

# 13 Develop Your Support System

## TRANSITION OBJECTIVE

Students will identify their personal and community support system.

## RELEVANCE TO SUCCESSFUL TRANSITION

It is important to learn where you can go for support. It is most effective to plan ahead and know what supports are available and who can provide each support.

## INSTRUCTIONAL SEQUENCE

### ❑ STEP 1: Update Journal

I know it is healthy to seek assistance when...

### ❑ STEP 2: Convene Roundtable

"Someone I would go to for help is \_\_\_\_."

### ❑ STEP 3: Advance Organizer

"Today you will learn about and identify your personal and community support system."

### ❑ STEP 4: Activity - 20 Minutes

Tell students, "To be a self-determined person it is important to take responsibility for making your own choices and solving your own problems. However some problems are more difficult and require help from others. When we have a problem we cannot solve, we often go to others for help. These people make up our support system." Stimulate a discussion by asking the following questions about the kinds of problems students have that require help: What problem have you needed help with? Where did you go for help? Did you get the help you needed? If you didn't get help, what was the next step you took? Describe a problem you had that you tried to solve on your own or just ignored, hoping it would go away?"

Discuss the following with students: "We can solve some problems on our own or we can ask for help when it is needed. Ignoring a problem could cause it to get worse. It is OK to need and get help. In fact, it is better to identify problems and deal with them rather

than ignore or hide them, as they might get bigger?"

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### Learn Your Support System

Personal Supports	Community Organizations	Public Agencies
Family	Girl/Boy Scouts	Department of Rehabilitation
Relatives	Alzheimer	Employment Development Department
Friends	Salvation Army	Mental Health
Co-workers	YMCA/YWCA	Social Security Office
Neighbors	Emergency Shelter	Department of Public & Social Services
Teacher	Soup Kitchen	Job Training Programs
Minister/Priest/ Imam	Teen Runaway Hotline	Adult Education

These are people who are part of your life. These are people who care about you and are willing to help you.

You can get support from people who work in these organizations. They have training and expertise to provide certain kinds of support when needed.

To get services from these agencies, you must meet certain qualifications. People who work in these agencies are trained to help you with specific issues or problems.

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CAREER MANAGEMENT: Unit 4 LESSON 13

### Circles of Support

Write in each circle the names of people, organizations, and agencies available to help you in the future.

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Ask students to go over the handout **Learn Your Support System**. Use an overhead/ screen image to point to the appropriate columns as you explain the sequence for solving a problem. First, tell students that when they have a problem and need help they start with their *Personal Supports*, those people whom they trust and are closest to them. When a person needs additional help, they may want to seek assistance from a *Community Organization*. If the problem continues, they could contact a *Public Agency*. Use examples and point to each of the columns as you explain the process.

☐ **STEP 5: Activity - 20 Minutes**

Students label the three types of support on their **Circles of Support** worksheet. Explain

that the second inner circle is for the people who are your personal supports. The third inner circle is for organizations and the outer circle for agencies. Circulate through the room to help students list personal and local examples in each circle. After they have completed their *Personal Support Circles*, review the sequence for solving a problem as the students look at their circles.

☐ **STEP 6: Evaluate Outcomes**

It is important to have a support system because "\_\_\_\_\_."

☐ **STEP 7: Connecting Activity**

Students talk with a friend or family member about their **Circles of Support** by explaining how it works.

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## KEY WORDS

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**support**

**assist**

**relieve**

**help**

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### MATERIALS AND PREPARATION

- Student Handouts: **Learn Your Support System**, page 202; **Circles of Support**, page 203.
- Prepare to explain the support system.
- Prepare a personal sample of the handout **Circles of Support**, on a screen image to show students.

### SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Listening
- Thinking Skills: Decision Making
- Personal Qualities: Responsibility, Self-Management