

The SUNY Downstate Health Sciences University  
Buddy System

## Volunteer to be a Buddy!

### What is the Buddy System?

- This new initiative is part of New Employee Orientation (NEO) where existing employees are paired with new hires
- The Buddy assists in orienting new hires to SUNY Downstate and helping them navigate the system

### What do Buddies do?

- Provide a warm welcome to the new employee
- Share work experience and something unique about Downstate Health Sciences University
- Offer ongoing guidance and support, and be available for questions as needed
- Assist new hires in acclimating to the “Downstate” culture
- Answer questions about processes and procedures, and providing general support

### What are the expectations?

- This will not be a huge time commitment
- Buddies will be asked to touch base on an as needed basis over the new employees’ first 90 days
- The new employee and Buddy will each be provided a voucher to the cafeteria so they can enjoy coffee or a meal together

### Do I need to meet any criteria to participate?

- You have been with the organization for at least one (1) year
- You are a strong performer who consistently achieves results and meets or exceeds expectations
- You have a good understanding of the organization
- You demonstrate patience, a teaching spirit, and a willingness to serve as a buddy
- You consistently model our core values

If you would like to be a Buddy or learn more information, please email us at [HumanResources@Downstate.edu](mailto:HumanResources@Downstate.edu) or use the QR code below:



**DOWNSTATE**  
HEALTH SCIENCES UNIVERSITY

The SUNY Downstate Health Sciences University  
Buddy System  
**We look forward to seeing you!**



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