



Examining Your Social Support Network

1. **DIAGRAMMING YOUR SOCIAL SUPPORT NETWORK.** This activity will help you analyze and develop your current social support network. Below, please draw out your support network. In this network, you will be represented by a person in the middle and your connections can be illustrated by lines connected to different stick figures with names underneath. Connection strength will be conveyed by line thickness – thicker lines indicate stronger connections.

YOUR SOCIAL SUPPORT NETWORK



2. Based on the drawing above, complete a survey about your social support network.
 - a. Rate the extent to which individuals in your social support network are similar to you. Consider educational and cultural background, political beliefs, interests, age, and personality.
 1. Very dissimilar
 2. Moderately dissimilar
 3. Slightly dissimilar
 4. Slightly similar
 5. Moderately similar
 6. Very similar



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- b. Rate the strengths of your connections.
1. Very weak
 2. Moderately weak
 3. Slightly weak
 4. Slightly strong
 5. Moderately strong
 6. Very strong
- c. Rate the breadth of your connections:
1. Very narrow span
 2. Moderately narrow span
 3. Slightly narrow span
 4. Slightly broad span
 5. Moderately broad span
 6. Very broad span
- d. Rate the extent to which you are connected to important people (e.g., potential mentors, key figures in your industry, etc.)
1. Very weak connection
 2. Moderately weak connection
 3. Slightly weak connection
 4. Slightly strong connection
 5. Moderately strong connection
 6. Very strong connection
3. Below, please list one specific thing you will do differently to connect to different types of people, extend your network, and/or strengthen connections (e.g., invite out a new person to lunch each week, attend a social networking group event monthly). This goal should be specific, measurable, attainable, relevant, and time-bound.