

What other PAL experiences do you believe helped you be successful in your job?

40 responses, unedited, sorted alphabetically:

- Acknowledgment of failures and having grit to be successful. Working with various cultures and learning styles.
- As super I learned to manage and supervise my coworkers. And learned to divert the situation if it came to that point. Understand when I'm in over my head and needing to ask for help was huge character development for me.
- Being a member of the CCA team
- Being confident in myself as a leader and helped me become a better public speaker.
- Breaking out of my comfort zone. Practice helping uplifting others
- By leading my PAL class and working as a lead, I learned how to manage others, work alone for something, and work in groups for others.
- Collaboration with other facilitators, going to classes to advertise pal sections,
- Communication and accountability being apart of my experiences helped me be successful in my current job.
- Communication is an underrated skill to have. When facilitating students, it is important to understand their thinking process, and drive their group discussion in a certain way. Being a facilitator improved my understanding of others, and the importance of my choice in words. This skill helps tremendously in my job, because even though I'm an engineer, the ability to effectively communicate is more important to me than my technical skills are.
- Community.
- Demonstrating in interviews how grit, which was a central theme in PAL, is important in accomplishing vast endeavors.
- Everything!
- How to run a classroom. Especially with public speaking. How to be prepared and organized. How to reflect on my practice. I learned analytics skills. I know how to seek out peer reviewed journals. Overall, it helped me learn to take accountability.
- I believe the structure of PAL itself can ONLY provide an experience that will help you better your professional development for the future. For the most part, almost all PAL facilitators will go through the same experience with some variation. And this experience is perfect for the future that exists after college.
- I leaned the importance of communication skill. This helps me lead my team at work and inspire others people around me to speak up as well.
- I tend to be fairly shy and reserved, so for me this was a great way to prove to myself that I could come out of my shell and be of assistance to others academically. I think it

also helped me to realize how nice it feels to give back to people who have gone through the same struggles as I have to achieve their success. This translates to any occupation or life circumstance in the real world.

- I think everything PAL has to offer!
- I think the diversity of Sac State in general helped me be successful in my job because I was mainly working with a diverse collective of students.
- I use scaffolding a lot in my job. I enjoy the idea of building off of knowledge and having them come to the conclusion on their own than giving answers.
- Increased my interest in going to graduate school.
- Learning time management, working self-directed.
- Learning to deal with.
- Mentoring students taught me usefull skills which I've used to train staff.
- Most leadership experience and communicating with students as a lead in a classroom setting
- My leadership skills as a lead and supervisor helped a lot
- Pal helped a lot with communication from the trainings to being a facilitator.
- Planning events and coordinating with other campus resources/programs to help ensure students success.
- Problem solving is a very important part of my job and helping coworkers get through difficulties when they arise, I've been able to pull from my experience as a PAL facilitator to help navigate through issues and get to the best outcome.
- Relearn my subject
- Same as above
- Same as above.
- Same as before, the introduction to the PAL method and IBL.
- Same things as before.
- Scaffolding. I do it for everything!! Large tasks and even getting information out of coworkers that can be difficult to communicate with.
- The aspect that I apply most to my job is liaising between different groups. Faculty to students, students to facilitators, facilitators to faculty, etc. I learned how to communicate to diverse groups of people at multiple levels effectively.
- The Peer Assisted Learning (PAL) Program equipped me with invaluable skills that have directly contributed to my success in the workplace. Through PAL, I honed my ability to communicate complex ideas clearly and effectively, a skill essential for mentoring students and now equally crucial in professional settings when collaborating with colleagues or presenting information. The “scaffolding” method we used in PAL taught me the power of guiding others to discover solutions independently, which I now apply

in problem-solving and team dynamics, empowering others to think critically and take ownership of their tasks. Additionally, PAL instilled in me the importance of empathy and cultural humility, ensuring I approach every interaction with understanding and respect for diverse perspectives. These skills—communication, leadership, and empathy—have been vital in building strong relationships and fostering a positive and productive work environment.

- The scaffolding skill. Honing in on this skill during my time in PAL has refined my ability to provide education and explanations to my work colleagues. This has also strengthened my knowledge in the topic(s) I am teaching/explaining.
- Thinking about how other people think and learn. Being forced to slow down and meaningfully explain things.
- Working with a diverse group of people helped prepare me for working in healthcare teams with a diverse group of colleagues from different cultural and educational backgrounds
- Working with such a diverse set of individuals has helped me appreciate so many cultures, ones I probably wouldn't have considered had I not been exposed to in or training exercises and fairs. With that knowledge I can apply that to patients of all sorts of backgrounds and have a better understanding of how to approach them.