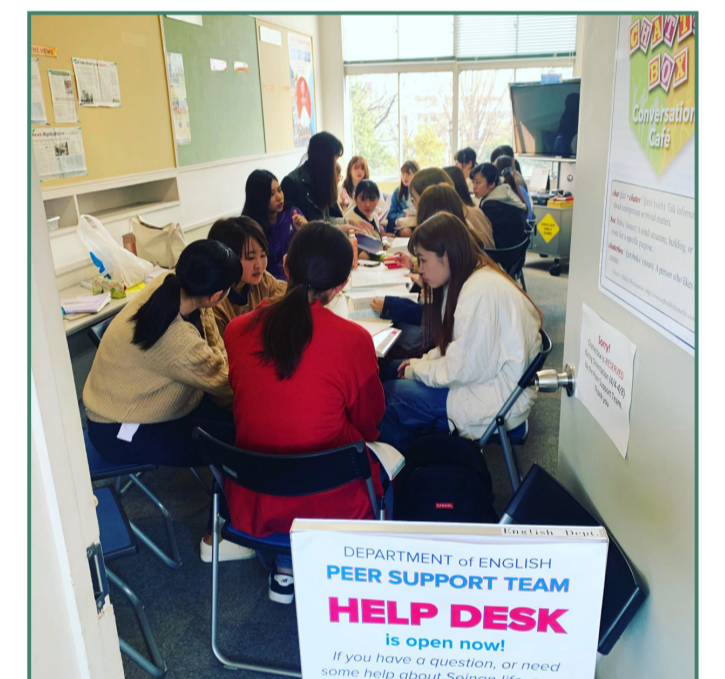
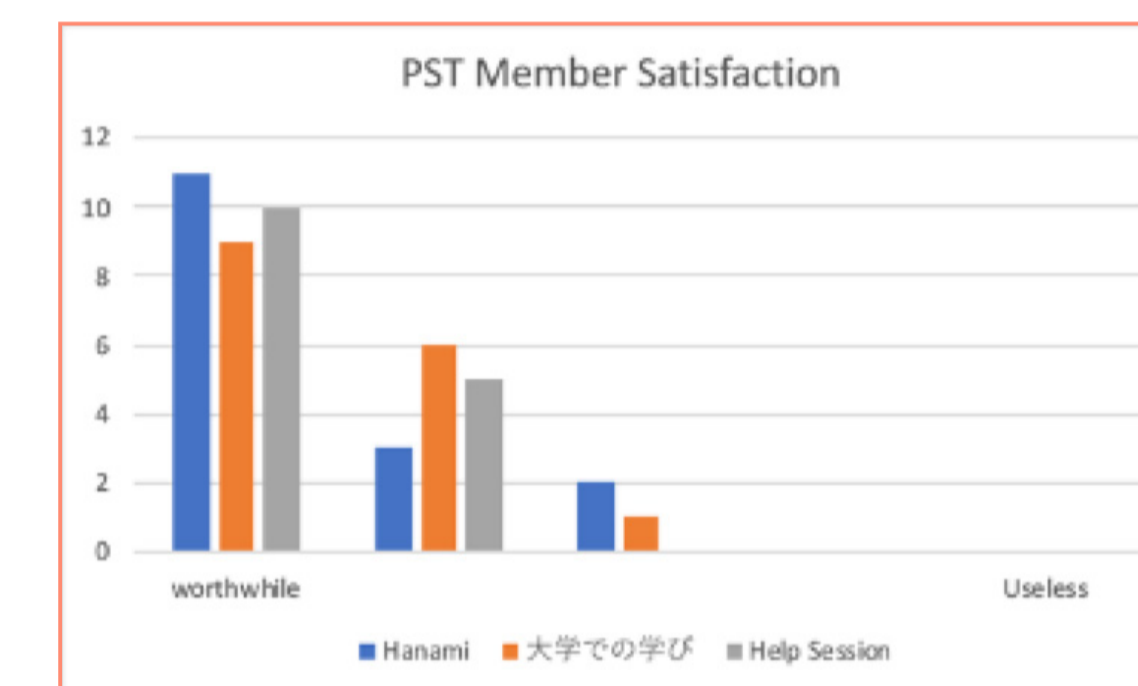
Planning Issues to Consider

