

Support and Mentoring Map

Name: _____

Semester: _____

Family and friends, professional counselors; people you can be vulnerable around.

People you enjoy exploring off campus with - visit local sites, museums, food, and parks.

People to practice & play with: members of teams, clubs, games, and hobbies

Campus Activities

Emotional Support

Off-campus Exploring

Safe Space

You

Study Buddies

Academic & Career Support

Navigating College

People you trust and can rely on to keep things confidential; will support you & listen without judgement. They have your best interests at heart.

Advisors, faculty, mentors & staff who you talk to for guidance in courses, jobs, internships, programs, and opportunities

Faculty, staff, advisors, mentors, students, RAs, TAs, you can ask about academic and non-academic concerns

Peers in your classes who you study well together. Campus studying and writing support resources.