

Dear PALS Applicant:

Thank you for your interest in becoming a member of the TPHS Peer Assistance Listener Support (PALS) Program. The PALS Program is a highly-selective course that makes a significant impact on the Torrey Pines High School culture. PALS is a service-oriented, project-based course created to promote student well-being and facilitate student connectedness by sponsoring all-school events, establishing one-on-one student peer assistance, administering campus tours and supporting campus activities. We are looking for enthusiastic, kind, mature, friendly, responsible and creative student leaders who demonstrate initiative, accountability, and work well with others.

Please follow the steps below to complete the PALS application for the 2020-21 school year.

APPLICATION PROCESS

1. Complete entire application:
 - a. Application questions (handwritten)
 - b. Typed essay
 - c. Two teacher recommendations (teachers will turn these in separately)
 - d. Required Signatures (Parent)
2. Complete application is due: by 2 pm, Monday, March 25th, 2020 in the Counseling Office.
(No late applications will be accepted.)
3. If selected by the PALS advisors for further consideration, an **interview** will be required to complete the application process. All potential applicants will be notified personally by the advisor.

MANDATORY COMMITMENTS

1. Enthusiastic participation in the TPHS PALS mission on campus.
The mission of the TPHS PALS is to promote student well being and facilitate student connectedness by sponsoring all-school events, establishing one-on-one student peer assistance, providing campus tours & supporting campus activities.
2. Sign and follow the PALS contract which requires PALS to abstain from the use of alcohol and other drugs.
3. Attend any PALS-related after school and lunch events.
4. Regular research-based, secular mindfulness practice and stress-reduction training in class
5. Attend and Participate in the following PAL school service dates (most < 2 hours/event):
 - TPHS Readiness Days (TBA August)
 - Challenge Days (October)
 - Red Ribbon Week (December)
 - Yellow Ribbon Week (March)
 - Back to School Night (October)
 - Choices Night (February)
 - 9th Grade Information Night (March)
 - 9th Grade Registration Night (April)
 - Graduation Water Sale (June Graduation Day)

Please feel free to contact the PALS' advisor (jeffrey.owen@sduhsd.net) if you have questions. We look forward to meeting you!

Best,

Jeffrey Owen
PALS Advisor, TPHS

jeffrey.owen@sduhsd.net

PALS APPLICATION

Name: _____ ID #: _____

Student Email: _____

Student Cell Phone _____

Parent Email: _____

Parent Cell Phone _____

Parent/Guardian: _____

Current year in school: Freshman Sophomore Junior

Current class schedule:

Period	Class	Teacher	Room #
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____

Current Overall Unweighted GPA: _____

Current Overall Weighted GPA (if applicable): _____

Were you recommended to PALS by your Counselor? YES ___ NO ___

Parent signature: _____

Student signature: _____

Counselor signature: _____

*** Due Monday, March 25th 2020 by 2 PM in the Counseling Office***

Please complete the following questions in your own **handwriting**.

1. Tell us what you know about the PALS Program. What motivates you to want to be in PALS?

2. What do you consider to be your greatest strengths, special qualities, and skills that you will bring to benefit the mission of PALS Program? Please explain. (ex: art skills, initiative, kindness, computer skills, language, etc)

5. Who do you go to for support when you need to talk about personal situations?
Identify at least four characteristics about this person that makes them easy to talk with?

6. What does the concept of service mean to you? Describe five places or ways where you demonstrate being of service.

10. Will you be able to attend and facilitate the TPHS Readiness Days and Torrey Transition the new student orientation day in mid-August? YES OR NO?

11. Below is a short essay prompt.

Please attach a one-page, single-spaced, typed response to the following prompt:

“An important part of being a PAL is being able to relate to those you are trying to help. Talk about a time when you faced personal adversity. What happened and how did this experience change you? Where did you get support, what did you learn about yourself, what did you learn about others and what did you learn about life?”

1) Please staple your essay to this application

2) Please ask your teachers to turn in the recommendation forms to counseling office BY March 25th!

PALS TEACHER/STAFF RECOMMENDATION FORM

Applicant's Name _____ ID# _____

Recommendation Completed by: _____

This student is currently applying for a position in Peer Assistance Listener (PALS). In an attempt to continue selecting our finest representatives, your input is of utmost importance to us. Please rate this student on those areas identified below by circling the most appropriate number in each category.

****Teachers: please return this form to the Counseling Office by March 25th****

PLEASE DO NOT RETURN WITH ANY STUDENT. Please add comments, as your insight is very important to us. We thank you for your time.

Poor	Average	Excellent					
WORKS WELL WITH OTHERS (kind, friendly, respected by peers, compassionate)	1	2	3	4	5		

Comments:

ACCEPTS RESPONSIBILITY (mature, independent, owns decisions, follows through, hardworking)	1	2	3	4	5		
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Comments:

GENERAL ATTITUDE (cooperative, respect for authority, positive)	1	2	3	4	5		
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Comments:

ENTHUSIASM (Self-starter, motivated, willing to work)	1	2	3	4	5		
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Comments:

ACADEMIC ACHIEVEMENT (goal oriented, good attendance)	1	2	3	4	5		
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Comments:

Do you feel this candidate can keep up with school work while serving as a member of the PALS Program?

YES NO

Do you recommend this student as a strong candidate for the PAL program?

YES NO

Additional comments:

Signature _____ Date _____

PALS TEACHER/STAFF RECOMMENDATION FORM

Applicant's Name _____ ID# _____

Recommendation Completed by: _____

This student is currently applying for a position in Peer Assistance Listener (PALS). In an attempt to continue selecting our finest representatives, your input is of utmost importance to us. Please rate this student on those areas identified below by circling the most appropriate number in each category.

****Teachers: please return this form to the Counseling Office by May 25th****

PLEASE DO NOT RETURN WITH ANY STUDENT. Please add comments, as your insight is very important to us. We thank you for your time.

Poor	Average	Excellent					
WORKS WELL WITH OTHERS (kind, friendly, respected by peers, compassionate)	1	2	3	4	5		

Comments:

ACCEPTS RESPONSIBILITY (mature, independent, owns decisions, follows through, hardworking)	1	2	3	4	5		
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Comments:

GENERAL ATTITUDE (cooperative, respect for authority, positive)	1	2	3	4	5		
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Comments:

ENTHUSIASM (Self-starter, motivated, willing to work)	1	2	3	4	5		
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Comments:

ACADEMIC ACHIEVEMENT (goal oriented, good attendance)	1	2	3	4	5		
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Comments:

Do you feel this candidate can keep up with school work while serving as a member of the PALS Program?

YES NO

Do you recommend this student as a strong candidate for the PAL program?

YES NO

Additional comments:

Signature _____ Date _____