- » Website access
- » Facilitating Mentor-Mentee contact
- » Information gaps
- » Lengths of interaction

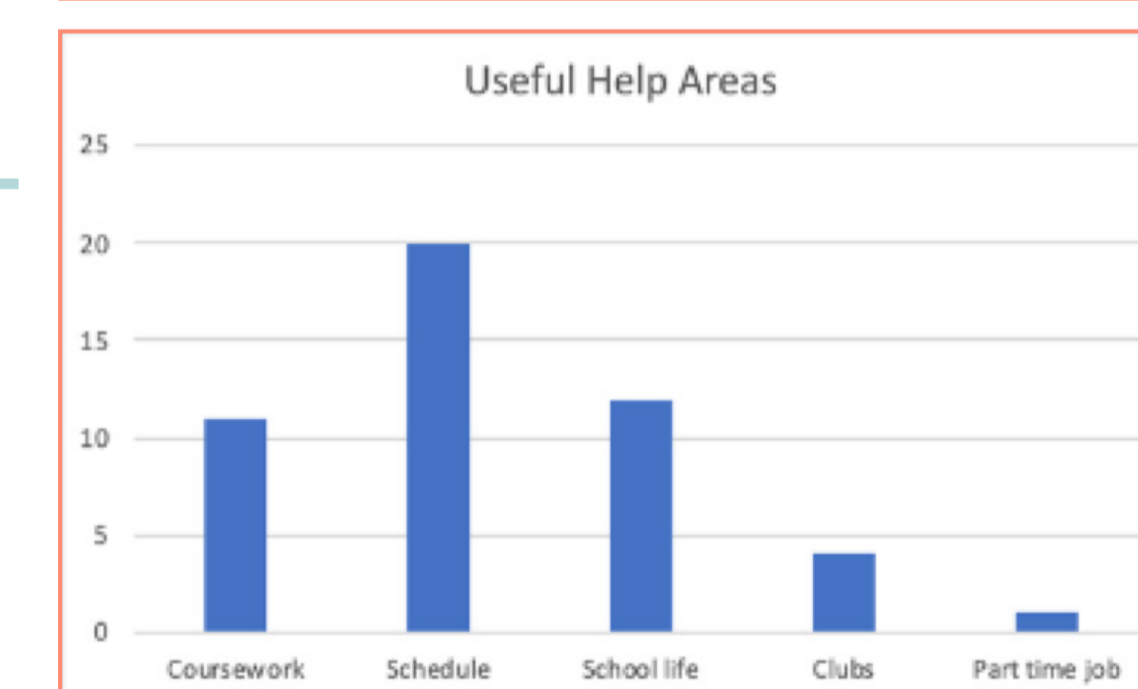
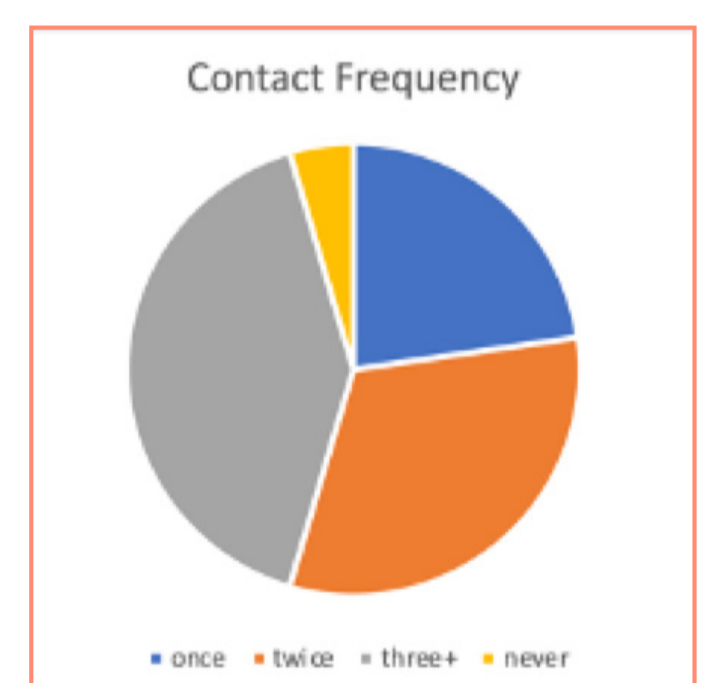
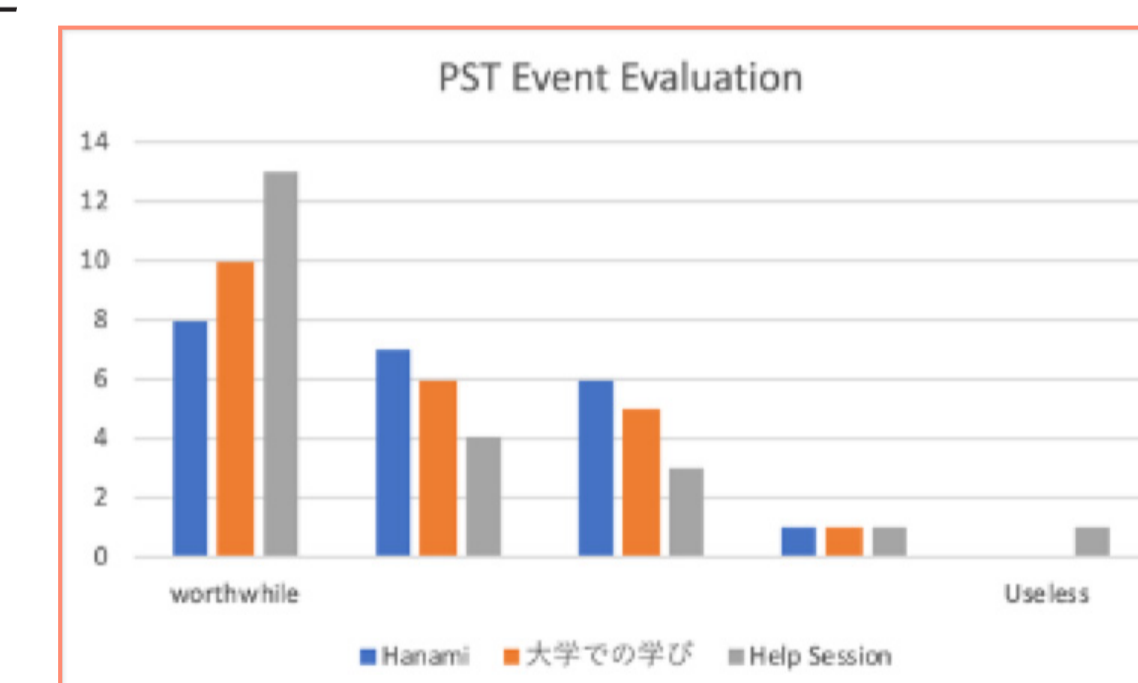
Student Issues (2019 School Survey)

Concerns	English Dept.	University
I don't have a passion for life	51.2%	41.9%
I wanted to enter another school	42.9%	26.9%
I'm not interested in my classes	38.1%	33.1%

2nd Year Students Mentors



1st Year Students Mentees



Andrew Zitzmann



Malcolm Swanson

We are both teachers in the Department of English at Seinan Jo Gakuin University in Kyushu, JAPAN. We are constantly seeking ways to create a supportive and collaborative environment for our students.