**Would you like to be a PAL Leader next year?**

**What is it?**Peer Assisted Learning is a programme where more senior students lead study groups for junior students to help them address the challenges of their course.  They can be considered organised 'study sessions'.  They work on the basis that students learn best from one another and benefit from meeting with students further on in the course.  PAL leaders work towards building a supportive environment where students feel safe to ask questions and get clarification as well as building a stronger community amongst first years.

**What will you get out of it?** PAL leaders report benefiting as much from their involvement as the students they're working with.  PAL leaders can expect to -

* develop skills such as high level communication, leadership and facilitation and can draw on their experiences of PAL with prospective employers to evidence skills and demonstrate a wider involvement in university life
* experience a boost in confidence as they're given the opportunity to consolidate their own knowledge and skills as well as reflect on their own progress since their first year
* have a sense of satisfaction from sharing experience with students in the same position they were the year before, while also building strong links with other leaders

**What do students say?**  Previous PAL leaders have been extremely positive about their experience, saying they have developed key skills such as group working and problem solving, furthered their understanding of specific lecture material and made new friends.  PAL leaders said the most significant thing they had gained from delivering PAL was

* *"The experience of working with lecturers to help students opened up a new pathway to gaining information and also enhanced my people skills for the better"*
* *"Something that stands out on your cv when looking for a placement"*
* *"Developing my own self confidence when speaking in front of others"*
* *"Collaborating with fellow 2nd years and passing down knowledge to first years the best way we could"*