



Department
Psychology

Study year
of students
Honours

Credits: 16

Module offered during
Whole year

Lecturer
Dr Luzelle Naudé

SIL604B

Community Psychology: Study Buddy Project

Brief description

The focus areas of this module include life skills development, study skills, career planning and personal enrichment.

Community partners

Learners in various secondary schools in the Bloemfontein and Mangaung area, namely:

- Ikaelelo High School
- Kaelang High School
- Lekhulong Secondary School
- Lereko High School
- Tsoseletso High School

Service sector partners

Guidance teachers in various secondary schools in the Bloemfontein and Mangaung area, namely:

- Ikaelelo High School
- Kaelang High School
- Lekhulong Secondary School
- Lereko High School
- Tsoseletso High School

Service learning component

In an attempt to prepare the youth for the leadership challenges they are faced with, and to empower learners with the skills and knowledge to enjoy a higher quality of life, a Study Buddy project was launched in 1995. As part of their credit-bearing activities, psychology students visit the re-

spective schools under the supervision of the academic coordinator of the Department of Psychology and the guidance teachers of the respective schools. After conducting situational analyses with the various role-players, students develop and present workshops and interactive discussion in the community with the focus on aspects such as life skills development, study skills, career-planning and personal enrichment.

Outcomes for students

As a direct result of the Study Buddy project, psychology students are equipped with the competence to plan, implement and evaluate community counselling interventions in order to facilitate the growth and development of individuals, groups and communities. This includes knowledge of the principles and procedures relating to the counselling of individuals, groups and communities, practical skills in the application and evaluation of the above procedures and interventions, as well as a sensitivity regarding preventative and developmental counselling strategies aimed at contributing towards the welfare of the broader community. Ultimately, students develop a theory-based, integrated frame of reference from which the practice of community psychology can be performed.

Impact on community

As a result of the project, learners feel better equipped to face the challenges they encounter and teachers experience a marked improvement in learners' adjustment and behaviour.