

# The American Headache Society Plenary Pals Program

## Frequently Asked Questions

### What is the Plenary Pals program?

Implemented by the New Investigator and Trainee Section, the Plenary Pals program is a mentorship program for first-time conference attendees. This program aims to connect first-time attendees to senior attendees to discuss and navigate the meeting agendas, network, and more.

### When is this program available?

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

### I'm interested in participating in this program as a mentee, 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.

The screenshot shows a registration form with two main sections. The first section contains two radio button options, both labeled "First Time Attendee". The top option is unselected, and the bottom option is selected. The second section is titled "Plenary Pals Program" and contains two paragraphs of text. The first paragraph explains the program's purpose, and the second paragraph encourages experienced attendees to become Plenary Pals. Below the text are two radio button options, both labeled "I'd like to be paired with a Plenary Pal". The top option is unselected, and the bottom option is selected. Red circles highlight the selected options in both sections.

First Time Attendee

First Time Attendee

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### Plenary Pals Program

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!

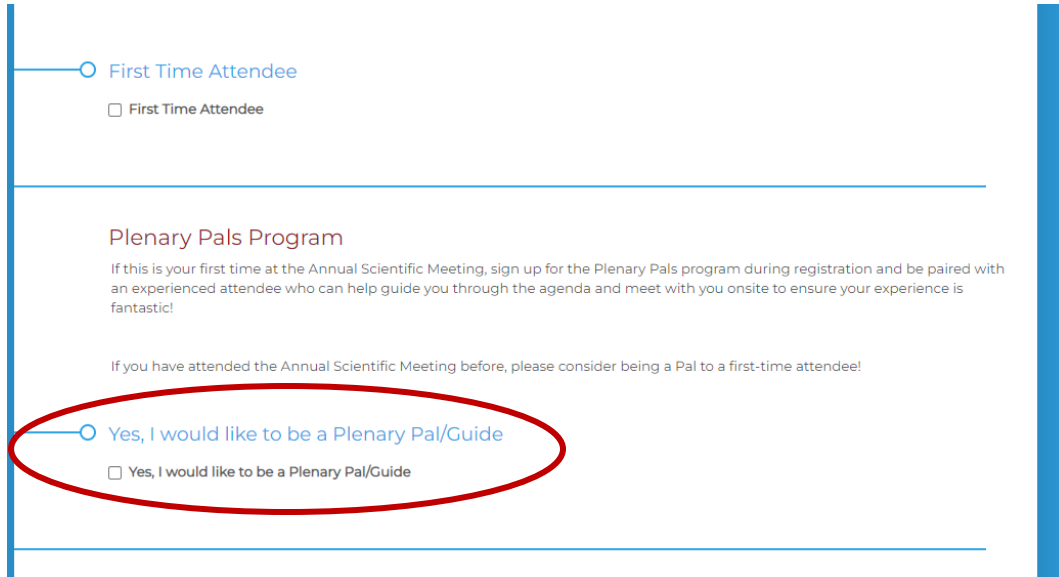
If you have attended the Annual Scientific Meeting before, please consider being a Pal to a first-time attendee!

I'd like to be paired with a Plenary Pal

I'd like to be paired with a Plenary Pal

## I'm interested in becoming a mentor 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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○ 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 meet prior to, during, and after the conference. 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.

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