

# Be more wolf and embrace your pack

## ...or how your community can help you at university

A community or support network is the people around you that you have shared interests or experiences with, and can go to for support.

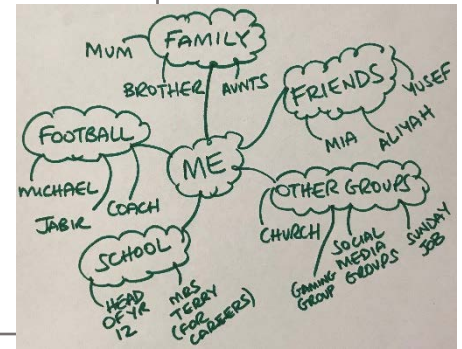


### Who is already in your network?

In the space below draw a mind map or write a list of the key people who are already in your community.

**Tip:** pick 3-5 groups you belong to, such as friends, family, school, hobby groups, work, religious or local groups, social media/online groups, and then pick 3-5 key people that are part of that group.

Here's an example....



### How does your community help you?

Pick 3 people you have put in your mind map or list above and write down how they support you, what strengths they offer. This could be just a listening ear or they could be someone that makes you laugh and picks you up when you're feeling down.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## What do you bring to your community?

Everyone is different and therefore brings something unique to their community groups.

**Write down what you think are your own skills and strengths.** What do you bring to others, what might others in your network value you for? This may change depending on who you are with, so write down as many words that apply to you.

## WHAT CAN UNIVERSITY ADD TO YOUR COMMUNITY?

In our blog post, we discussed that there are lots of different support networks and social opportunities at university, from personal tutors to societies.

**In the space below list or mind map the new community, support and network opportunities you think being at university would give you.**

**Tip:** research the universities you are considering and what societies they have on offer. If they don't have one you want to join you could start your own society.