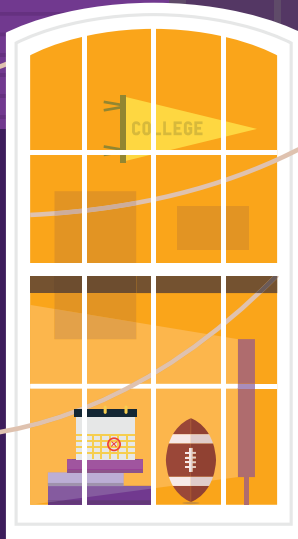
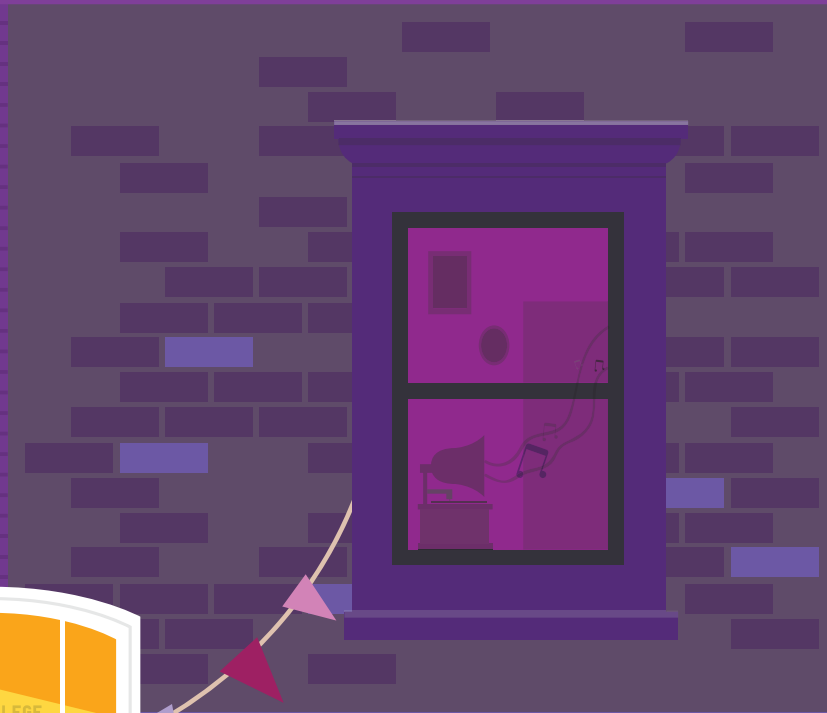
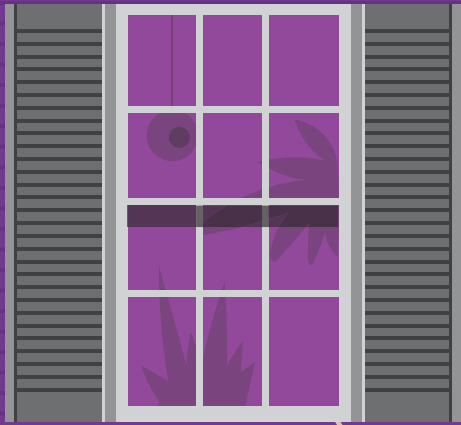


II. BUILDING YOUR SUPPORT NETWORK



Being supported means **connecting with mentors and knowing when and how to ask for help.**

Ask any inspiring person—an entrepreneur, a community leader, a doctor—how they got to where they are today. Almost all of them will talk about the people who taught them valuable lessons and supported them on their journey, even when the going got tough.

On your path to college, you'll need to surround yourself with people who believe you can get there. You are college material—don't let anyone tell you otherwise.



THE BIG PICTURE

Building your support network

High school is filled with many decisions: which classes to take, what extracurricular activities to try, which colleges to apply to. When the path is unclear, it's easy to get stuck. The good news is, you don't have to make these decisions alone. Adults and peers alike can provide advice and support.

