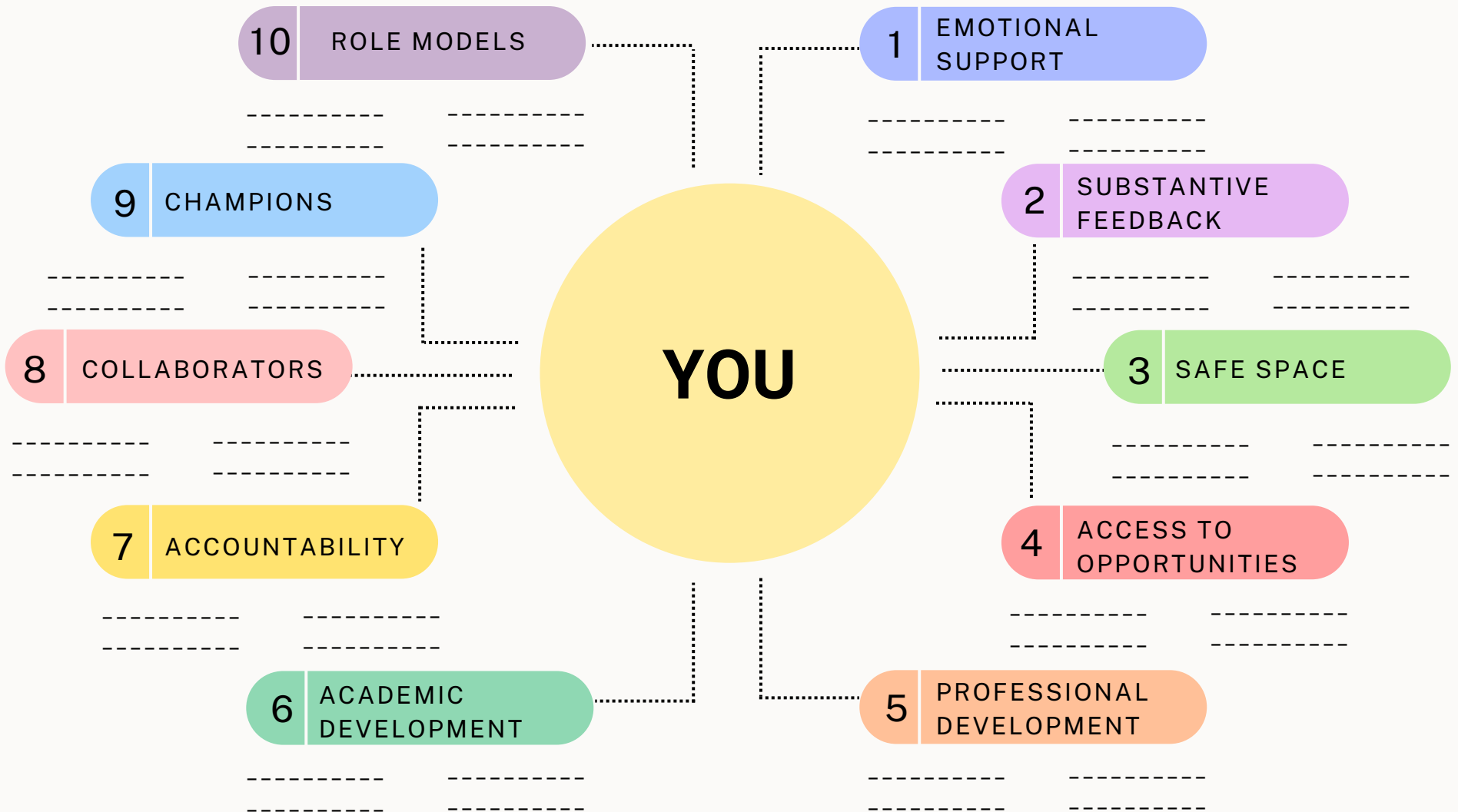




4D CONSTELLATION MAPPING

This map is meant to help you identify the individuals who provide different forms of support to nurture your growth and development. Collectively, these individuals comprise your constellation of support! Note that these categories are not exhaustive; there may be other ways in which you receive support, so feel free to add categories as needed. You may also use this map to identify areas where you might need additional support and seek to expand your constellation accordingly.



EXPLANATION OF SUPPORT ROLES

Role Models

Individuals who inspire and motivate you, setting an example that you would like to emulate.

Champions

Individuals who empower you to go the distance, advocate for you with your best interests at heart, and make you the best YOU that you can be.

Collaborators

Individuals who are creative partners, with whom you can bounce off, talk through, and implement ideas. They might be your go-to people for projects or activities.

Accountability

Those who help you align your time with your priorities, focus on what really matters, and remain committed to your goals.

Academic Development

Those who support and encourage you through your intellectual pursuits. These might be faculty mentors, research mentors, academic advisors, or major advisors who nurture your intellectual curiosity and pursuit of academic goals.

Emotional Support

Individuals who listen empathetically, encourage the open sharing of experiences, and help you get through challenging times.

Substantive Feedback

Individuals whom you trust to provide thoughtful and constructive feedback that helps you learn and grow.

Safe Space

Those with whom you can relax, bring your whole authentic self, and share unfiltered thoughts and concerns without judgment.

Access to Opportunities

Those who make you aware of important resources and exciting experiences on and off campus that might be a good fit for you.

Professional Development

Those who help you develop and identify the knowledge and skills to succeed in the workplace. These might be career advisors, employers and supervisors, alumni mentors, or faculty mentors who encourage self-development and exploration around career pathways of interest.