



ENHANCING RESILIENCE RESOURCE SERIES

How do I develop my support networks?

EDUCATOR GUIDE

This resource is designed to help students recognise the importance of having a sense of connection, belonging and support during their studies. This is important because students' support networks are a key resource when their resilience is challenged. The resource helps students to develop their circle of social support including friends, family, community members and peers.

When to use this resource

Raising students' awareness of importance of social networks is most useful:

1. When students are new to the course and/or university environment. This is particularly important for students who have moved away from their support network (for example, international students or students living away from home for the first time),
2. Prior to students undertaking significant time away from their usual location. They might, for example, be undertaking a study tour, exchange or industry placement, and

3. Prior to an extended industry placement, during which students can access peer and other support via online networks and regular debrief sessions.

Time allowance

Allow students 10-15 minutes to complete the student resource as an individual reflection. Use this reflection as the basis for a classroom or online discussion on the value of personal and professional support networks both during their studies and into professional life.



This resource was developed by Margo Brewer (Curtin University) and Dawn Bennett (Curtin University)

Helping students to develop their networks

There are many ways to help students develop their networks and circles of support. Here are some practical ideas and resource links.

- Facilitate social connection with peers and others by organising interactive social events for students,
- Create stress-free peer zones in which students can share academic experiences and help one another find solutions to shared challenges,
- To enhance students' sense of connection, establish student-staff learning communities based on shared interests. This may be around a specific domain of practice or study topic,
- Embed a peer mentoring program,
- Encourage students to link with one another on LinkedIn.

Developing EmployABILITY networking resources

You may also be interested in the following networking resources from our developing EmployABILITY educator website.

To access the resources, first register here: www.developingemployability.edu.au/register

- [Learn how to network](#)
- [How to build effective, professional networks \(Part I\)](#)
- [How to build effective, professional networks \(Part II\)](#)
- [How to build effective, professional networks \(Part III\)](#)
- [Visual arts: Networking and the arts](#)

Enhancing resilience resources

Other resources in the Enhancing Resilience series are listed below.

- [How to become more resilient](#)
- [How to deal with stress](#)
- [Growth mindset](#)