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Asking for Help in College

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Asking for Help

Developing a support system to guide you through your college journey.



Who needs help?

Everyone needs help at some point in their life. Without the help of others, we would not be able to get anywhere in life because there is simply no way to know the answers to everything.

In college, students are often either afraid to ask for help from peers and campus professionals or do not know who to go to for help, causing many students to drop out of college at an early stage in their career.

Asking for help shows that you care about your personal and academic well-being. It shows that you have come to terms with the fact that you do not know everything, but that you are willing to put in the effort required to obtain the answers and achieve success throughout your college career.



Resources at WKU

- Counseling Center
- ISEC (Intercultural Student Engagement Center)
- ACDC (Academic and Career Development Center)
- Pride Center
- SARC (Student Accessibility Resource Center)
- The Writing Center
- Living-Learning Communities
- So many more!





Tips for seeking Academic Help

- Get to know and develop a relationship with your professors
- Be patient with yourself and do not be afraid to speak up in class when you do not know something
- Be willing to accept constructive criticism and listen to the feedback that is being given to you.
- Seek out professors during their office hours to ask for more individualized help outside of class
- Attend tutoring sessions on campus

Tips for seeking Personal Help

- Learn about and know where your campus counseling center is located
- Stop by the counseling center to introduce yourself and get to know the people that work there
- Surround yourself with peers that are there to support you and do not judge you for who you are
- Frequently engage in self-care activities by doing things that you truly enjoy



Tips for seeking Professional/Career Development Help

- Learn about and know where your campus career center is located
- Network as much as you can during your college career
- Utilize your professors as a resource and references
- Be open to new experiences and seek out the experiences of others

Resources:

Burke, M. G., Sauerheber, J.D., Hughey, A.W., & Laves, K. (2017). *Helping Skills for Working with College Students: Applying Counseling Theory to Student Affairs Practice*. New York, NY: Routledge, Taylor & Francis Group.

SMU Student Affairs (2019). *Tips for Academic Success*. Retrieved on March 25th, 2019 from <https://www.smu.edu/StudentAffairs/Housing/ProspectiveStudent/AcademicTips>.