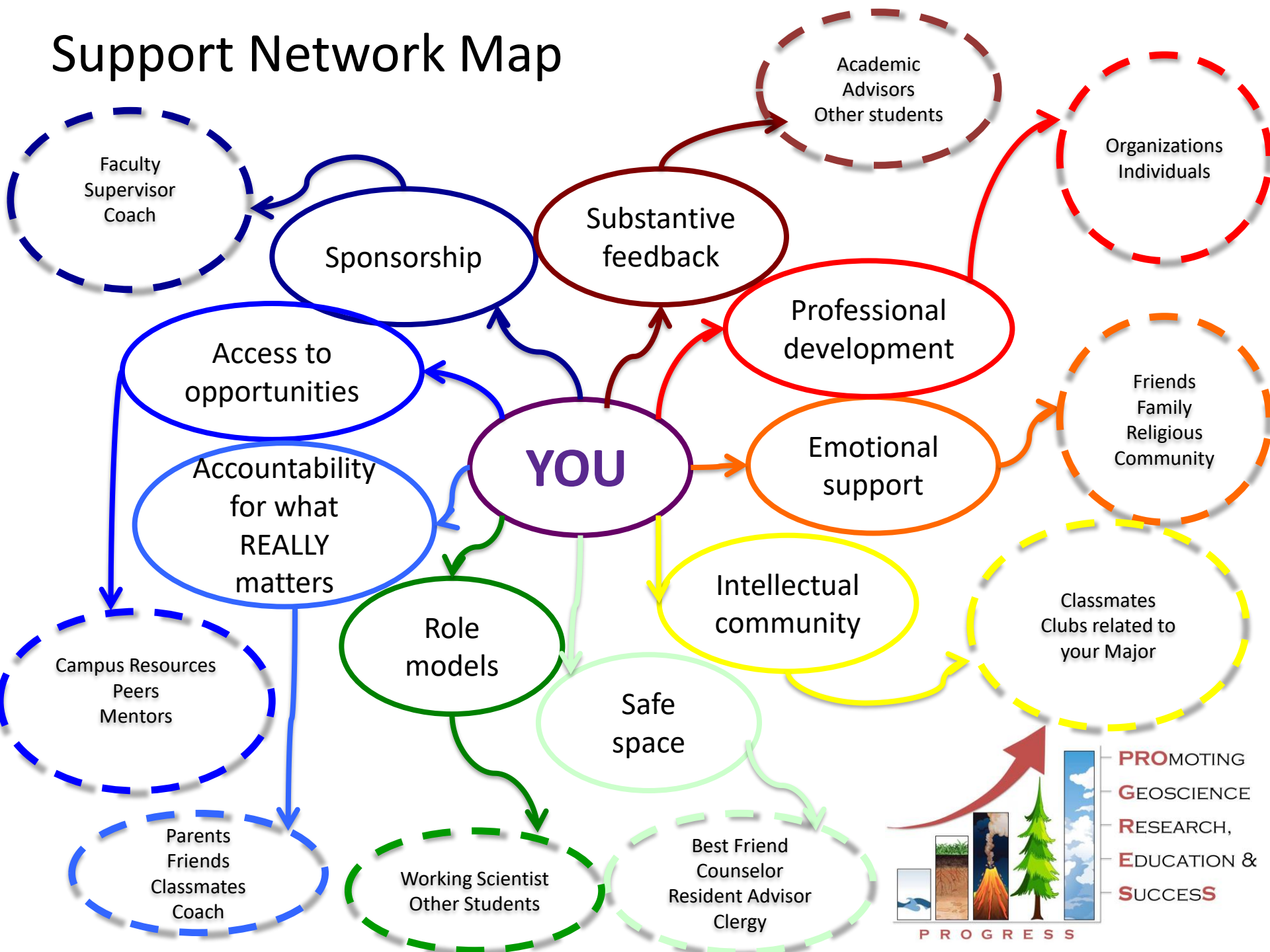


Support Map

- What is support?
- Who supports you?
- Write each person's name on a separate post-it note



Support Network Map



How do each of these groups help me succeed?

Sponsorship

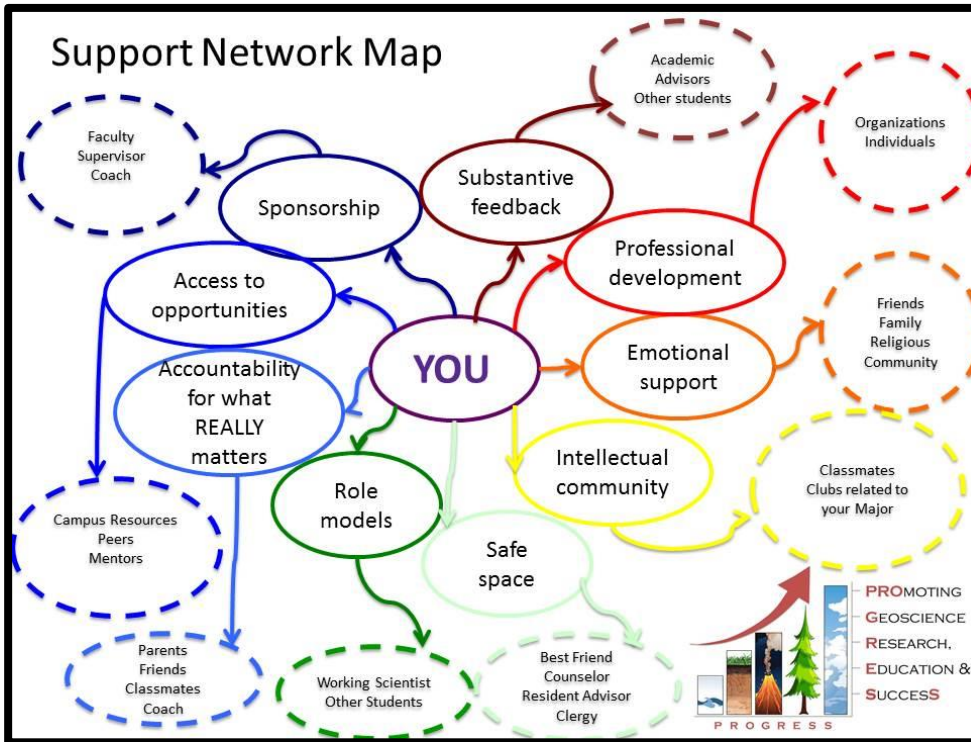
- write you letters of recommendation
- mention your name for promotions/opportunities
- potentially mediate for you issues with a professor or classmate

