



## Plenary Pals Program

### *Frequently Asked Questions*

#### What is the Plenary Pals program?

Plenary Pals is a mentorship program for first-time conference attendees aiming to help them feel more comfortable coming to their first AHS meeting by pairing them with an experienced attendee. Implemented by the New Investigator and Trainee Section, the Plenary Pals program will help first-timers navigate the meeting agendas, network, and more.

#### When is this program available?

This program is available at the Annual Scientific Meeting and the Scottsdale Headache Symposium.

#### I'm a first-timer and want to be paired with a guide, how do I sign up?

Sign-up is available during the registration process for the relevant meeting. During registration, if you are interested in participating in this program as a first-time attendee, please select the "First Time Attendee" box. Following this selection, please select the "I'd like to be paired with a Plenary Pal" option.

A screenshot of a registration form. At the top, there are two radio button options: "First Time Attendee" (which is selected and circled in red) and "First Time Attendee" (which is unselected). Below this, there is a section titled "Plenary Pals Program" with a short paragraph of text. Underneath that, there is another line of text: "If you have attended the Annual Scientific Meeting before, please consider being a Pal to a first-time attendee!". At the bottom, there are two radio button options: "I'd like to be paired with a Plenary Pal" (which is selected and circled in red) and "I'd like to be paired with a Plenary Pal" (which is unselected). The form is framed by a blue border on the left and right sides.

## I'm interested in becoming a mentor/guide for this program, how do I sign up?

Sign-up is available during the registration process for the relevant meeting. During registration, if you are interested in becoming a mentor for this program, you will select the “Yes, I would like to be a Plenary Pal/Guide” option. Please note, this option should only be selected if you are *not* a first-time attendee.

First Time Attendee  
 First Time Attendee

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If this is your first time at the Annual Scientific Meeting, sign up for the Plenary Pals program during registration and be paired with an experienced attendee who can help guide you through the agenda and meet with you onsite to ensure your experience is fantastic!

If you have attended the Annual Scientific Meeting before, please consider being a Pal to a first-time attendee!

Yes, I would like to be a Plenary Pal/Guide  
 Yes, I would like to be a Plenary Pal/Guide

## How often do Plenary Pals meet?

Plenary Pals typically connect via phone or video chat once or twice prior to the conference. Then during, we encourage you to set up time to meet early on. Often, these connections last much longer than the course of a meeting and is a great way to network and form professional relationships with colleagues in the Headache community.

The best part of this program is that many former first-time attendees go onto become Plenary Pal Guides at future meetings!

Additional questions? Please email AHS Headquarters at [ahshq@talley.com](mailto:ahshq@talley.com)