Session 3: Finding Inspiration & Support

This session helps learners identify role models who inspire them and understand the qualities that lead to success. It also guides them to build a personal support team for emotional, informational, and financial help. The aim is to show that career growth is easier with guidance and support from others.

- Part 1: My Role Models
- Part 2: The Qualities of Success
- Part 3: Building My Support Team

Part 1: My Role Models

Instructions: A role model is someone whose behavior, success, or personality you look up to. They can be someone you see every day, or someone famous you have never met. Let's identify two people who inspire you.

Role Model 1 (Someone you know personally)	Role Model 2 (A famous or inspiring person)
Their Name:	**Their Name:**
Who are they? (e.g., Teacher, Warden, Friend)	**Who are they? (e.g., Teacher, Warden, Friend)**
What is their job or profession?	**What is their job or profession?**
Why do they inspire you?	**Why do they inspire you?**

Part 2: The Qualities of Success

Instructions: We often admire role models because of their specific traits and habits. Pick 4 qualities from the grid below and circle them.

Hardworking	Honest	Creative	Brave
Good Listener	Patient	Confident	Problem Solver
Kind to Others	Never Gives Up	Good Speaker	Organized
Willing to Learn	Helpful	Calm under pressure	Always on time

Reflection:

Write down one quality you circled that you already have: _____

Write down one quality you circled that you want to improve:

_____

Part 3: Building My Support Team

Instructions: Nobody reaches their goals entirely alone. Think about the people in your life right now who can help with each type of support below.

Type of Support	Who can I ask for this support?	Why did you choos this person?
Emotional Support: Someone who will listen to you when you are stressed, encourage you, and stand by your choices.	**1.** **2.**	**1.** **2.**
Informational Support: Someone who can give you advice, help you find college forms, or guide you with their experience.	**1.** **2.**	**1.** **2.**
Financial Support: Someone who can help you understand scholarships, educational loans, or help pay for training/courses.	**1.** **2.**	**1.** **2.**

My Action Step:

Have you ever shared your career dreams with the people you listed above? ☐ Yes ☐ No

If not, pick one person from your Support Team list to talk to this week about your future goals!