

Family, Friends, and Co-Workers: Support for Your Success

You've dreamed of earning a doctoral, master's, or bachelor's degree. And you're ready to take the next step by seeking a program at a university that can offer you the student services you need. What else can you do to ensure that you are successful? You can enlist the support of your family, friends, and co-workers.

Communicating With Family and Friends About Your Academic Goals

Your support network can help you reach your academic goals through their encouragement and practical assistance. Below are some ways you might want to address your goals and needs with those closest to you as you prepare to embark on your educational journey:

- Share your **reasons for pursuing a degree** and why it is so important to you.
- Explain your goals so they understand your commitment and then **actively enlist their support**.
- Let them know what they can do to help you the most, since there are many ways the people in your circle can **contribute to your success**.
- Ask for their thoughts on how your degree program of choice will help you **achieve your career goals** and complement your strengths.
- Address concerns about time commitments, resources, and shared responsibilities and then try to **plan accordingly**.
- Reinforce the importance of what their **ongoing support and encouragement** means to you and how it will be an important factor in your success throughout your studies.

"My family was great while I was earning my degree at Walden. My wife was always there for me. She even picked up the chores I was unable to do. My parents were also always there whenever there was a need for extra help. I always had the support of my family."

Richard Denelle
Master of Science in Nursing (MSN) Graduate



"My sister and my mother are a great support system. If I need them, or have any concerns, or feel a little down, stressed out a little bit, a little tense or overwhelmed with all of this, I can call them up and they will consult with me and console me. They're there for me, and we're there for each other. And I appreciate that. It's just wonderful to know that I have them by my side no matter what I'm going through."

Vaneia Williams, with her mother, **Joan W. Wheeler**, and her sister, **Brandi Moreland**
Doctor of Education (Ed.D.) Students

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