LEARNING TECHNIQUES

LESSON 7-7 ▲ ASKING FOR HELP

**LEARNING GOALS/OUTCOMES**

* Explore reasons why people (students) need to be willing to ask for help
* Determine truth from myths in regard to asking for help

**MATERIALS NEEDED**

* **Student Handouts:**
* When Do You Ask For Help? Worksheet
* **Chart paper and markers**

**CLASSROOM ACTIVITIES**

1. **Share with students that the class is going to discuss asking for help,** why people ask for help and why they avoid asking for help. Make sure students understand that there are no wrong answers, only their answer.
2. **Have students independently fill out questions 1 – 4** on the *When Do You Ask for Help?* worksheet.
3. **Go back over questions 1 - 3.** Record the responses on the chart paper.
4. **Return to question 4** and find out how many students had the correct answers. See “Additional Resources and Other Information” section below for answers.
5. **Have the students independently complete question 5** and use their answers for a closing class discussion.
   * What did you learn about yourself and how you ask for help?
   * Is there anything you think you may want to change in how you ask or do not ask for help?

**STUDENT PRODUCTS**

* **Completed *When Do You Ask For Help? Worksheet***

**ADDITIONAL RESOURCES AND OTHER INFORMATION**

* **SUPPLEMENTAL FACILITATOR NOTES**

This lesson is entirely based on having students analyze why, when, and how they ask for help. The subject is foundational for developing self-advocacy skills. The approach needs to be both fact-based and accepting of student opinions.

* **ANSWERS TO QUESTION FOUR ON *WHEN DO YOU ASK FOR HELP? WORKSHEET***

Asking for help in class makes you look needy or nerdy. False

Asking for help shows that you are thinking about what you are learning. True

Asking for help puts other students in an awkward position. False

Asking for help means that you trust the teacher to help you. True

Asking for help means you are the teacher’s favorite or a teacher’s “pet”. False

LEARNING TECHNIQUES

LESSON 7-7 STUDENT HANDOUT

WHEN DO YOU ASK FOR HELP? WORKSHEET

**The following questions will help you think about why people ask for help or don’t ask for help.**

1. Check the answer that most applies to you.

\_\_\_\_\_\_\_\_ I always ask for help when I need it.

\_\_\_\_\_\_\_\_\_ I sometimes ask for help when I need it.

\_\_\_\_\_\_\_\_ I rarely ask for help even when I need it.

1. We all have times when we do ask for help. When are you most likely to ask someone else for help? (Examples: at home, from a friend, when the task is new)
2. We all also have times when we just won’t ask for help. When are you most likely to avoid asking for help?
3. Rate the following questions as True or False.

\_\_\_\_\_ Asking for help in class makes you look needy or nerdy.

\_\_\_\_\_ Asking for help shows that you are thinking about what you are learning.

\_\_\_\_\_ Asking for help puts other students in an awkward position.

\_\_\_\_\_ Asking for help means that you trust the teacher to help you.

\_\_\_\_\_ Asking for help means you are the teacher’s favorite or a teacher’s “pet”.

1. What did you learn about yourself and how you ask for help? Is there anything you think you may want to change in how you ask or do not ask for help?