Handout 4-C: Resources Map & Setback Plan

Session 3 · about 45 minutes

Using resources is a skill, and strong students use support early. This handout holds your top three real supports and a setback plan: the first three moves you'll make if a bad grade, a crisis, or a low week hits. Deciding in advance is easier than deciding in the middle of it.

Find at least three real supports, with at least one from a different category than the others. Categories: academic, health, financial, or peer and community.

Support	Category	How to reach it	How I'll use it (one line)
1	…	…	…
2	…	…	…
3	…	…	…

Setback plan: my first three moves if…

If…	Move 1	Move 2	Move 3
I get a bad grade	…	…	…
A crisis hits (health, money, family, housing)	…	…	…
I have a low week	…	…	…

If I ever feel unsafe or in crisis

I will contact ___ (local emergency number, a crisis line such as 988 in the US, or a trusted person).

Notes

- **Privacy.** Keep this handout somewhere you can find it, and share only what you want to.
- **Cost.** Many campus services are free to enrolled students. If cost is a barrier, ask a financial aid office, a community health center, or a library for options.
- **Not enrolled anywhere?** The public library, community or adult-education tutoring, a local health clinic, and your own peer or online study community all count in full. The Learning Library and Get Help pages on the site are good places to start.

Options

Written, a spreadsheet, or index cards.

Worked example

Support	Category	How to reach it	How I'll use it (one line)
1. Writing center	Academic	Drop-in hours, Tuesday to Thursday, on the college website	I'll go with a rough draft at least three days before a paper is due.
2. Community health clinic	Health	Call the front desk to ask about counseling	I'll call if a low week lasts more than two weeks.
3. My sister	Peer and community	Text, or a Sunday call	I'll tell her my plan and ask her to check in once a week.

Setback plan

If…	Move 1	Move 2	Move 3
I get a bad grade	Wait 24 hours before deciding what it means.	Write what I missed and why (knowledge, strategy, time, or stress).	Take it to the writing center or the instructor's office hours.
A crisis hits	Tell my sister what's going on.	Call the clinic or 211 for local help.	Email my instructors to ask about extensions.
I have a low week	Cut my plan down to the three most important tasks.	Use my recovery strategies and protect my sleep.	Check in with my sister, and call the clinic if it continues.

If I ever feel unsafe or in crisis

I will call or text 988, or call my sister.