

## Getting Started with Summer 2020 PALS 9 and Proposed Schedule

### To Start:

- Read through the enclosed welcome letter and this proposed schedule
- Put on your PALS t-shirt and get excited!
- Send an email to [PALS@andover.edu](mailto:PALS@andover.edu) to confirm that you have received your package in the mail!

### Week 1:

*The Mindfulness Journal for Teens, by Jennie Marie Battistin*

- Introduction (p. viii-ix) & How to Use This Journal (p. x)
- Chapter 1 – Here and Now (p. 1-40)

*The 7 Habits of Highly Effective Teens & A Self-Guided Workbook for Highly Effective Teens, by Sean Covey*

- Text: Who Am I? & Introduction (p. xv-xvii)
- Text: Part I – The Set-up (p. 3-28)
- Workbook: Part I – The Set-up (p. 4-19)

- Read the weekly email update from PALS Summer
- Check <http://www.andover.edu/pals/2020PALS9> for additional resources!
- Send a picture of yourself reading or journaling to [PALS@andover.edu](mailto:PALS@andover.edu)  
(extra credit: wear your PALS t-shirt!)

### Week 2:

*The Mindfulness Journal for Teens, by Jennie Marie Battistin*

- Chapter 2 – The Story I Tell Myself (p. 43-73)

*The 7 Habits of Highly Effective Teens & A Self-Guided Workbook for Highly Effective Teens, by Sean Covey*

- Text: Part II – The Private Victory (p. 29-128)
- Workbook: Part II – The Private Victory (p. 20-49)

- Read the weekly email update from PALS Summer
- Check <http://www.andover.edu/pals/2020PALS9> for additional resources!
- Send an email to [PALS@andover.edu](mailto:PALS@andover.edu) answering the following questions:
  - *What is one thing you have learned so far in PALS 9?*
  - *What do you still want to learn more about?*

### **Week 3:**

*The Mindfulness Journal for Teens, by Jennie Marie Battistin*

- Chapter 3 – Dealing With Difficulties (p. 75-103)

*The 7 Habits of Highly Effective Teens & A Self-Guided Workbook for Highly Effective Teens, by Sean Covey*

- Text: Part III – The Public Victory (p. 129-202)

- Workbook: Part III – The Public Victory (p. 50-73)

- Read the weekly email update from PALS Summer

- Check <http://www.andover.edu/pals/2020PALS9> for additional resources!

- What's on your mind? Send any questions or thoughts about the work you are doing to [PALS@andover.edu](mailto:PALS@andover.edu)

### **Week 4:**

*The Mindfulness Journal for Teens, by Jennie Marie Battistin*

- Chapter 4 – Letting in the Light (p. 105-132)

*The 7 Habits of Highly Effective Teens & A Self-Guided Workbook for Highly Effective Teens, by Sean Covey*

- Text: Part IV – Renewal (p. 203-245)

- Workbook: Part IV – Renewal (p. 74-87)

- Read the weekly email update from PALS Summer

- Check <http://www.andover.edu/pals/2020PALS9> for additional resources!

- Take the online end-of-PALS Summer survey (to be emailed to you this week)

- Send a video or written response to [PALS@andover.edu](mailto:PALS@andover.edu) answering the following questions:

- *How has PALS 9 enriched your summer break?*
  - *In what ways do you feel better prepared to succeed in Grade 9 and beyond?*
  - *What was your favorite part about PALS 9 and why?*