

Learning Tip:

How to Seek Help

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How to Seek Help

- ▶ While we all should strive for self-sufficiency, there are moments when reaching out for help is essential.
- ▶ Let's explore some common barriers students face when seeking help and effective strategies to overcome them.

How to Seek Help

- 1. Lack of Awareness:** Some students may not know what resources are available to them.
 - ▶ Research resources by reading the syllabus, exploring the school's website, and connecting with classmates or academic advisors.
- 2. Fear of Judgment:** Students may worry that asking for help will expose perceived weaknesses in front of their peers or instructors.
 - ▶ Remind yourself that struggling and getting help is a fundamental and expected part of the learning process. Start small by reaching out to someone you trust in a comfortable setting for you.
- 3. Fear of Wasting Others' Time:** Some students feel unworthy of others' time and attention.
 - ▶ Show that you value their time by coming prepared with specific questions.
- 4. Fear of Rejection:** The prospect of being told "no" can be daunting.
 - ▶ Be understanding and respectful of their decision, and try not to take it personally. Shift your focus to alternative options for seeking help.