Access to opportunities

- making sure your network (people and organizations) lets you know about upcoming opportunities
- workshops
- summer schools
- research opportunities
- scholarships
- internships
- jobs
- awards

Accountability

Someone that will check in to make sure you are making progress with a given task



Substantive feedback

- advice on classes to take
- advice on which internship or REU to accept
- read and comment on drafts of papers
- look over essays for applications

Professional development

- Inspiration to improve yourself by gaining skills outside the classroom
- time-management
 - conflict resolution
 - public speaking training
 - scientific skills
 - confidence building

Emotional support

- someone that you feel comfortable sharing your emotions with
- helps you deal with stress
- believes in you

Role models

behavior we want to emulate in different aspects of our lives:

- School-life balance
- Work ethics
- Productivity
- Career Choices
- Skill Set

Safe space

- people you trust who will let you vent without judgment or criticism
- blow off steam, express your frustration, and find your way to deal with the issue in a calm, composed, and unemotional way.

Intellectual community

- can ask about homework
- study for tests together
- work with on group projects
- buddy for attending academic related activities on campus (seminars, extracurricular clubs related to your major)



How do I find people for all of these areas?

Sponsorship

- Who has seen you at your best?
- Who has seen you overcome a challenge?
- Who depends on you?

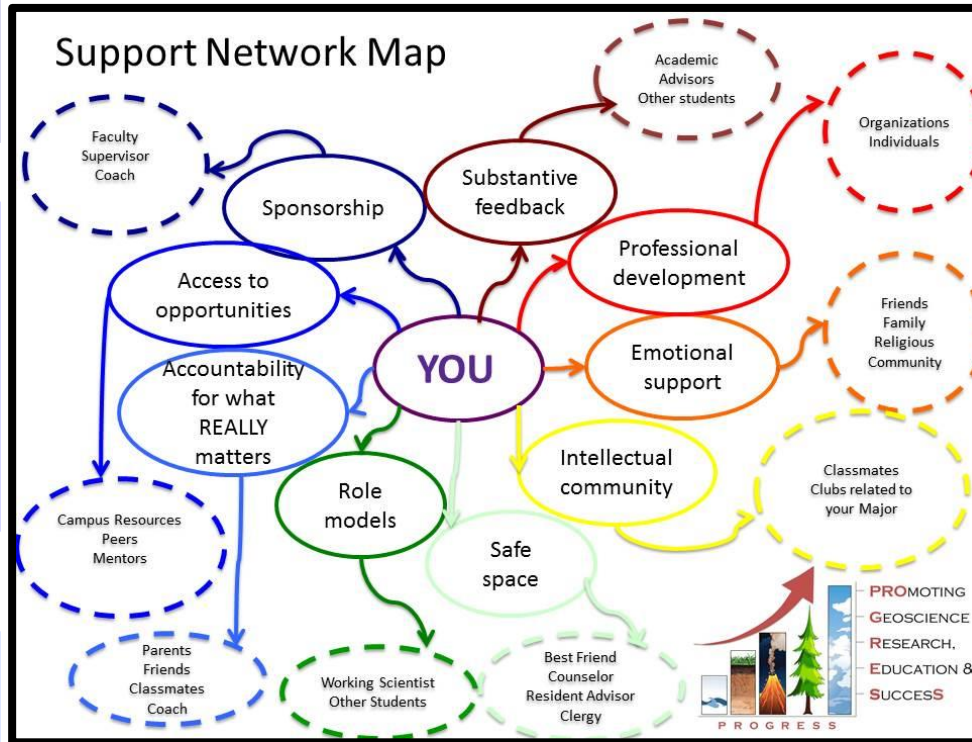
Access to opportunities

- email announcements
- campus career center
- befriend people who always seem to be "in the know"
- forward information, be a "hub"
- mentor

Accountability

- study group
- workout buddy
- friend who sets deadlines and follows up

Support Network Map



Substantive feedback

- academic advisor
- professor you relate well to
- student a year or two ahead of you
- teaching assistant

Professional development

- workshops
- professional organizations
- online resources
- university emails

Emotional support

- as important as career support
- family & friends
- trained professionals

Intellectual community

- Classmates
- Residence hall neighbors
- Friends at other universities
- Offer to be this type of support for someone else and they will often reciprocate!

Role models

- professors/working scientists
- grad students
- recent graduates
- classmates a year or two ahead of you
- people outside of school

Safe space

- be careful to trust too early
- consider people removed from the situation you need to vent about
- Who can you always count on to be outraged on your behalf?
- who will keep things private?



Support Network Map

