

TRIO

Who do you turn to when you need understanding, honest feedback, encouragement, support, or assistance?

Brainstorm them here:

Did you consider family, friends, neighbors, mentors, coaches, your church, team-mates, teachers, etc.?

EXERCISE ONE: Think of three reasons that having a support system—and using them—is important for college students.

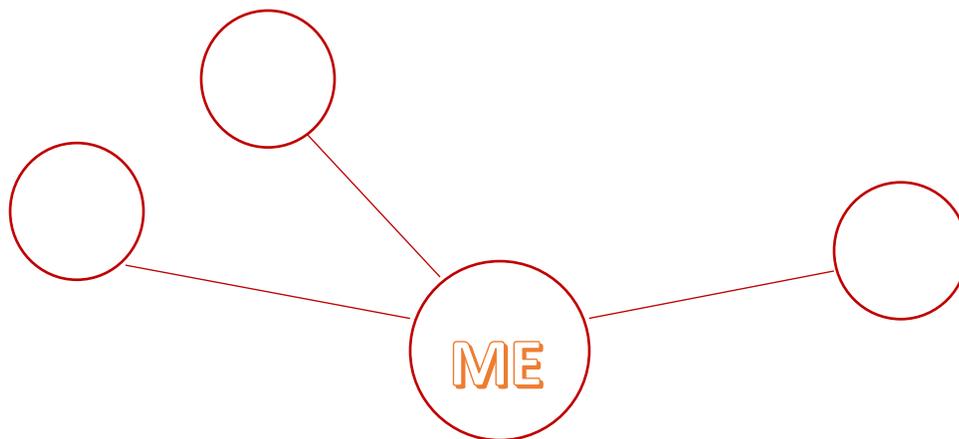
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EXERCISE TWO: On the next page, draw your support system.

1. You are the center circle.
2. Write the names of your personal support system inside circles around you.
3. Along the lines that connect you to that person, write *how* they support you. (Also, think about how you support *them*.) Create more circles and lines as you add people.
4. Do this for as many support entities you can think of.

EXERCISE THREE: Answer the following questions on another piece of paper.

1. Do I depend too much on one or two people in my support team?
2. When I reach out for help, who makes me feel empowered and stronger?
3. Do I use any of these people as a crutch? How?
4. Do any of these people sabotage my efforts, intentionally or unintentionally? (For example, do they encourage me to make poor choices, tell me that my goals are foolish, make me feel like I'm not doing enough to support them when I'm focused on my achievement, etc.)



EXERCISE FOUR: Reflect on the drawing and answer these questions.

What connections need to be strengthened and how can you strengthen them?

What connections need to be adjusted and how?

Should you let go of any connections in order for you to find success? If so, how?

Support systems can be disappointing at times, difficult to establish, take energy to maintain, and even become counter-productive.

Appreciate yours and make it as simple as you can.