**What are your personal resources?**

Have you considered all the resources that might be available to you? Try brainstorming (adding in your own ideas to the bullet lists) in the table below. If you feel you have few resources, it may help to speak to a student counsellor.

|  |  |  |
| --- | --- | --- |
| **RESOURCES** | | |
| **Home** | **Places** | * Shelf for files |
| **Things** | * Reading lamp |
| **People** | * Friends * Babysitter |
| **College** | **Places** | * Library |
| **Things** | * Equipment   + computers * Documentation |
| **People** | * Counselling service |
| **Self** | **Experience** | * Organising events |
| **Abilities** | * Perseverance * Making friends |
| **Attitudes** | * Motivation |
| **Other** | **People** |  |
| **Things** | * Parking permit |
| **Places** |  |