

Lesson 3 – When and how do I ask for help?

Watch the introduction video on asking for help:

<https://www.youtube.com/watch?v=k8vddFrO6WI>

Activity

Ask students to take out a sheet of notebook paper and fold it in half the long way. Ask students to label the two columns “Things I Can Complete Without Help” and “Things I Need Help With.” Ask students to write at least 10 things for each list.

NOTE: Responses for things they can do without help might include getting ready for school, playing video games, making the bed, etc. Responses for things they need help with might include using the computer, doing the dishes, ironing clothes, etc.

Have students share some of their responses from the first list (things they can do without help) when the brainstorming session is over. Discuss with the students how they learned to do the things on the first list and who helped them when they needed assistance.

Can also go back to the things you complete without help and look for opportunities for when help might be better.

After that discussion, ask the students to share things from the “Need Help With” list. Ask the following questions as discussion starters or leads:

- How do you decide whether or not to ask for help?
- Whom do you ask for help?
- How can you increase the chances of getting the help you need?

Discussion: What are private ways to ask for help?

Possible responses:

- Email
- After class
- Should Gateway have help tickets? (put them in the suggestion box)

Discussion: Are there times when you can ask for too much help?

- What it means to ask for help versus asking for clarification. Some students need to simply check-in with someone to make sure they are doing the right thing (clarification), which is different from the need to acquire information that is unknown (asking for help). We distinguish between these two concepts as many students may just need clarification - but to them it looks like they need help and they don't want people to think they need help! These students usually feel they know (or think they know) what

to do and just need to clarify. Making this distinction often helps reduce their discomfort.

Advisory Discussion: What are strategies for asking for help?