dependent and the official Website of DepED Division of Bataan

BUDDY SYSTEM IS A MUST

by: **Maribel T. Palpalatoc** *Teacher II, Pagalanggang National High School*

The buddy system refers to a partnership or arrangement where individuals are paired up and responsibility is shared between them for their mutual benefit and support. The concept of a buddy system is widely recognized and employed in various settings, such as traveling, sports, and even workplaces. However, it is equally important to implement the buddy system among classmates in school. Thus, having a buddy system and how it can positively impact students' academic and social well-being is imperative in schools.

First and foremost, having a buddy system in school fosters a sense of camaraderie and community among students. Schools can often be overwhelming, especially for younger students or newcomers. Having a designated buddy creates a reliable and approachable figure who can assist in navigating the school environment, answering questions, and providing much-needed support. This creates a friendly and inclusive atmosphere, ensuring that no student feels isolated or left behind. Moreover, as students get to know each other better and form strong bonds, they are more likely to feel a sense of belonging, which ultimately enhances their overall happiness and mental well-being.

Furthermore, the buddy system enhances academic performance and personal growth. Buddies can collaborate on assignments, share study resources, and explain concepts to each other, resulting in improved comprehension and retention of knowledge. Working together often leads to a deeper understanding of subjects, as explaining one's thoughts to a partner encourages critical thinking and clarity of ideas. Additionally, buddies can provide motivation and accountability, encouraging each



depedbataan.com Publications

other to stay on track with assignments and deadlines. This collaborative learning environment nurtures self-confidence, as students can seek help and support from their peers rather than solely relying on teachers. As one proverb goes, "Two heads are better than one," and in the context of education, the buddy system exemplifies this notion perfectly.

Moreover, a buddy system promotes empathy and emotional intelligence among students. By being a buddy, students learn to recognize and understand the emotions and needs of their peers. They develop listening skills and become more patient, compassionate, and understanding. As buddies support each other through academic challenges or personal difficulties, they create an atmosphere of trust, respect, and genuine care. This empathy and emotional connection not only positively impact the students involved but also inculcate a culture of empathy throughout the entire school community. This, in turn, contributes to the development of strong interpersonal skills that are essential for success in various aspects of life.

In addition to the academic benefits, the buddy system helps bridge social divides and promotes diversity and inclusion. Often, students tend to associate with individuals who are similar to them in terms of backgrounds, interests, or appearance. However, when a buddy system is in place, students are paired randomly or deliberately to encourage relationships across boundaries. This provides an opportunity for students to interact with classmates they may not have approached otherwise, promoting understanding and appreciation for diversity. By interacting with peers from different cultures, races, or socioeconomic backgrounds, students learn to celebrate differences and embrace the richness that diversity brings to the school community.

In conclusion, implementing a buddy system among classmates in schools has numerous benefits. It promotes camaraderie, academic success, emotional intelligence, and inclusivity. Students' overall well-being is enhanced as they form meaningful relationships, navigate challenges together, and grow both academically and personally.



dependent and the official Website of DepED Division of Bataan

The buddy system undoubtedly serves as a powerful tool to create an inclusive and supportive school environment that nurtures students into well-rounded individuals.

References:

Establishing a Buddy System (n.d.). Retrieved from https://www.yogiraj.co.in/establishing-a-buddy-system-in-the-classroom Having someone to talk to improves brain health. (January 24, 2022). Retrieved from https://brain.health/us/blog/news/2022/01/having-someone-to-talk-to-improvesbrain-health/ Hillson, D. (2022). How Schools Affect Mental Health. Retrieved from https://www.crossnoreschool.org/how-schools-affectmentalhealth/#:~:text=Accordingly%2C%20people%20get%20mental%20issues%20earl y%20at,school.%20The%20reasons%20are%20various%3A%20Thriving%20for%20perfe ctionism%3B