This section will help you identify and build relationships with potential mentors. It will help you connect with people who believe in you and will help you overcome any doubts you encounter—from yourself or anyone else—about your ability to attend and succeed in college.

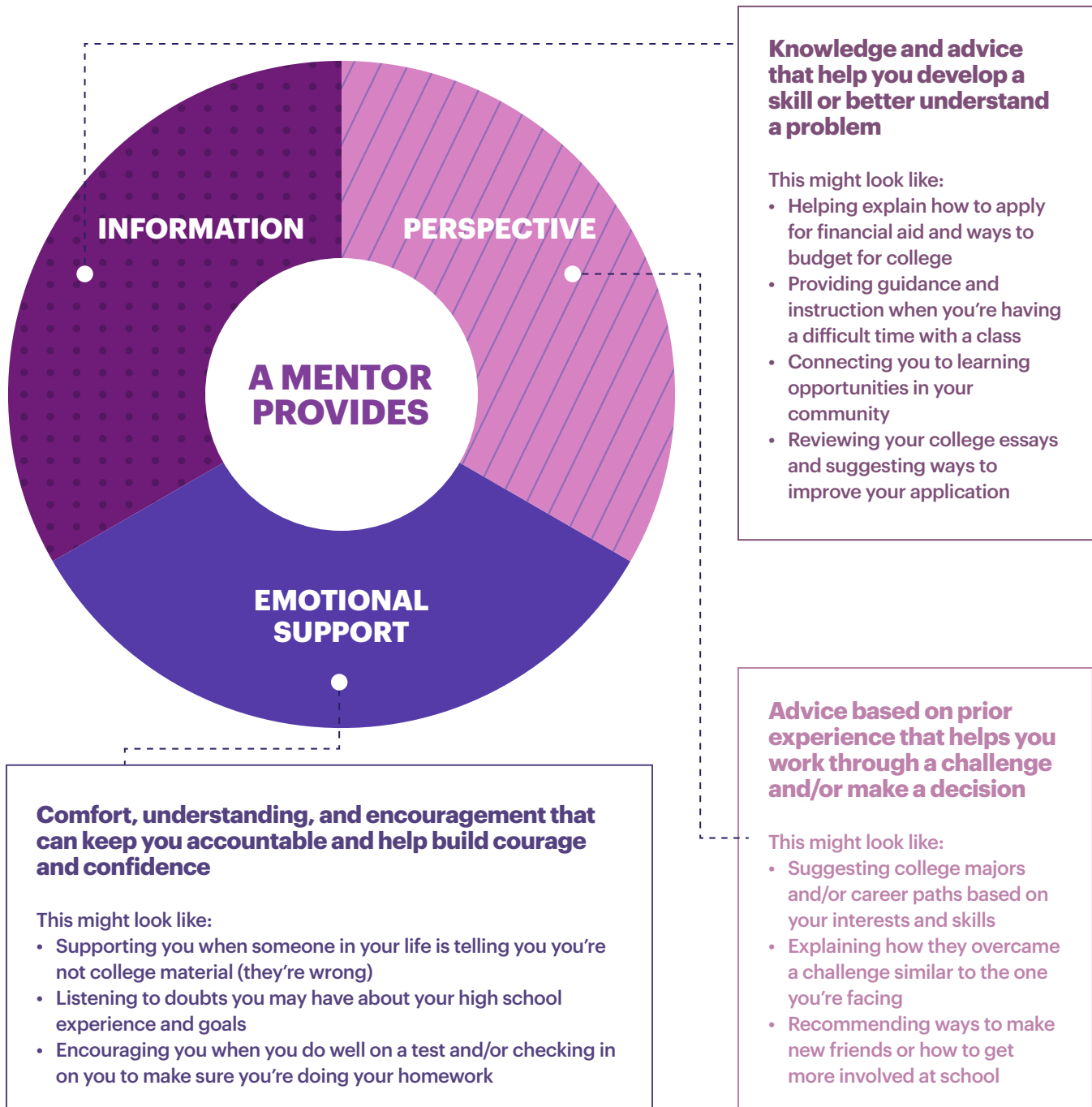
01**HOW MENTORS CAN HELP****02****YOUR SUPPORT NETWORK****03****BUILDING YOUR SUPPORT NETWORK**

UNDERSTAND

How mentors can help

A mentor is someone you can trust to answer questions, provide advice, support your aspirations, and keep you accountable.

