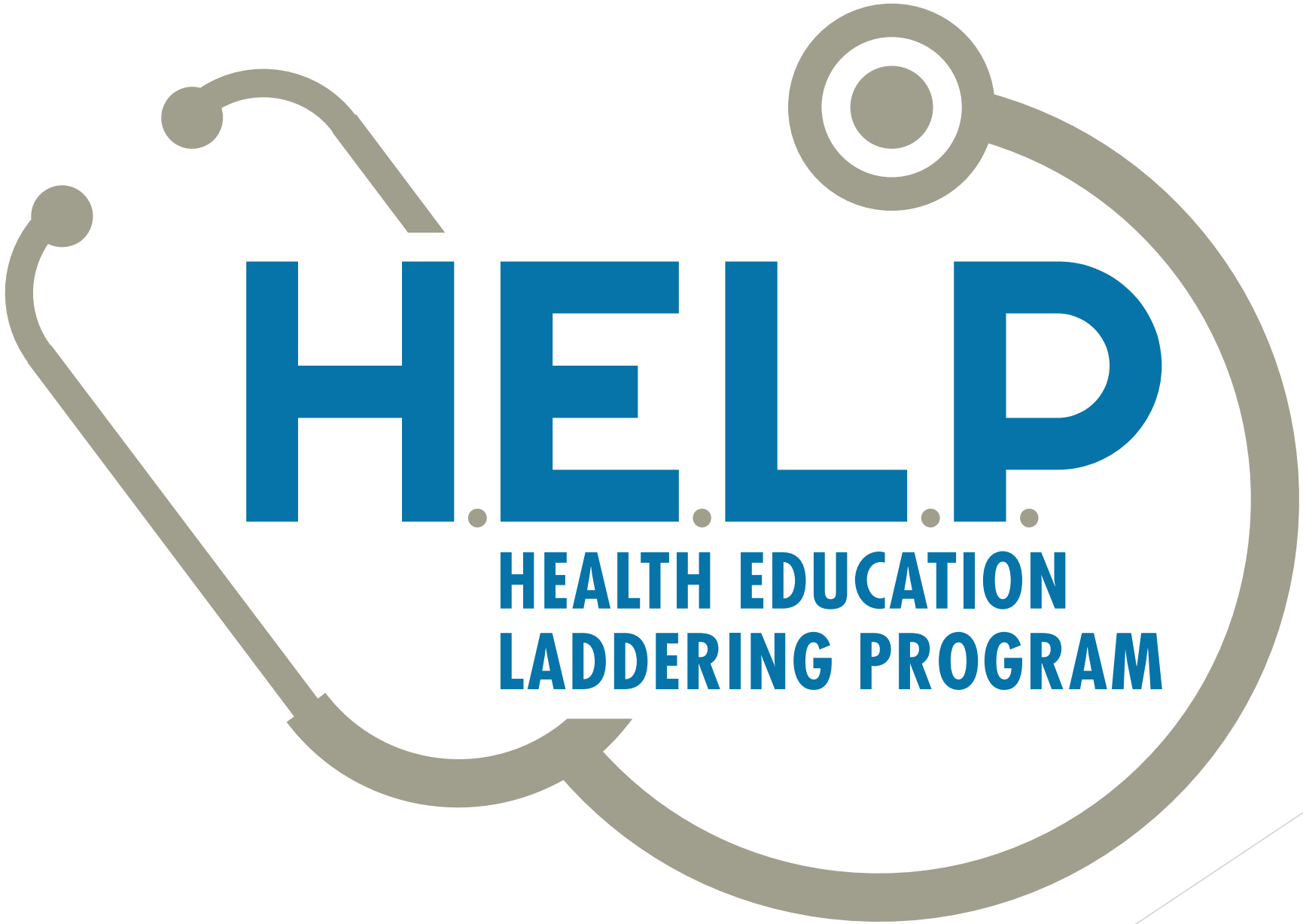
H.E.L.P
HEALTH EDUCATION
LADDERING PROGRAM

Growing Social Capital Skills in Students

Learning Journey

HELP
HEALTH EDUCATION LADDERING PROGRAM

April 6
12:00 - 1:30pm

Event 1
How do you Define Social Capital?

April 13
12:00 - 1:30pm

Event 2
Challenges & Benefits of Social Capital

April 20
12:00 - 1:30pm

Event 3
Creating a Culture of Social Capital

April 27
12:00 - 1:30pm

Event 4
Share Your Journey, Successes & Challenges

Pre-Work
- Workbook
- Complete self-assessment
- Identify students to practice with

Individual Work
- Workbook reflections
- Student conversations
- Video or reading

