Background

The purpose of the CAP Buddy Program is to connect each first-year CAP student with an upper-year CAP student, their Big Buddy. New students will be able to look to their Big Buddy for advice and guidance, facilitating their transition to the University of Waterloo. The goal of this program is to allow new students to get comfortable in their surroundings as soon as possible. Additionally, this program will foster a sense of belonging between classes, further enhancing their experience at Waterloo and ultimately, at the School of Pharmacy.

The CAP Buddy Program will allow first-year students to seek advice and guidance in an inviting and confidential manner. Some of the areas where a Big Buddy could help out include assisting in meeting new people, finding a place to live, discussing how to best manage time, tips on how to study, and simply being someone to talk to.

Expectations of First-Year CAP Students

- Contact your Big Buddy with any question or issue you are comfortable discussing with them.
  - If they don’t have the answer, they will find it for you or help you find it.
  - Big Buddies are not trained counsellors, so please do not use them as such. They are to act as a resource for first-year students. Please reference the following important resources instead:
    - Counselling Services and Health Services (519) 888-4096
    - Empower Me
    - For any questions or issues you believe you need official guidance on, contact the School of Pharmacy at pharmacy.advisor@uwaterloo.ca, or the University of Waterloo Science Undergraduate Office.
- Contact your Big Buddy through the methods they provide you.
- Keep the contact information and the interactions you have with your Big Buddy confidential, where necessary and expected.
- Your Big Buddy is not your note, assignment, test, etc. provider, so please do not ask them for past academic material.
- If you experience problems with your Big Buddy, please email pharmacy.advisor@uwaterloo.ca.

Adapted with permission from SOpHs Big Brothers and Sisters program