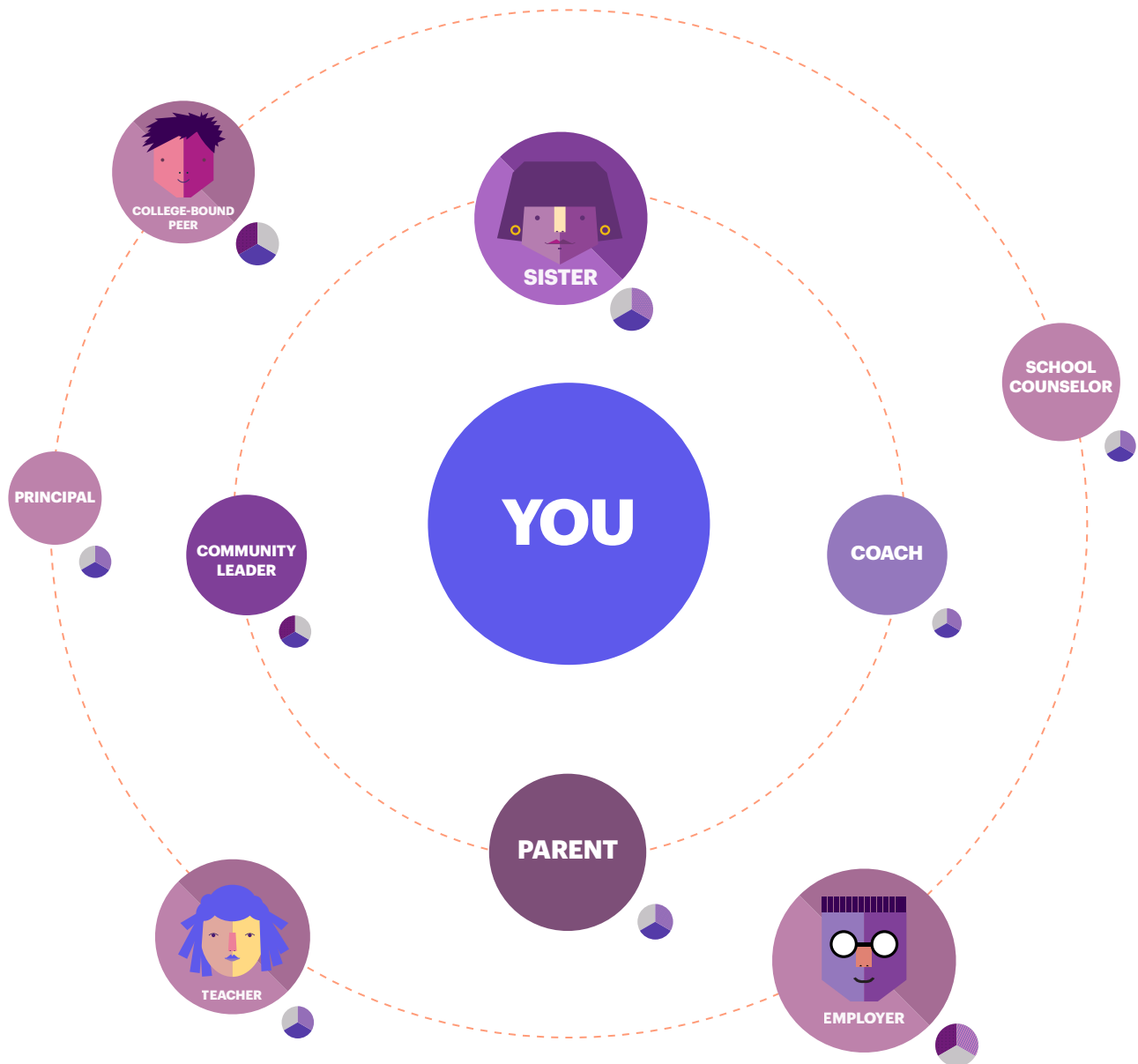
Mentors can be friends, parents, teachers, counselors, or anyone who's come to know you well and will support your goal to attend college.



