Week 10 Lab:

Social Support

**Social Support Profile**Please fill in the following tables based on your own **personal experiences** using **full sentences**. Textbook/general definition answers will not be accepted.

1. List three people, groups, or communities that provide you with social support. (Ex. mom, partner, therapist, co-workers, sports team, school.)

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| **Support 1** | Grandmother (Nana) |
| **Support 2** | Father |
| **Support 3** | Mona (Girlfriend) |

1. *Describe* how each of the supports from question 1 help you, or could help you with a current problem or need.

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| **Support 1** | Without a doubt, my nana has been the most impactful in my life. She has supported me in every phase of my life. She would always be there to set me straight when my logic wasn’t sound and have conversations with me without any judgement ever seeping in. |
| **Support 2** | My father has always been the voice of reason. Any spurts of emotion that were unnecessary from me were handled with reason and calmness as I grew up. I can always count on my dad to give me advise without getting emotions involved. When I need an opinion on a hard decision, I go to my father. |
| **Support 3** | Mona has been my girlfriend for two years, going on three. While she is a source of stress at times, she is also a source of support. She knows I don’t need too much support but can pick up on when I do. I tend to forget to feed myself or prepare for myself to have food in my house. So, during my busy schedule, she tends to help with meals. |

1. *Describe* any barriers (ex. time, distance, cost etc.) that could prevent you from fully utilizing each of your supports.

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| **Support 1** | My grandmother lives in Stratford. I can make that drive as it isn’t far off my way to work, but it would increase my commute by around 30 minutes. After I already drive an hour and fifteen minutes one way, to work, it’s hard to justify a visit. Further, with a full schedule of work and full-time school, I often don’t have time to have meaningful visits. |
| **Support 2** | Again, with my father, time is quite a big constraint. Even though I live with him, I tend to be at work, on the road, or in Toronto to see my girlfriend. |
| **Support 3** | For Mona, she lives in Toronto. This is a 2+ hour trip depending on traffic. I work full time, so it’s not too bad on my wallet, however, it costs quite a bit to park downtown and use a large amount of gas each week. Also, with the nature of her being in Toronto and me living close to London, its hard for her to support me as food is a physical thing. Realistically, I should be able to feed myself consistently anyways. She makes better food though. |

1. What **specific** steps could you take to better utilize your supports?

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| **Support 1** | Technically, my grandmother lives closer to work than I do, so I could stay overnight and lessen my time constraint by simply being there. My steps would be to communicate with my grandmother to schedule a time I can stayover and then drive there after work one day. |
| **Support 2** | I am waiting for a response to solidify my study play which would spread out my entire school year’s courses. Once solidified, I will only have to do a maximum of 4 courses each term, including the summer term. I would have around a third of my total time spent on school removed which would allow me to connect with my father more. The steps I have to take is to wait for my success advisor to get back to me and schedule my courses each term to align with some of my father’s available times. |
| **Support 3** | There is not much to do to make the situation better as I go down to Toronto every day that I don’t have to go into the office for work. I spend the maximum amount of time I can each week down with her. A step I could take is conversing about meal prep ideas for multiple weeks in a row, so the process is as easy as possible. |