**Identifying your sources of support**

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|  | **Sources of support** |
| In the boxes below, list the sources of support available to you for each item. Identify ☑ in those that you will pursue in the next few weeks. List the sources of support available to you for different aspects of your studies, life and future planning. These might include your personal resources, as well as help, advice or other support available through friends, mentors, professional bodies, sports and arts organisations, family, charities, your country’s government and governments abroad, online services, employers, student union, trades union and your college or university.

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| Academic advice, guidance, study skills [ ]  | Accommodation/ Finding somewhere to live [ ]  |
|  |  |
| Financial advice and support [ ]  | Emotional well-being, mental health and stress management [ ]   |
|  |  |
| Career planning and employability [ ]  | Staying healthy and fit/ Health issues [ ]  |
|  |  |
| Finding work or placements [ ]   | Post-graduate study [ ]  |
|  |  |
| Social life/ Meeting people [ ]   | Fun and relaxation [ ]  |
|  |  |
| Networking [ ]  | International travel, study and work [ ]  |
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| Other resource needs: |  |
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