Individual Work
- Workbook reflections
- Student conversations
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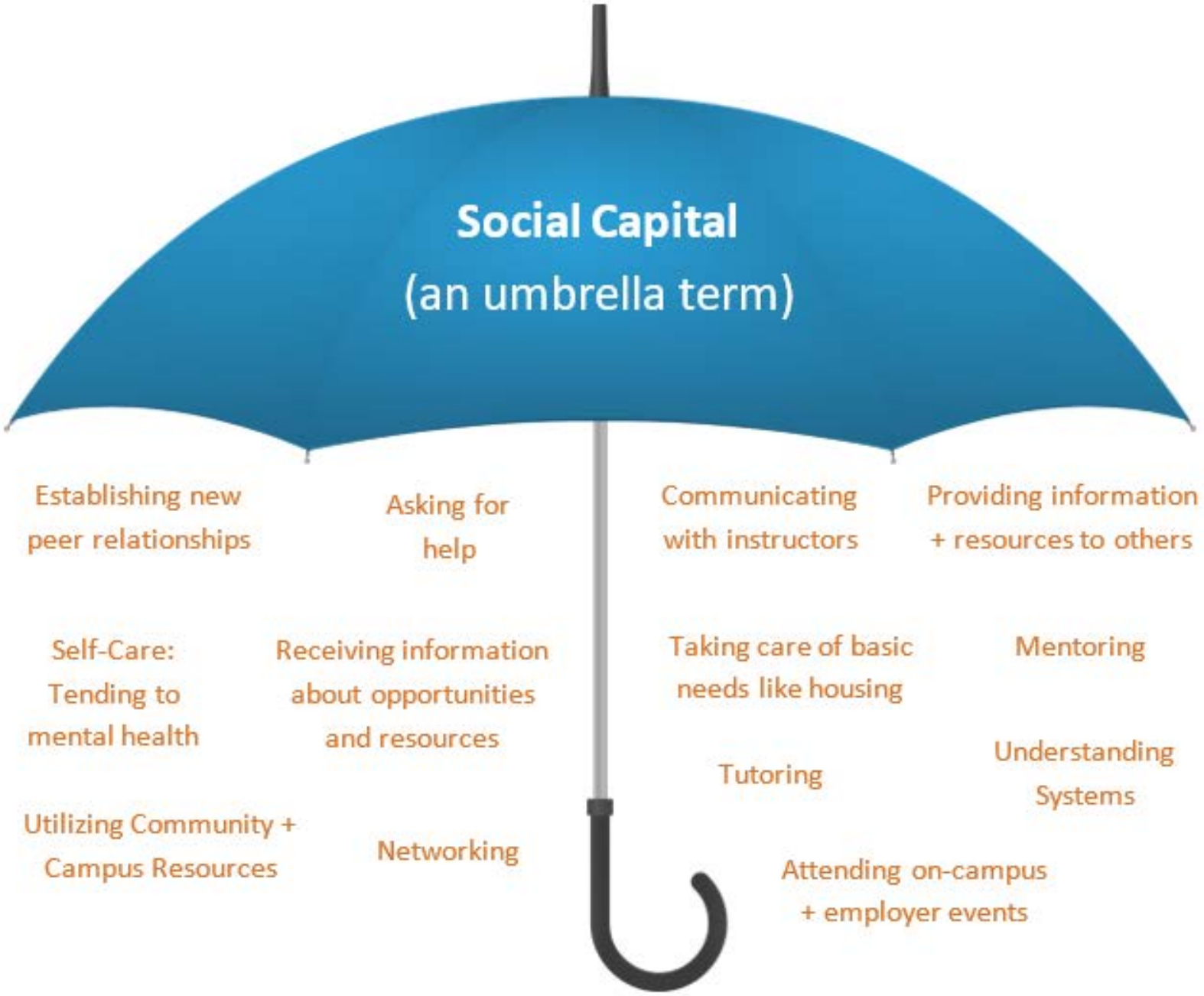
Individual Work
- Workbook reflections
- Student conversations
- Video or reading

Social Capital Definition

The information, support and resources available to an individual through connections and networks of relationships. – Pierre Bourdieu, 1986


Social Capital
(an umbrella term)
Establishing new peer relationships
Asking for help
Communicating with instructors
Providing information + resources to others
Self-Care: Tending to mental health
Receiving information about opportunities and resources
Taking care of basic needs like housing
Mentoring
Tutoring
Understanding Systems
Utilizing Community + Campus Resources
Networking
Attending on-campus + employer events

I’m Struggling, Can You Help Me Out?

My name is John and sometimes it is hard for me to get back and forth to campus. Do you know where I can get some help?

