

Advocates & Allies Mentoring Map

You may find that one person can serve many roles! If you haven't identified a person in all the areas, prioritize making that meaningful connection!

1. EMOTIONAL SUPPORT

Friends, family, counselors, & trusted faculty.

2. ACCESS TO OPPORTUNITIES

Research mentors, faculty, peer mentors, & workplace mentors.

3. LEADERSHIP

People you look up to and aspire to model your life after! Others met during training opportunities.

4. HOBBIES & ACTIVITIES

Clubs & organizations that share your passions & help with your school/work/life balance!

5. ACCOUNTABILITY

Study buddies, friends or family who know your goals, help with goal setting & follow-up, gym partners.

The most important Advocate is Yourself!
Make them tell you "No"!



6. SUBSTANTIVE FEEDBACK

Reviewers & editors of your writing, personal statements, cover letters, CV or resume!

7. ACADEMIC SUPPORT

Tutoring center, writing center, course assistants, library, disability support & faculty office hours.

8. NAVIGATING COLLEGE

Classmates, faculty, student support staff, & advisors.

9. CAREER SUPPORT

Research mentors, faculty, career services, internship advisors, & friends.

10. SAFE SPACE

People who allow you to be your authentic self!

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