



BUILD THE SKILLS THAT PREPARE YOU FOR COLLEGE AND BEYOND

College Skills. Leadership Confidence. Real Growth
Experience college life while discovering your strengths and future direction
JUNE 10-15 | GRADES 9-12

SIGNATURE EXPERIENCES



INCLUDED IN ALL PALS PROGRAMS

- TOOLS FOR MENTAL HEALTH RESILIENCE & PERSONAL GROWTH
- EARN 50 SERVICE HOURS, AWARDS + LEADERSHIP CERTIFICATE
- TRAINING IN LEADERSHIP, COMMUNICATION + LIFE SKILLS

WHAT STUDENTS DO AT PALS AT USF

- BUILD LEADERSHIP + TEAMWORK SKILLS THROUGH HANDS-ON WORKSHOPS & ACTIVITIES
- LEARN TIME MANAGEMENT, STUDY STRATEGIES, AND GOAL SETTING
- PRACTICE RESUME BUILDING & PROFESSIONAL COMMUNICATION, INCLUDING SOCIAL MEDIA

“Lessons I’ve learned during PALS is to stay focused and forge your own path, even though others may not walk with you.”

– Natalia Balerdi 2025

