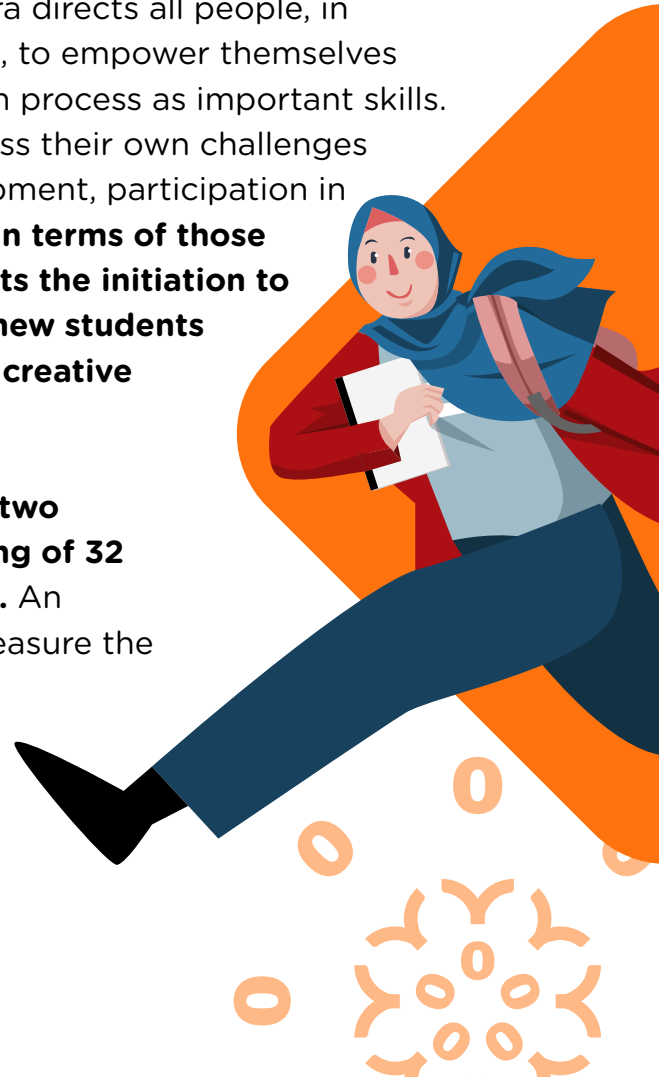# Frosh

Frosh Project ID

Journey report
2020

What is Frosh Project ID?

The current challenging global and disruption era directs all people, in particular newly registered (university) students, to empower themselves with critical thinking, empathy, and collaboration process as important skills. Their closest context is the campus life to address their own challenges in overall studying processes, friendship development, participation in students' organizations, and self-improvement. **In terms of those above-mentioned issues, PeaceGeneration starts the initiation to design an intensive assistance process for the new students through mentoring method based on media of creative learning and digital application.**

This program has been running for one year in two Universities in Bandung, ITB and UPI, comprising of 32 students as mentors to assist 431 new students. An experimental research equips this in order to measure the program success in critical thinking improvement and reduction of intention to conduct violence.

FROSH Report

Program Reach

In UPI, 16 students are functioning as mentors, consisting of 8 males and 8 females. In ITB, 16 students are conducting the same function, consisting of 6 males and 10 females.

ITB **223** People

UPI **2O8** People

Gender Percentage

ITB: 49,3% / 50,7%

UPI: 22,6% / 77,4%

Presence Percentage of Mentoring

UPI 75%
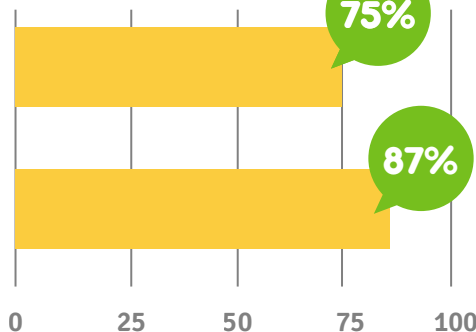
ITB 87%

0   25   50   75   100

Topic in the Program

Frosh

The Journey Begins

The Castle

Castle of Mirror
Identity Understanding

Castle of Soul
Emotion Management

Castle of Sandglass
Time Management

Bridge of Country
Becoming Good Civilians to Maintain Nation

Bridge of Community
Staying Away from Fanaticism Leading to Violence

Bridge of Peer
Healthy Friendship

The Bridge
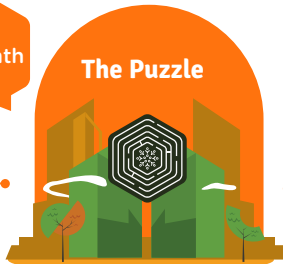
Castle of Shadow
Information Management

