

# Who are your people?

Spend some time brainstorming who is in your circle of support as well as identifying gaps that need to be filled.

*For example, who do you turn to when you need help managing your academic course load? Perhaps it's your faculty adviser or an academic counselor from the Office of Academic Advising. Who helps you find balance in your life? Maybe it's a fitness instructor from Campus Rec or your counselor in the University Counseling Center. Your people could also include a parent, sibling, best friend, or professor.*

If you don't have people to support you around some of these needs, visit our website to identify where and how to find your people:  
[mentoring.opcd.wfu.edu/who-are-your-people/](http://mentoring.opcd.wfu.edu/who-are-your-people/)

What other needs do you have in addition to the ones listed here? Write them below and consider who you could talk to about these:

1. Need:  
People:

2. Need:  
People:

3. Need:  
People:

Finding Friends +  
Community

Managing  
Academic Course  
Load

Understanding Who I  
Am + My Identity

**Your Name:**

Help Finding  
Balance

Making Major +  
Career Path  
Decisions

Figuring Out What I  
Believe + Value