

In what ways, if any, do you believe PAL helped you be successful in life outside of your career?

40 responses, unedited, sorted alphabetically:

- All of the things mentioned above are helpful in many different areas of one's life, but one specific thing I want to note here is critical thinking, I think that's huge I learned in PAL, and is helping me outside.
- Be a better listener. Always be a team member and know when to lead. Stand up for others. Etc.
- Being able to communicate with anyone about anything has impacted my life significantly.
- Being confident in myself and my skills
- Being part of such a supportive PAL community gave me social confidence that I was lacking.
- Builds confidence
- Built confidence, sense of community, professionalism
- Communication, conflict resolution.
- Definitely give me confidence that I could succeed as an educator and working with students. Overall it made me mindful of the diversity in the world and how much we can learn from others.
- Enhanced my communication skills and ability to do well independent and in group setting
- Hearing encouragement from peers and professors of when to keep trying while going throughout rough times
- I am able to communicate effectively with others and have confidence within myself.
- I built great relationship with other pals. It built my self efficacy. My family was proud of me in this prominent position.
- I feel more confident overall. I feel a lot more comfortable admitting when I need help. I communicate a lot better with my loved ones.
- I learned a lot about myself having to manage like 10 students at a time
- I mentioned this earlier in the survey, but I feel like I became a more well-rounded person after PAL due to the positive influences of my supervisors and peers/coworkers (in addition to the skill development and experience gained). I feel I was given several opportunities in PAL to explore and expand my interests, which set me up extremely well for graduate school and my career. This of course affects my life outside of my career, giving me better confidence and a greater sense of self.
- I met my wife in PAL. She is what I consider my greatest success.

- I think one of the main character traits that was highlighted during my experience of the PAL program was empathy. It allows you to gain perspective of what other students may be dealing with, may be struggling with outside of college, or may not be dealing with. My proof for this is that even these surveys will show a different perspective of what students faced throughout their PAL experience. The patience, understanding, and empathy has taken me a long way both inside my career and outside my career.
- I think PAL gave me a lot more confidence in social situations and in myself as a leader. I have some social anxiety and it allowed me to work past that in a lot of ways
- Improved my public speaking and fulfilling chapter of my life.
- In life I am able to continue to challenge my thought processes with family, friends, and strangers, and working as a facilitator you learn how to have tough conversations and challenge others' thoughts in a respectful manner.
- In life I have found my voice and learned how to better advocate for me, my family, and my patients.
- It definitely helped my critical thinking skills in all aspects of my life and helped me to communicate better with other people of all different backgrounds.
- It has taught me how to approach problems from different points of view.
- It helped me make friends who I still keep in touch with.
- It really pushed me outside of my comfort zone. I was able to gain confidence and beat imposter syndrome.
- Its helped me be more confident in who I am.
- learning to listen to my needs, and the needs of others. To slow down and get to meet others in a personal level and continuously check in with how people are doing before talking about the "topic."
- Pal has given me a lot of confidence in my professional and personal life. I feel more confident introducing myself to new people, and sharing my ideas and goals.
- PAL has simply made me more a patient person and I strongly believe my communication and teaching skills and leadership are much strong from my 2 years of experience in the program.
- PAL helped me break out of my comfort zone constantly to shape me into a more outgoing person and be more comfortable with myself. This has opened many doors for me. PAL also led me to my life partner. :)
- PAL helped me realize that I need to be uncomfortable to become comfortable. It takes time to adapt and you need to give yourself grace.
- PAL helped me understand how to go about conducting and implementing educational based research which is used in my current job.
- PAL helped me with my communication skills.

- PAL helped shape my mentality to be helpful to others and how fulfilling it can be to do so.
- PAL opened the door for me to be a tutor and instructor assistant
- PAL provided a lot of leadership opportunities, no matter what level you were at, and more importantly, support for those in those leadership roles. Without the support fellow peers and the directors of the PAL program, I think many students would be a lot more anxious and scared in these leadership roles.
- The concept of scaffolding! Helping build others up and expand their knowledge. I am a physical therapist now and I use concepts from scaffolding to educate and empower my clients and patients!
- The most important way pal has helped me be successful is by teaching me to welcome my downfalls and view them as opportunities to learn /improve. Like most students I dreaded failing but working with students who where often in the same classes or on the same path as me made me realize that failing isn't the end of the world and that you can comeback from just about anything as long as you believe in your self and do the work. I saw it in the student I saw it with my peer and I was even privileged to hear stories from my faculty and what they went through to get to where they are now. Those lessons I apply to work, furthering my education and just day to day life as a young adult.
- The Peer Assisted Learning (PAL) Program has impacted my life far beyond my career, shaping me as a person in ways that continue to influence my everyday experiences. Through PAL, I developed a deep sense of empathy, understanding the importance of listening to others and offering support when needed. These qualities have strengthened my relationships with friends and family, allowing me to be more present and patient. The collaborative nature of PAL also taught me the value of community, encouraging me to seek out and contribute to supportive networks in my personal life. Additionally, the program's emphasis on balancing academic success with mental well-being has carried over into how I approach life's challenges, helping me prioritize self-care, manage stress, and maintain a healthier balance in all aspects of my life. PAL has given me tools that go far beyond academics, equipping me with emotional intelligence and resilience that continue to shape how I navigate the world.