

Professional Social Capital Mapping

Purpose:

This exercise is meant to help your mentees/apprentices visualize all the people they know who are available to them in a working setting or environment. They will also think about what characteristics those individuals possess that they admire. The goal is to identify their professional social capital.

Use this table (at right) to help them visualize the professional capital they have and what characteristics these people possess that they value and respect.

Directions:

1. In each section, mentees/apprentices identify and write the names of a few people they know who fall into each of the categories.
2. Write the characteristics those individuals possess that they respect
3. Ask them to build their ideal mentor after filling in the categories.

First Job	Co-workers	Supervisors
<p style="text-align: center;">People you met:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">Different people you have worked with:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">Different kinds of people you have worked for:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p style="text-align: center;">What attributes did each have you respected, or did not respect?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">What attributes did each have you respected, or did not respect?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">What attributes did each have you respected, or did not respect?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p style="text-align: center;">Building Your Ideal Mentor:</p> <p style="text-align: center;">After reflecting on who these people are, how they made you feel, and what characteristics they possessed that you respected, create your ideal mentor below.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>		