Bridge of World
Introduction to Hate Speech from Various Groups of Violence Extremism

The Labirynth

The Puzzle
Understanding of Process of Design Thinking

The Tunnel
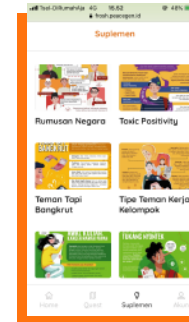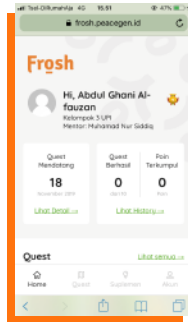Conflict Resolution Comprehension and Becoming a Peace Agent.
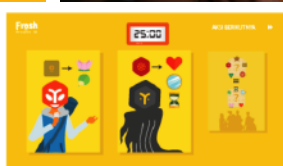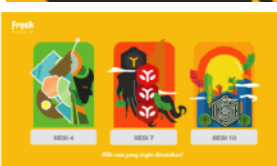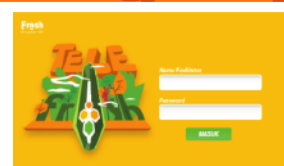
Learning Media

Frosh Project ID applies the learning media based on technology and gamification, as follows:

Learning Web Apps

Board game dan Companion App

Activity

Mentors are provided the learning of mentoring contents in three-time trainings, which underline the themes of self-management (The Castle), relation management (The Bridge), and 21 st Century Leadership (The Labyrinth). **Furthermore, to support their self-improvement process, they are provided various trainings, such as workshops for writing, content writing, and active listeners as well.**

All mentoring meetings are conducted for 4 months through face-to face method, **Nevertheless, due to COVID-19 pandemic despite our running program, we should switch the existing mentoring method through on-line media**

Impacts Measurement

An independent experimental research by Faculty of Psychology UIN Sunan Gunung Djati reveals the **improving average score towards critical thinking and the decreasing score of violence among all beneficiaries.** The measurement method is a pre and post program questionnaire which has passed reliability, validity, and try out tests.

9 of 10
Mentors

7 of 10
Mentees

encounter the score change for both of the variables after the program. **The average improving score of critical thinking lies on 14,5 point for the mentors and 36 points for the new students. Meanwhile, the average decreasing score of intention to conduct violence lies on 4,3 point for the mentors and 3,6 points for the new students.**

