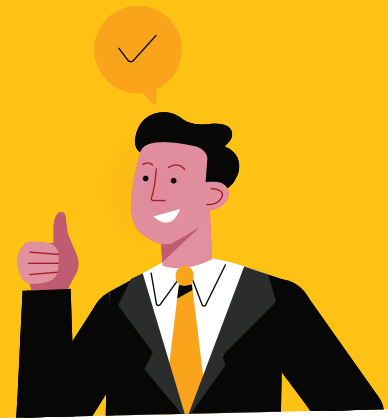


# Chasing Your Career Aspirations with the Right Support System



Embarking on a higher education journey is a big step and it can feel daunting if you think you're doing it alone. That's where your support system comes in. We've developed this guide to help you identify those who can be part of your journey, ensuring you set yourself up for success.

## ➤ Who Is Your Support System?

- Advisors and Mentors
  - These are the cornerstones of your academic journey, offering guidance, insight and expertise.
- Peers and Classmates
  - Your fellow learners can provide mutual support, motivation and accountability.
- Family and Friends
  - Emotional support can be crucial in maintaining your motivation and balance.
- Workplace Support
  - Chat with your employer about potential educational benefits like online classes as well as employer tuition benefits.

## ➤ How Do You Connect with Your Support System?

- 1 **Step 1:** Have an open conversation about your educational and career goals, and what support you might need. (Use the conversation planner on the next page to get started.)
- 2 **Step 2:** Keep your support system updated on your progress, creating a supportive dialogue.
- 3 **Step 3:** Engage actively in class and group activities—it's a great way to build relationships with classmates.
- 4 **Step 4:** Make the most of all available resources, from academic counseling to online forums and libraries.

### Let's Check In OR Career Journey Check Point

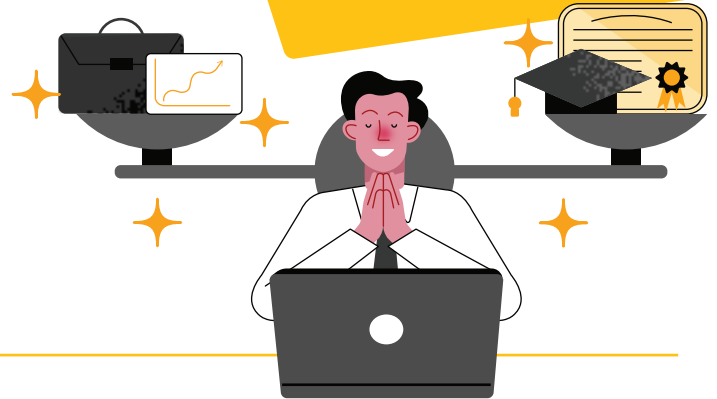
Reflecting on your progress can be a great way to figure out when and why you need help from your support system—and who to approach first.

Grab a pen and paper, or open up your notes app, and get started with these prompts:

- What are 3 words that describe how you're feeling about your educational journey so far?
- Name one challenge and/or triumph you experienced this week?
- Who in your support system made you feel supported this week, and how did they do it?
- What is one thing you're looking forward to learning or achieving next, and why?
- What self-care support strategy did you find most effective recently?

# Conversation Planner Template

Use this template to map out your intended conversation with your support system. It will help you feel more prepared to get the support you are looking for.



▶ **STEP 1**

**Set the Stage**

Explain why you want to have this discussion and why it's important to you.

▶ **STEP 2**

**Share Your Goals**

Discuss your goals and listen to their thoughts and suggestions.

▶ **STEP 3**

**Discuss Resources**

Explore what resources or support might be needed and how they can help. What kind of support do you need from your support system? Specify emotional, logistical, or other support required.

▶ **STEP 4**

**Thank Them**

Express your gratitude for their support and willingness to help you achieve your educational and career goals.

**Ready to advance your  
career ambitions?**

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