PAL First Six Weeks Journal Assignment

Congratulations! You are now well on your way to being a great PAL! You have gone through a lot of training, and I hope you have already started to see the impact that PAL will have on your life and the lives of those around you. This is the assignment for your first journal. You will have at least one journal assignment every six weeks. The journal assignments offer you the opportunity to reflect on your experiences in PAL and your growth as an individual. They also allow me a window into your thoughts and emotions. I will grade your journals holistically, taking into account length, focus, reflection, insight and growth. I expect you to put a great deal of time and thought into each reflection.

For your first journal assignment, please reflect on the time you have spent in PAL thus far. We have grown closer as a community and I hope each of you has learned something about yourself as an individual. Please write a journal that reflects on all of these experiences and explains what you have learned about the group and yourself.

* You must include:
	+ Self Esteem
	+ Understanding Behavior
	+ Building Trust
	+ Group Norms/ Dynamics
	+ Confidentiality
	+ The role of a PAL

Requirements:

* 12 point font
* Double-spaced
* Two pages

Insight and analysis

Questions to consider:

* What have you learned during PAL that has surprised you?
* How have your expectations of PAL as a program, the people in PAL, or yourself evolved?
* What game or activity have you gained the most insight from?
* What have you learned about relationships or communication?
* What do you look forward to as the year continues?