Mentors Changes

Before
After

14.5 Points

200

150

100

50

0

4.3 Points

Critical Thinking*

Violence Intention**
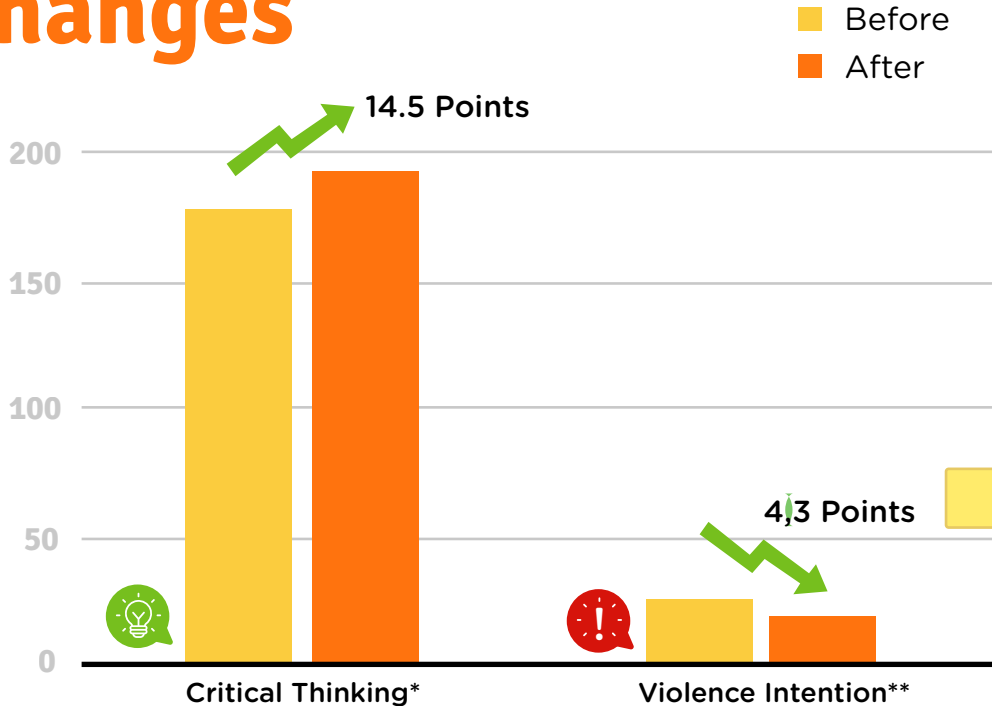
The average improving score of critical thinking lies on 14,5 points for the mentors and the average decreasing score of intention to conduct violence lies on 4,3 point for the mentors.

*Critical thinking variable consists of two aspects of skills and attitude. The score in the measurement ranges from 25-225. The higher the score, the better the skill of critical thinking. **Intention to conduct variable refers to someone's intention to conduct illegal actions and violence. The score in the measurement ranges from 10-50. The higher the score, the higher the intention to conduct violence.

Mentees Changes

Legend:
- Before
- After

36 Points

3,6 Points

200

150

100

50

0

Critical Thinking*

Violence Intention**
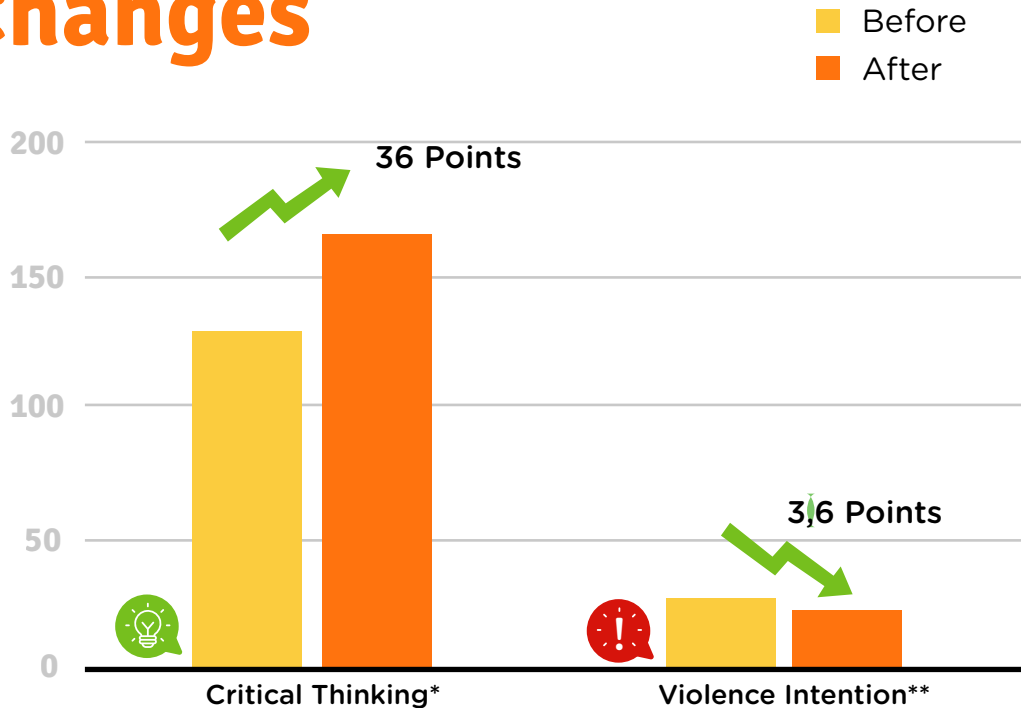
The average improving score of critical thinking lies on 36 points for the mentees and the average decreasing score of intention to conduct violence lies on 3,6 point for the mentees.

