

# Building Your **Support System**

Create a network of individuals who can provide guidance, encouragement, and assistance during your academic journey.



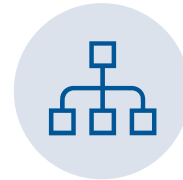
## **Self-Reflection**

Reflect on any challenges that may arise when support from family, friends, or an employer is lacking. Identify the types of support you believe would be most beneficial.



## **Identify Potential Supporters**

Identify potential sources of support within the college community. This could include professors, academic advisors, or classmates. These individuals can play a role in your academic success.



## **Attend Networking Events**

Attend college-sponsored networking events and alumni gatherings. These events provide opportunities to meet professionals, faculty, and alumni who have experience and guidance.



## **Utilize College Resources**

Familiarize yourself with college resources, such as tutoring services, counseling centers, and career guidance offices. These services can provide additional support and encouragement.



## **Join Student Organizations**

Explore and join student organizations related to your interests or field of study. In these groups, you can connect with like-minded peers, share experiences, and potentially find mentorship opportunities.



## **Regular Check-Ins with Your Advisor or Peer Support Group**

Schedule regular check-ins to discuss your progress in building your support network. A peer support group can provide a sense of community.