

Mapping Your Support Network

No successful person does anything on their own. The *most* successful students have many people they can rely on for support, advice, academic help, and more.

1. Make a map of the people in your current support network. These can be friends, family, professors, mentors, and more:



Role models

1. _____
2. _____
3. _____

Feedback & Accountability (coach, mentors)

1. _____
2. _____
3. _____

Emotional Support (friends, family, others)

1. _____
2. _____
3. _____



Safe Space (therapist, faith leader, peers)

1. _____
2. _____
3. _____

Academic Support (professors, coach, tutors)

1. _____
2. _____
3. _____

Career Development (advisors, supervisor)

1. _____
2. _____
3. _____

Adapted from National
Center for Faculty
Development & Diversity
www.FacultyDiversity.org

1. Is there anyone on this list that you need to ask for help with something right now?
2. Who else would you like to have in your support network?
3. Whose support network are *you* in? How does it make you feel to be someone else's support?

Student Reflections/Updates