_____

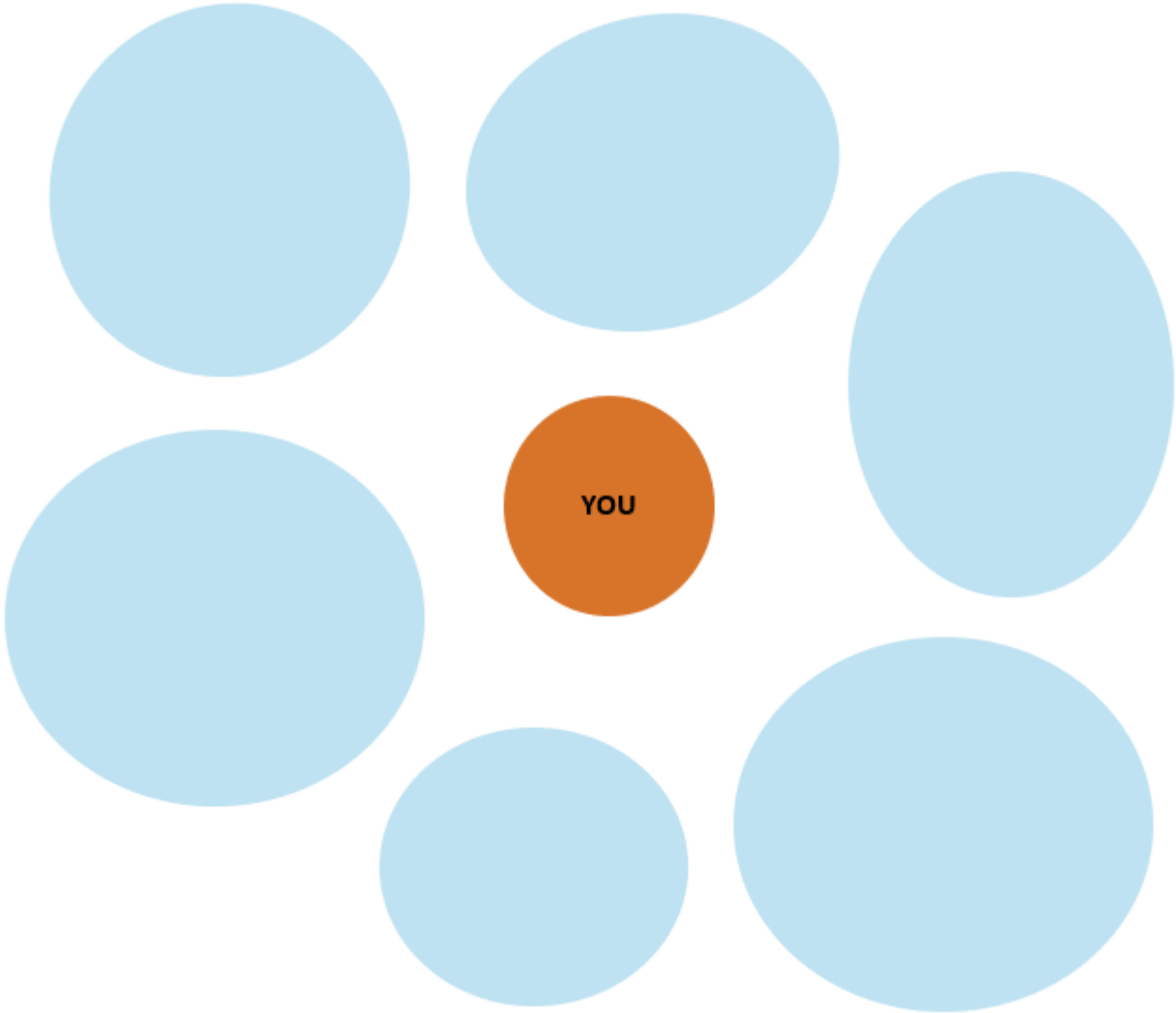
_____

_____

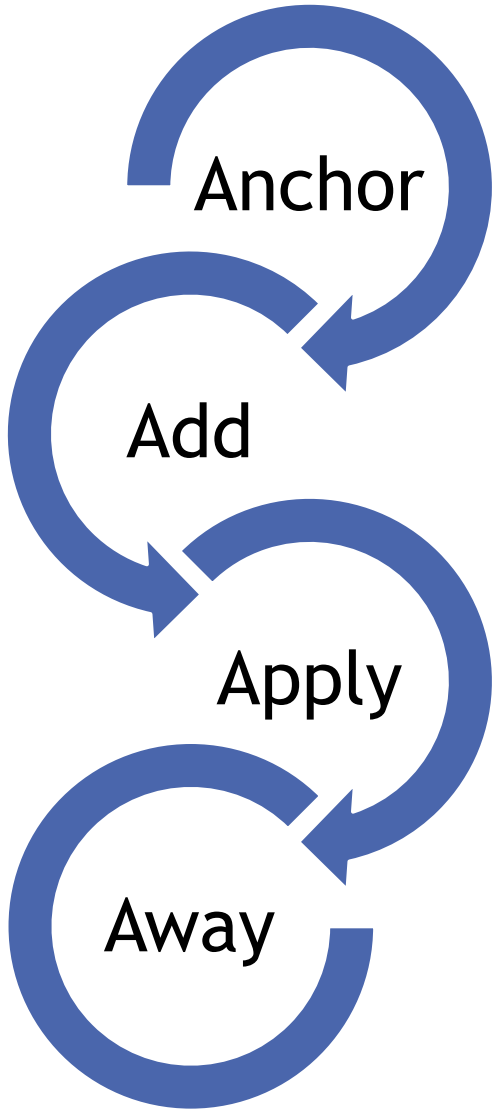
_____

_____

Relationship Map



4A Model



Career Coach Insights

Best Practices

- Be Present
- Do Tasks Together
- Showcase Successes
- Invite Student Stories
- Ask the Right Questions
- Incorporate Social Capital
- Encourage Event Attendance
- Introduce Your Network

Exit Plans

Mentoring

Questions?

Becky Fausett, Project H.E.L.P. Director

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