Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HCE 9**

**My Support Network Assignment**

**Task**: You are going to analyze your support network. We will take notes as a class on the definitions for each category and then you will answer the remaining questions on your own.

1. What is a support network?

a group of people who provide emotional and practical help to one another

1. Who is in my support network? Create a mind map of the important people in your life.

Mentors

Local Services

Friends

My Support

Network

Teachers

Family

Religious

**Each person listed below could be someone in your support network. Beside each category (person) below, explain the service or support that each would provide to you.**

3. Define: Peers

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How do my peers help support me in my education and career planning?

4. Define: Family

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How do my family help support me in my education and career planning?

5. Define: Clergy

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How do/could my clergy help support me in my education and career planning?

6. Define: Teachers

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How do my teachers help support me in my education and career planning?

7. Define: Mentors

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How do/could my mentors help support me in my education and career planning?

8. Define: Local businesses and services

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How do/could local businesses and services help support me in my education and career planning?

**Conclusion: Having a support network is important. However, having a support network means that you are also a support network to someone else.**

9. Describe ONE other person in your life that you are source of support to when it comes to decision making. You do not have to use the person’s name, however you can say “friend” or “family member” and describe *how* you support them.

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