

Buddy System Exercise

Research shows that LPT (Learn, Practice and Teach) model is one the most effective methods of acquiring new skills whether hard skills or non-cognitive skills. The Buddy System exercise covers the T (or Teaching) of the LPT model. So here is the assignment:

Identify a peer in your college/workplace, a friend or a sibling at home. Ask them if they would be interested in learning about one of the five pillars considered essential to improve effectiveness (performance) at their workplace.

Let them know that for completing the requirements to become a Finding the Leader (FLY) scholar, you need to teach one of the traits to one individual.

Describe briefly the five pillars and ask the person what pillar they would be interested in learning.

Use the key lessons, stories and tools you learned at a FLY program to teach the person the pillar.

If you need help in formulating the lesson, please do what you can and then seek help from the FLY Facilitator who taught you that session at your institution. Plan for at least 3 half-hour sessions with your mentee.

At the end of the three sessions, please write a one-page report that includes the following and submit to the Facilitator. Please be as honest as possible in your response.

Please write out your answers and email the complete document to your Facilitator by the due date. Please be specific and brief in your answers.

1. Name of the person you taught: Tej Dobariya Relationship: Younger brother
2. Which pillar did you teach?
Problem solving
3. What was the time period during which you taught?
8 pm to 9 pm on 30th may
4. What was the hardest part in teaching this pillar?
It took time for me to explain him about how to identify the problem and what is the importance of it in our daily time.
5. What did the teaching of the skill to someone else do to your understanding of the skill? Did the value of the skill change in your mind? If so, in what way and how much?
Yes, I got depth understanding of the problem solving techniques like reverse brainstorming and 5-why technique.
6. Your reflections on your experience of this assignment:
This helps to check whether we remember the things properly that we have been taught by out instructors.

Your name: Vrund Dobariya
Your Institution: Dharmsinh Desai University
Program: FLY Professional
Your FLY Facilitator: Ms. Veena parameshwaran
Date Program started: 13 may, 2024

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