



## **Building and Evaluating Your Network**

Having a robust professional and personal network is essential to your health and success as a person and professional. Early on in your academic career, it is important to foster a broad network of individuals that can support you professionally, academically, and personally. You can use the outline below to build and keep track of your network.

*\*Adapted from UCLA's Building Your Professional Network (Career Preparation Toolkit, 2016-2018)*

### **Intellectual and Academic Development:**

1. Who supports you at UCSC in your intellectual and academic development?
2. Who supports you outside of UCSC in your intellectual and academic development?

### **Professional Development:**

1. Who supports you at UCSC in your professional development?
2. Who supports you outside of UCSC in your professional development?

### **Organizations or Groups:**

1. Do you belong to any clubs, groups, or organizations?
2. Who in those clubs, groups, or organizations supports you?

### **Emotional and Well-Being:**

1. Who supports your emotional health and well-being?
2. Do you have or need support external to your friends or family such as a counselor, doctor, or spiritual mentor?

### **Mentors Otherwise Unspecified:**

1. Do you have other individuals who support you in ways necessary on a case-by-case basis or unspecified in this list?
2. Is there a mentor you'd like to have for a specific area of your life that you don't have right now?