

December Newsletter

From the *Student Graduation and Transition Planner*

Support Networks

Children who have positive relationships with adults are more likely to develop the skills and abilities necessary to overcome difficult times. Encourage your child to think about areas where they might want advice, support or expertise – people who they can turn to, who can help them keep that balance in their life. Who do they want on their Board of Directors?

Who might you include on your Board of Directors? You may consider someone who:

- can advise/coach on how to manage money and plan for post secondary
- has actually done what you think you may want to pursue (in terms of post secondary and/or work that interests you)
- can assist with academic challenges
- is a really good problem solver and can help you think through messy situations to find a solution
- can encourage you and help you to stay motivated
- believes in you and has high expectations for you
- you can call at 2 a.m. when you're in trouble or questioning your choices
- you can confide in

To be effective, ask people to be on your Board of Directors and let them know how they can help. Have your child invite people to play a role on their Board of Directors and use the template below to record the names of their Board members and some detail about how their members can support them.

Your child's Board of Directors will change over time as their needs change, so encourage them to revisit their Board from time to time. Have your child identify their support network by completing **My Board of Directors** found in My Plan, www.myplanpei.ca (password: myplan).

Role: _____

Role: _____

Role: _____

Role: _____

Role: _____

Role: _____

Role: _____

Role: _____

