



## Reaching Out for Help

- Are you concerned about not succeeding in your classes?
- Are you having a hard time adjusting to college?
- Is there something in your life holding you back?
- Do you need help but are afraid to ask for it—or aren't sure who to talk to?

***If you answered "Yes" to any of the above, please read on.***

Your college wants you to succeed and thrive. To that end, a myriad of resources are available to facilitate your academic, career, and personal success. But ultimately, your well-being is your responsibility. So it's up to you to reach out for help when you need it.

***Asking for help isn't a sign of weakness; it's a sign of maturity, and a demonstration of your desire to grow and succeed.***

## Academic Support

**If you're struggling in a class, your professor should be your first point of contact.**

### **Talk to your professor**

Seek help at the first sign that you might need assistance. Don't wait until your grade in a course is beyond improvement. *Reaching out for help is your responsibility.*

Talk to your professor before or after class to schedule a time to meet. Or send an email letting your professor know you'll be visiting during office hours. Be sure to schedule a concrete time. Even with open office hours, professors can still step out to grab lunch, or be busy with other students. If you send an email, note which class you're in and what you'd like to discuss.



### **If you need a tutor**

If you think you need a tutor, check your college's website for information on the Academic Support Services available at your school. Many colleges have Learning Centers that offer tutoring in writing and math, and workshops on study skills. Your Academic Advisor can also provide you with information on how you can obtain the help you need.

*Your tuition dollars pay for these services, so why not take advantage of them?*



### **If you have a disability...**

If you have a disability and/or had an IEP (Individualized Education Plan) before college, you're likely to be eligible to receive accommodations in college. Common accommodations include extended exam times and note taking help.

It is up to you to register with Disability Services. They will then determine what accommodations are appropriate for you. Your professors will be notified of your specific accommodations at the start of each class. (They will not be informed as to the nature of your disability.)

### **Other Helpful Resources**

- Online tutoring resources like Khan Academy and Smarthinking can supplement in-person tutoring.
- YouTube tutorial videos can be helpful for questions on a variety of topics (e.g., grammar rules, how to solve a particular math problem).
- There are a number of helpful apps for college students (e.g., Chegg Study). Go online and search for "best apps for college students."

## Mental Wellness

**Even the most intelligent, hardworking students can experience mental health issues that can negatively impact their academic performance.**

### When to get help

- ▶ if you experience feelings of sadness or a loss of appetite, have trouble sleeping or are sleeping too much
- ▶ if you often feel nervous, irritable, or experience anxiety so severe that you feel physically ill
- ▶ if you feel so overwhelmed that you think you can't continue with college
- ▶ if you ever have thoughts of harming yourself or others

### Where to get help

Visit your college's Counseling Center. Helping professionals are available to address any personal concerns you may have.

### Mental Health Support Resources

- ▶ **National Suicide Prevention Lifeline:**  
Call 1-800-273-8255 or chat online at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- ▶ **ULifeline.org** (an online resource for college mental health) or Text "START" to 741-741 or call 1-800-273-TALK



## Student Services

**Your college offers an array of services; however, participation is voluntary. It's up to you to seek the assistance you need.**

### Dorm issues?

Talk to your RA or visit the Residence Life office.

### Medical or sexual health issues?

Visit the Health Center.

### Undecided about your major or career?

Schedule an appointment with Career Services.

### Money problems?

Check with the Financial Aid office.

### Personal, emotional, or substance abuse problems?

Visit the Counseling Center.

### Need to get in shape or lose weight?

Take advantage of the facilities and activities offered by Campus Recreation and Wellness.

### Computer / Phone issues?

Visit the Information Technology Help Desk.

### Not sure where to go?

Visit the Student Affairs or Student Life Office. They will direct you to the services you need.

*With so many people and resources to assist you, there's absolutely no reason to go it alone.*



**WOODBURN PRESS**

### Habits for Success InfoGuide

Reaching Out for Help

[www.woodburnpress.com](http://www.woodburnpress.com)

Copyrighted Material

866-19