**Week 2: Student Support Network Plan**

Your Name

The University of Arizona Global Campus

GEN 101: Developing Skills and Strategies for Success

Instructor's Name

Due Date

Delete this “hint box” before submitting your assignment.

For help completing this assignment, review the following:

* The Student Support Center interactive
* The Importance of a Social Support Network in Achieving Your Goals.
* Social Well-Being—Importance of Social Connections
* Support Network Scenarios Sheet

**Successful Event/Experience**

In your first paragraph of this essay identify an event, situation, or experience in your life where your support network played a critical role in your success. Include a description of the situation, or experience and the specific success you achieved.

**The Role of Your Support Network**

In your second paragraph, explain two to three ways your support network played a critical role in the success you achieved. What actions did your support network take to assure you achieved your goal?

**Support Network Scenarios from Prepare**

Reflect on the scenario you chose to read about from the Support Network Scenarios and identify two to three strategies a person can use to overcome a stressful situation. Consider things like pacing yourself, deep breathing, exercising regularly, etc.

**Finding a Support Network**

Use this section to describe one way a support network, like an instructor, student resource, or accountability partner, could help you with your academic journey and earning a degree. What resources would you use to assist you as you find time to study, read, and write?

**Plan for Stressful Situations**

Why would having a plan be important when facing stressful situations? What could happen if there is no plan? If you are faced with a stressful situation during your college journey, what could your plan be?

**Using your Social Support Network at UAGC**

In your final paragraph, explain how you could use your social support network during times of stress or challenge as you progress through your courses at UAGC. What social support networks are you a part of?