UNDERSTAND

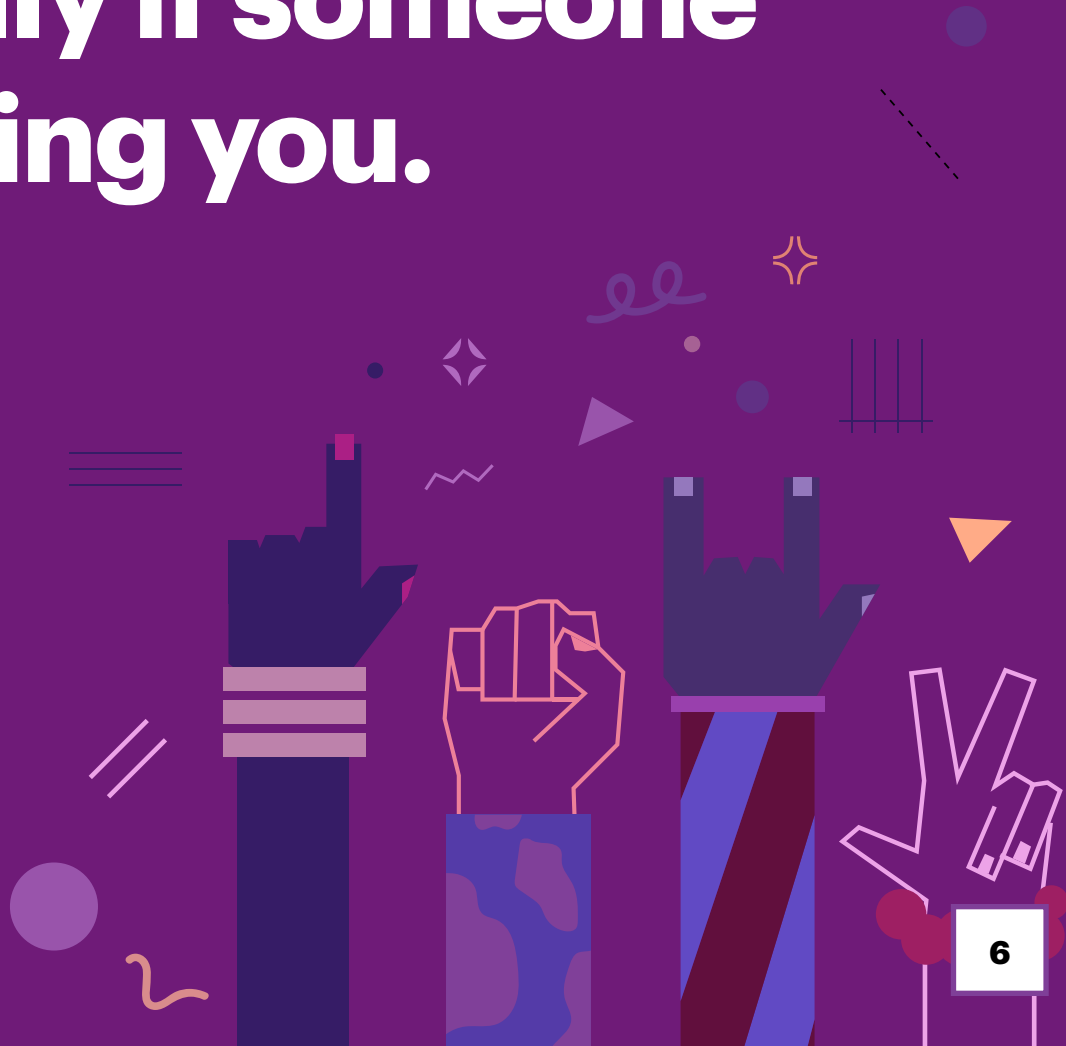
Your support network

Each mentor in your life can provide different perspectives, information, and support.



FACT:

**Strong relationships
with adults and friends
make it easier to
take on challenges—
especially if someone
is doubting you.**



UNDERSTAND

Building your support network

Fill in the worksheet on [page 10](#) as you follow the steps below.

Make a list of the people in your life who might be good mentors.

Think about people you trust and admire who believe in your goal to attend college.

Who can you count on to give you advice and support as you go through high school and apply to college—even when the going gets tough?

Reach out to potential mentors.

Call, text, or email the people on your list to schedule a time to meet in person.

Before the meeting, make a plan to discuss the following topics:

1. Tell them you want to attend college, and discuss your other goals for high school.
2. Explain why you want them to be your mentor and ways you think they can help.
3. Ask them whether they are willing to meet on a regular basis.

Hold yourself accountable.

As you develop a relationship with a mentor, make sure to respect their time and express gratitude.

**Need help finding a mentor?**

Here are steps you can take if you're having trouble finding a mentor:

- Reach out to an adult or friend who can connect you to other potential mentors
- Visit a youth or community center and ask them to connect you to additional resources
- Check out the resources on [page 9](#) for additional resources and tools

THE PLAN

Build a group of people I can look to when I need support and advice

