

My Support Network Map

Instructions: Write your name below this paragraph. In each section below, list 1-2 people or resources who can support you. Include their name and how they can help (e.g., "Prof. Smith—clarifies assignments").

Name:

Academic Support - (e.g., professors, tutors)

Name:	How they can help:
Name:	How they can help:

Emotional Support - (e.g., friends, family)

Name:	How they can help:
Name:	How they can help:

Social Support - (e.g., peers, clubs)

Name:	How they can help:
Name:	How they can help:

Campus Resources - (e.g., advising, library)

Name:	How they can help:
Name:	How they can help:

Reflection: Who else could you add to strengthen your network? Write one person or resource you'll reach out to this week.