

Module 7: The assistance and resistance
of the Support Network

Extended Activity⑦- Share my goal

Choose three supporters who can assist you when you are pursuing a higher level of education and developing your career. Share your goals with them.

1. Your goals : _____
2. What responses are you expecting from them? _____
3. Interview these three supporters and summarize their responses below.

Your supporters	His/ her response
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

4. Reflection: How do you feel during and after the sharing session?

5. Action Plan: How will you communicate with them in the future so that they can understand your needs?