Student Volunteering Stories

Nutrition and Dietetics Soc

Nutrition and Dietetics 2018/2019

The Big Veg Little Veg mentoring scheme run by Nutrition and Dietetics Society involves having returning student members (called Big Veggies) who volunteer their time to mentor first year student members (called Little Veggies) in the society. The aim of the scheme is to help first year students settle into university. The majority of our student members are either nutrition or dietetics students and therefore benefit to having a mentor studying the same subject. The mentoring role involves answering any questions that the Little Veg has about the course and university life in general for the academic year. Most Big Veggies contact their Little Veg via email but are also encouraged to meet up on campus regularly.

This scheme has been run by the society for a number of years, and as a new committee we decided to continue it this year due to how beneficial it has been in the past. We currently have 26 student volunteers who provide their time to mentoring first year students. As a committee we are incredibly proud of the scheme and very grateful to all our Big Veggies who provide their time to mentor.