

Essay due in two days? Haven't started?

We can help—not, like, in a plagiarism way. We're a nonprofit.

You can and should ask for an extension.

Me? I don't need an extension. You must not be familiar with my game.

In 5 years your boss is going to say: Bestie, can you work until 10pm today?

Sure Bestie!

Toxic work life balance. **Learn to set boundaries and ask for help now.**

How do I ask?

Go to [URL]/extension for a script and more FACTS. [QR?]

Emotional Availability is Sexy

Have you ever been really, really injured? You can kind of play... but it hurts a little more after every game. Part of you knows you should stop—you're risking getting injured way worse—but you want to make it to the end of the season. You won't be happy if you don't play.

That's hard.

School can feel the same way: you're stuck on an assignment or you have no idea what's going on in class, but you decide to keep your head down and make it to the end of the semester. Then it'll be over.

But school's different. If you **ask for help**, you don't get taken out of the game, **you get back in it**. You get better. Improve. Your teacher will respect you because you did something scary, and your peers are fucking idiots, too. They've struggled with work as much as or more than you have. Nobody will look at you like a quitter the way they would if you tapped out of a sport.

Want to hear professional athletes say it? [\[Link\]](#)

Nah, not with that teacher

If your coach benched you, or your boss was angry at you and you needed that job, you'd put in work to gain back their respect, even if you didn't respect them.

Your teacher's different. **You don't need them or their class.**

But you're spending an hour a day angry at them. Class meets 180 days a year, that's 180 hours or **seven full days listening to their voice.**

You can **2x your happiness** in the class while getting extra time, extra points, and extra breaks.

Show you care a little by asking for an extension. Do the first 10% of an assignment. Show your teacher that you tried, then ask for an extra day to do it. **You'll earn their respect, and they'll treat you better in class.** Rinse and repeat. Here's how [\[link\]](#).

Don't like them? Don't think they'll care? Screw it. Do it for yourself. Prove you're better than them, that you don't need them to pass the class. Take the high road to prove they're going low, and who knows, maybe they'll respect that.

Absolutely-completely-miserably overwhelmed?

It's fine.

NO IT'S NOT FINE BESTIE OH MY GOD. You're taking years off your life.

If you check three or more of these boxes, you need to learn to ask for an extension:

- You say sorry even when you didn't do anything wrong
- You don't participate in class unless you absolutely have to
- You always let other people cut in front of you in line
- If you see a barista put your drink out, say your name... then WATCH someone else take it, you wouldn't go after them or say anything

It is **okay to ask for extra time and keep your reasons private**. Here's how [\[link\]](#)

Getting ANOTHER Extra Scoop.

You smile at the lunch lady, she gives you an extra scoop. **Friendliness makes sense.**

But what if your teacher was behind the counter at the cafeteria one day: would you ask for that extra scoop? Feels a lot more like asking your boss for \$20 than asking your friend for a french fry, doesn't it?

Class can feel like a job: you do work, you get points. But there's no money: your teacher's pay is fixed no matter how many points you get.

If they don't want points, that means they want:

- Your success (standardized tests AND emotional growth)
- Less boring work (less grading, meetings)
- **Better relationships with students** (a research-proven way to prevent teacher burnout)

Leverage that. Give them an extra scoop (of KINDNESS), and get yours: more breaks, points, and ice cream in return. Here's how: onefact.org/leverage.

If people arm wrestle for participation points at your school:

That's a problem. Seek help.

But how can we change the GPA culture? Everybody is trying to get into college.

Organize a **schoolwide participation point boycott**. Nobody speaks in class until participation grading is equitable. But first, storytime.

There was this reform movement called standards-based grading. Everybody got a 1, 2, or 3 on every assignment. No A's and B's. There were infinite retakes and no late penalties. This spread nationwide and... FLOPPED. Hard.

Grade-free courses only work in high trust environments where people will do the work either way. Create part of this trust and you can remove some of the most toxic grading practices.

Build trust with strategies at onefact.org/extension.

Launch the boycott like a coup: onefact.org/coup.