*Critical thinking variable consists of two aspects of skills and attitude. The score in the measurement ranges from 25-225. The higher the score, the better the skill of critical thinking.
**Intention to conduct variable refers to someone's intention to conduct illegal actions and violence. The score in the measurement ranges from 10-50. The higher the score, the higher the intention to conduct violence.
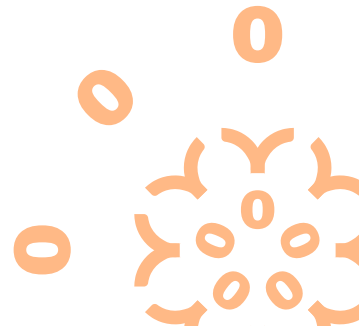
Mentee's Satisfaction Rate
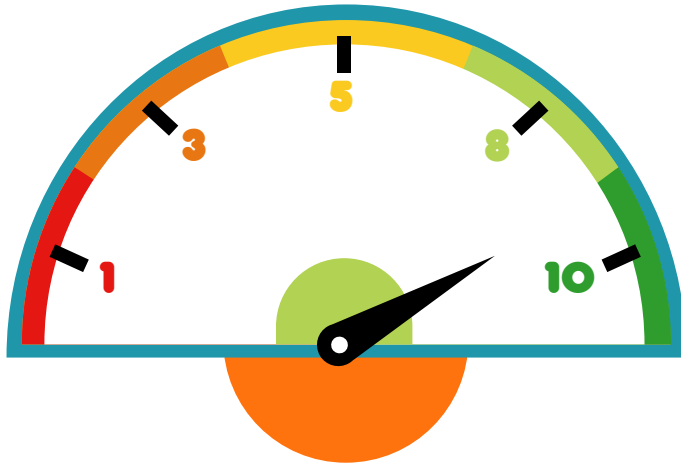
The new students in both of the campuses provide the **score ranging from 9.1 of 10 for their satisfaction towards all the mentoring programs**
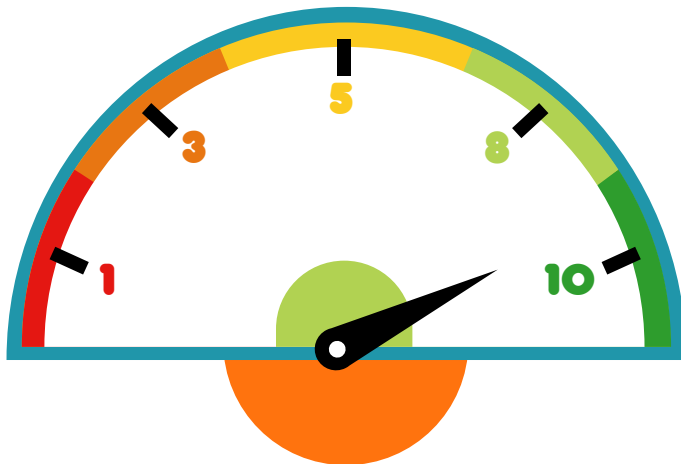
The new students in both of the campuses provide the **score ranging from 9.3 of 10 for their satisfaction towards all the mentors**

They convey the information of the major change they sense after the mentoring programs, as follows:

Appreciating differences

Showing empathy

UNDERSTANDING CONFLICT
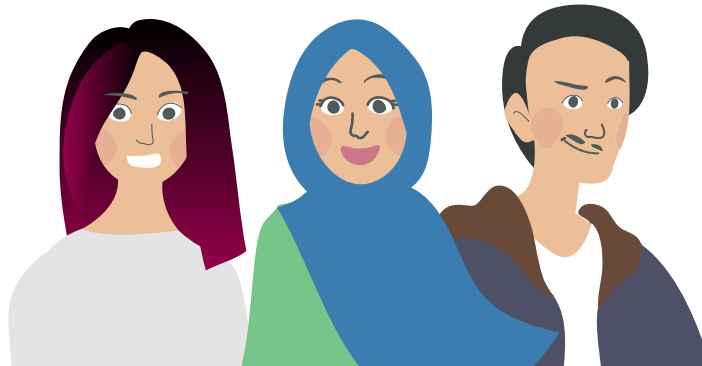
to their surroundings.

