

What other PAL experiences, if any, helped you develop these skills (Career and Self Development, Communication, Critical Thinking, Equity and Inclusion, Leadership, Professionalism, Teamwork, Technology)?

64 responses, unedited, sorted alphabetically:

- Additional opportunities like professional conferences
- Advertisement of PAL at the beginning of each semester helped me develop skills of persuasion, critical thinking, and teamwork. Part of this included alteration of schedules to accommodate as many people as possible in a fast-paced situation
- Anatomy PAL was fundamentally different in material and required understanding of various learning styles. Was able to request access to the model room to hold extended office hours for students to have access to PAL facilitators and anatomy models all in one location.
- As a facilitator, I started virtual and later moved into in-person meetings. The experience of running my PAL class and later becoming a PAL lead helped me develop the skills necessary for my life as a professional worker and soon-to-be medical student.
- As a Lead and Super I got to develop my leadership skills that I use everyday. PAL as a facilitator and lead also helped develop/finding my voice when speaking to the public.
- As a PAL facilitator you make connections with other students who did not sign up for a PAL class, but they know that you are a source of help and guidance so whether it was during office hours or in the classroom I would observe, students would ask for help or reach out about their own personal experiences. Students are very comfortable talking to other students about what is happening in their personal lives and as a PAL facilitator and a general peer, I grew in the skills of communication, critical thinking, equity and inclusion, professionalism, and teamwork.
- Attending conferences as a PAL facilitator helped with communicating professionally with coworkers and other professionals.
- Becoming a lead for the course
- Being a Lead Facilitator required communication with course directors, which was beneficial to my professionalism and communication skills.
- Being a supervisor helped greatly in my career to delegate and become comfortable leading a group.
- Being connected to faculty members in PAL also helped me improve my insight, communication skills with faculties, and interpersonal skills!
- Being involved in the Cultural Competency Ambassador (CCA) Team
- Being part of the CCA and LDT were very beneficial in developing these skills, particularly communication, leadership, and teamwork!

- Being part of the interview process for new hires taught me quite a few skills within the items listed.
- Being Supervisor
- Classroom announcements
- Conferences PAL facilitators go to
- Extra "side projects" such as cultural competency ambassador team and extra research experience/journal club, as well as impactful readings like Brene Brown during training
- Feeling important enough that I could help others made me want to succeed for my students, peers, and myself.
- For me, the most crucial aspect of being a facilitator and leader during my years with PAL was having a place where I felt like I belonged and had people I could turn to in times of need, but all the other things that PAL assisted me with shouldn't be discounted either.
- Gaining confidence and familiarity to talk with professors, coworkers, colleagues, and other students especially in front of a large group. Also holding review sessions before exams helped strengthen both the material covered in PAL and solidifying a sense of community among the students.
- Having supportive and caring mentorship allowed me to freely explore what it meant to be a leader. When I felt nervous I knew I could turn to my mentors for help. I felt seen, heard and cared for, something I never experienced in my k-12 education.
- Holding office hours and interacting with faculty members, especially when reaching out to conduct announcements
- Host office hours, work on worksheets, develop new teaching strategies, host study sessions, public speaking in classrooms.
- I developed self-efficacy by being involved in a program that believed and supported me.
- I did like the transparency from our leaders when we do make a mistake, and they communicated it professionally to us how we can improve.
- I feel like being in a shared space, like the PAL office helped me when it came to discussing my experience and techniques with other facilitators. We'd be able to provide feedback to each other, communicate frustrations and problem-solving techniques
- I think being involved with PAL helped my personal growth in managing my time as a student and leadership in clubs on campus.
- I used these skills while applying for lead and super positions within PAL. They helped further develop all the skills listed above. As lead I took on more responsibilities that have helped me till this day and will continue to help me in my professional journey as well as my personal life.
- I would say attending lectures associated with my subject and learning how to balance that with all the other things on my plate simultaneously. Also, open lab was good

because you had to be prepared to assist with anything or anyone who came in the door with a question.

- Mentoring and training other facilitators
- Mostly feeling included.
- Navigating technology and student anxiety/uneasiness as I held half of my semester on zoom due to COVID!
- Networking with PAL faculty and PAL course instructors was impactful to build skills and confidence in the PAL classroom, in pedagogy, in my subject area, and in myself!
- Office hours
- Office hours
- Orientation events prior to semesters and bonding outside of PAL
- Outside of PAL, it felt like I had gain a whole classroom of friends.
- PAL Trainings
- PALs LDT program really helped me improve on my leadership and critical thinking skills
- Panels for freshman, traveling for presentations, working office hours, ensuring student engagement, adapting to student needs,
- Presenting at conferences
- Presenting pal research to peers
- Relationships, I understand the importance of building relationships, this is an important skill in daily life at work and outside work place
- Resources
- Running into difficult situations in the PAL classroom as well as in the PAL office. This brought out leadership and critical thinking. Professionalism in writing emails to faculty and leadership and teamwork in my time as a lead and super.
- Signing up for additional training like the Leadership Development Team
- Social gatherings, team building games, study groups, reaching out to other facilitators for support, taking in feedback from other facilitators and supervisors
- The class recruitments helped in developing a presentation skill over time before later doing the research presentations.
- The collaboration and preparation we had among our teams during the class in order to prepare for our own facilitator class.
- The faculty in the program and their support played a huge role in developing these skills.
- The initial PAL interview
- the office hours that we were required to have weekly really helped developed skills like communication and critical thinking and being able to tailor your teaching methods and delivery of information to individuals in different ways

- The PAL community
- The PAL office - I think the actual office is very underrated. PAL has done an amazing job with letting the tutors within the program express themselves freely. Whether that be rearranging the office, letting us do homework there, and just general socializing, the office was definitely a place that students heard, felt relieved about and walked into. When I first started, it was mainly PAL tutors that were sitting in the office conducting office hours. However, as time passed, more and more students came to ask advice, hang out, learn and do homework. In my opinion, it allows for students to feel much more comfortable in a learning setting when the setting feels warm and welcoming. As a PAL, the office provided me friends, comfort, and skill development.
- The PAL program was pivotal in my development, offering invaluable leadership experience and the opportunity to communicate complex ideas effectively. The strong sense of community within PAL fostered a feeling of belonging and support, while collaborating with fellow facilitators honed my teamwork and communication skills. I am confident that I would not have achieved my current success without the transformative experience provided by PAL.
- The whole deal of managing everything, especially as a lead
- Throughout my journey as a PAL instructor, I faced challenges with anxiety, but this experience ultimately strengthened both my communication skills and personal growth. In overcoming these obstacles, I learned to engage effectively with my students. The technique of scaffolding, which honed my critical thinking abilities, remains a valuable tool I continue to apply today.
- Traveling to present research, being a lead facilitator, coordinating trainings and celebratory team building events
- Traveling to speak about PAL
- Tutoring hours, end of semester project, working on the math with a professor and colleagues
- Working as a liason between faculty and students.
- Working in a group orientated environment significantly developed and reinforced the skills listed. More importantly have the leadership qualities to lead a PAL class was crucial in my development. Understanding how people learn and adjusting accordingly. The training we received during the Wednesday was helpful in developing those skills. One example is affirmative communication and how to use it to communicate your feelings and needs.
- Workshops within the second hour of NSM 197