

APPENDIXES

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APPENDIX A

The vision of the University of South Africa (UNISA):

Unisa is committed to the development and improvement of the quality of life of its learners and their communities across boundaries, through world class open distance teaching, learning and research - accessible, relevant and of service to all sectors of society (Vision and Mission of Unisa, 2002).

APPENDIX B

The vision and mission statement of the Unisa Peer Help Volunteer Programme

The vision of the Unisa Peer Help Volunteer Programme is to:

... train and empower student volunteers to be able to render a quality service to fellow students and the community at large. In rendering such a service a support network is established and assistance is placed within reach of each and every Unisa student. The Bureau for Student Counselling and Career Development acts as a Resource Centre for these student volunteers (Van Schoor and Mill, 1998).

The following mission statement serves to concretize the vision:

The Unisa Peer Help Volunteer Programme seeks to empower student volunteers to shape the learning environment by establishing a network of support, staffed by well-trained and regularly supervised peer help volunteers, who act as initial support structures in their own environment. The Peer Help Volunteers should render a service of quality within a well defined ethical framework where cultural and individual differences are acknowledged and respected. The overall approach is holistic, proactive and reactive, comprehensive and student-centred (Van Schoor and Mill, 1998).

APPENDIX C

PERSONAL DATA AND CONSENT FORM

Personal Data

Student number:

Name:

Address:

.....

..... Postal Code:

Telephone number: E-mail:

Age: Gender: Male / Female(*Circle the correct answer*)

Mother tongue:

Peer Help Region:

Period of active involvement in peer helping:

Period involved in developing your portfolio:

Marks obtained for your portfolio in the 2003 evaluation:

How did you feel about portfolio development when it was introduced the first time?

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What did you like about the process of portfolio development?

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What did you dislike about the process of developing your portfolio?

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What did you find difficult in the process of portfolio development?

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What have you learnt about yourself in the process of compiling your portfolio?

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CONSENT FORM

I,

of

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.....

hereby give ELSABÉ MARIÉ MILL permission to use the information obtained during the interviews for research purposes only. I understand that names and places will be changed to protect my identity.

Signed on the day of 2003.

Signature:

Name:(please print clearly).

(Adapted from Rapmund, V.J. (2000). *Enhancing students personal resources through narrative*. Unpublished doctoral thesis. Pretoria: University of South Africa.)

APPENDIX D

EXAMPLE OF A CRITICAL REFLECTION SHEET

(see next page)

EXPERIENTIAL LEARNING CYCLE
critical reflection sheet

name:

date:

purpose/ activity/ project:

EXPERIENCE: List the experience of the day/ week
 Example: counselled 20 students

FEELING: Look at the listed experiences and match feelings that arose for you with each experience and say why.
 Example: I feel tired because it was a busy day.

ACTION: What do I plan to do differently? How will I change my behaviour as a result of this experience?
 example 1) do not skip lunch; 2) need to be more fit physically - will start walking each day; 3) check with student counsellor what I can do to cope better.

ANALYSIS: What have I learnt, in general & specific terms?
 Example:
 Generally - It is emotionally & physically draining to counsel many students.
 Specifically - I did not cope very well with this situation.

