
Buddies for change

Schools and colleges can work together to make sure school students have 'buddies' at college before they move to college full time – and having a buddy can be a big help when students move from school to college. In one of our project schools, young people who were about to move to college met up with college students who used to be at their school. These students remembered what it was like to be new in college and how anxious they had felt. When they shared this with the young people who were still at school, it helped the school students to feel confident. They could see that their college friends had 'survived' being new.

Staff and students from one of the colleges involved in our project went out to visit schools to tell the young people there what college life was like. They invited the school students to visit their college and see what it was like for themselves. The young people from the college were the 'experienced' buddies and this helped the visitors feel happier and more relaxed about going to college.