This activity is designed to help you identify the resources you have available to you to empower you to achieve your educational goals.

Please rate your satisfaction with each of the areas listed below: **SCALE:** 1- not at all satisfied to 10- completely satisfied

**Examples:**

- **Goals/Dreams (Aspirational capital)** – “hopes and dreams” that motivate you
- **Language/Communication Skills (Linguistic capital)** - various language and communication skills you bring with you
- **Family Support (Familial capital)** - social and personal resources you have from your family
- **Support from Peers/Community (Social capital)** – support from “peers and other social contacts”
- **Ability to navigate College system (Navigational capital)** - skills and abilities to navigate “social institutions,” including educational spaces.
- **Advocating for your needs (Resistance capital)** – ability to advocate and secure your rights to education

*Adapted from Angela Lock’s summary of the Cultural Wealth Model developed by Tara Yossa’s*