THE STEPS I WILL TAKE

1. Identify five potential mentors

2. Ask a trusted adult to be a mentor

3. Reach out to friends who can help

4. (Write my own)

Want to learn more?

These resources will help you get started.



RELATIONSHIP BUILDING

Mentorship advice

Learn why a mentor is important, and how to find one, in this article.

 Explore

Ask your counselor

Use these questions to start a conversation with your counselor about preparing for college.

 Explore

Connect with other students

Join the I'm First online community of first-generation college students to get help and share stories.

 Explore

Find a mentor

Search the Mentoring Connector database to find a mentorship program in your area.

 Explore

Mentoring stories

Watch videos and read stories about real-life mentor relationships and the impact they're having on students.

 Explore

WORKSHEET: REACHING OUT TO MENTORS

STEP 1:

Create a list of goals for high school.

<p>GOAL 1</p> <p>I want to go to college</p>
--

<p>GOAL 2</p>

<p>GOAL 3</p>

STEP 2:

Make a list of people who might be good mentors.

Think about why you want them as a mentor, and how they can help.

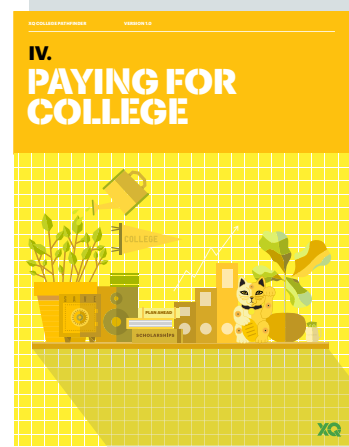
NAME	Ways they can help

STEP 3:

Reach out to these people for help in shaping your goals and figuring out your best path to college.

Continue your journey, grow your knowledge.

Don't forget to check out these other XQ College Pathfinder resources.



There's more to come.

We will keep adding new tools and resources.

We'd love to hear from you!

What do you think of this guide? How can we make it better? Are there other resources you're looking for? Please let us know!

[→ Send Feedback](#)