Having confidence for

GAINING FRIENDS.

conveying opinions

Understanding logical fallacy.

Maintaining their Open-minds,

BETTER SELF-MANAGEMENT

Conscientiousness to determine

Thoughtfulness to accept any information.

Story of Change

" I sign up in Frosh Project ID as a mentor and find little angels through all mentees who energize me very fast. I learn the worthiest experience, fro listening them to showing empathy. For most of my time, I have realized I get my own problem, coming with my non empty glass. Then, I know I don't dare enough to accept my own sadness, instead, I throw it , letting me empty and feelingless.

I have learnt from PeaceGen and all my mentees to understand feeling. Nothing is more beautiful when seeing sparkling smiles, tears without any guilts. Nothing seems to be more meaningful than understanding what should be enough to be understood, empathic, and together in harmony. Let your glass full with meaning"

-Hasna Afifah
(Forestry Engineering, ITB 2017)

-HASNA

"Studying in one of Catholic-based private school makes me rare to figure out any differences, particularly about the style of dressing and worshipping. In ITB, I am surprised for seeing various existing differences. It is my first environment with lots of Muslim friends.

Feeling fear is the first I got, especially when attempting to interact with inter-faith friends. I am concerned that I will not be in line with them when speaking. If they notice something little different from me, they will suspect me and it makes me grow my fear to socialize.

Frosh Project ID provides me lots of lessons from different perspectives. I understand myself more and eliminate prejudices towards others. Religion differences should not halt our friendship, but it should be a sense of understanding and respecting each other."

-Chandra Hady Brata
(Metallurgy Engineering ITB 2017)

-CHANDRA

"I used to be a mentor or a facilitator for other activities in campus or externals before jumping in Frosh. My past thought showed the full authority as a mentor's privilege over his mentees.

However, after the training by the best trainers in Frosh, then directly having an experience as Frosh mentor, my thought about mentor was dismissed an incorrect. Here, I have learnt how to position myself as a friends of mentees, listening to them, and sharing when the discussion time comes.

Another significant change after my involvement here is my betterment in time management. I can make a better priority scale for most of my activities, and I gained it through one of the materials, Quest Castle of Sandglass, during the mentoring period."

-M. Fadilah Ramadan
(Sociology Education UPI 2017)

"My personal experience dismisses critical thinking due to my disliking it out of my group's thought, and actually it is a new thing for me. It is because I restrict myself from literacy and other parts of friendship. It causes me to accept lots of invalid information as well as maintaining stereotypes.

Some changes occur when joining some campus' organizations, one of which is Frosh. Its mentoring system makes me learn and listen more, see others' perspective addressing something. It makes me think more to label some conditions or other people easily.

As a mentor I should convey good values to my mentees in order to allow them to implement what to gain during their session. Together, we attempt to eradicate stereotype, hoaxes, and existing stigma amid the societies. It is not easy, yet, if I still stand for my comfort zone, I will not improve myself later.

Being out of comfort zone might be scary, and yes it is in the first. Do all of things always come with surprise?

-Elfreda Faura Hawazz
(Psychology UPI 2017)

Campuses' Testimony

Frosh

In general, Frosh Project ID is positive and synergies with several programs in the Directorate of Students Affairs of Universitas Pendidikan Indonesia. It is the first program in UPI, and some strengths and weaknesses are found, yet this program has run well and come in great satisfaction. **The project's product will be presented as an example to spread 'peace values' virus towards other students in our campus. It is hoped that this program might be sustainable through our study majors approach in order to optimize students' representatives from the other majors.**

-Dr. Sandey Tantra Paramitha, S.Si., M.Pd.
(Head of Division of Alumni Cooperation and Relation, Directorate of Students Affairs UPI)

Frosh Program has got a relevant purpose with our new students' needs currently, one of which lies on the improvement of soft skill addressing complexities among students' lives. **Frosh applies the approach of critical thinking through series of interactive learning media adjusted with the tendency of teenagers leading to youth adults. The initiation process and partnership have been conducted by PeaceGen professionally in terms of gaining proper and sustainable benefits.**

-Ir. Hendri Syamsudin, M.Sc., Ph.D
(Secretary of Character Development LTPB ITB Periode 2017 - 2019)