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 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
(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 answering the following questions:
  o What is one thing you have learned so far in PALS 9?
  o 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](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

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](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 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?