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| --- | --- | --- | --- | --- | --- | --- |
| **Role** | **Name** | **Contact info****Phone email** | **How they might help** | **What you want to ask** | **Date of contact** | **Response and follow up ideas** |
| **Teacher** |    |   |   |   |   |   |
| **Counselor \ advisor** |    |   |   |   |   |   |
| **Friend** |     |   |   |   |   |   |
| **Coach** |     |   |   |   |   |   |
| **Family members** |     |   |   |   |   |   |
| **Neighbor** |     |   |   |   |   |   |
| **Club member** |     |   |   |   |   |   |
| **Self-advocacy group member** |     |   |   |   |   |   |
| **Other** |    |   |   |   |   |   |