

## Starting and Running a PALS Program

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### I. PALS overview

- a. Beginnings
- b. Who PALS are
- c. What PALS do
- d. What makes PALS effective

### Opposites Activity

### II. PALS selection

- a. Criteria & Recruiting
- b. Application (see handout)
- c. Selection
- d. Contract

### III. Orientation

- a. Two days in August (M & T before Labor Day)
- b. Student Component
- c. Parent component

### IV. PALS Pre-Orientation Training

- a. Leaders
- b. Prepare through summer reading & study questions  
(1st year: 7 Habits of Highly Effective Teens; 2nd year: Postville)
- c. Connect and build teams
- d. Design & walk through all lessons & activities
- e. Prepare and set up materials for all lessons and activities
- f. Learn how to talk to parents
- g. Discussion about diversity (McIntosh, Unpacking the Invisible Knapsack; Spike Lee, Bamboozled)

### Building Activity

### V. Advisory & Planning

- a. PALS assume ongoing roles
- b. Lessons implement 7 Habits in time management, goal-setting, interpersonal skills, diversity, academic success, balance
- c. Seminar periods used to plan
- d. Alternative times: common lunch period, before/after school, Student Leadership class

### VI. Q & A

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