



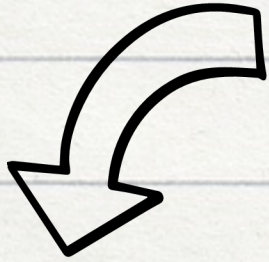
Asking for

Help

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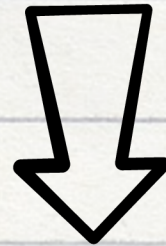


Why is Asking for Help Important?



Meaningful Experiences

People can increase self-efficacy towards asking people for guidance



Strengthen Relationships

Getting support from others can build connections and create pathways for future opportunities, growth, and success



Academic Success

Seeking help positively impacts a student's ability to tackle challenges and leads to greater academic success

Factors Affecting Help-Seeking

PSYCHOLOGICAL BARRIERS

- Skepticism
- Feeling overwhelmed
- Not knowing where to start or who to ask
- Pride
- Burdening others

ATTITUDE

- Self-reliance
- Willingness to seek help




Reminders



People Want to Help!

In a study, 50% of college students overestimated how many rejections they'd get when asking for help.



Asking is Not a Sign of Weakness

Admitting you need assistance is a sign of strength! It indicates self-awareness and proactivity.

Learning is hardly accomplished alone

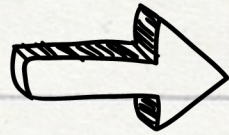
Receiving help and feedback have shown to contribute to learning



Academic Resources on Campus



Writing Center: Get feedback on any stage of the writing process (Located on 4th Libe)



Math Skills Center: Get support and tutoring for Math/Stats courses (Located in the Center for Math and Computing CMC)



Office of Accessibility Resources (OAR): Provides academic accommodations by request (Located on the 1st floor of Class of 1974 Building)



- TA/Prefect/Office Hours sessions
- Accountability Groups
- Term-Long Writing Program
- Language Center (LDC)
- Quantitative Resource Center (QRC)

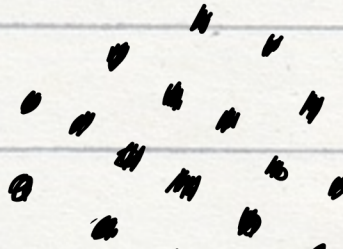
Scan to see the Student Resource Guide



Attribution Theory & The Theory of Planned Behavior

Attribution Theory states that people perceive behavior as caused by internal or external factors. Behavior motivated by internal factors is expected to continue. For example, poor self-efficacy (belief in one's ability) can prevent a person from seeking help.

The Theory of Planned Behavior is a psychological model predicting human behavior based on a positive attitude, the perception of social pressure (a subjective norm), and a person's confidence in performing a behavior.

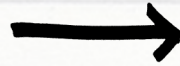


Theory of Planned Behavior Example

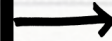
Attitude towards asking for help:
"I need homework help but am not sure where to go."

Subjective norms of getting help:
"Many people around me get help from peers."

Percieved behavior control:
"I can find people that have the resources I need."



Intention:
"I intend to go to the peer-led QRC to get assistance."



Behavior:
Asking for help!



Citations

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