

TIPS FOR ASKING FOR HELP

You are not alone! College is a big adjustment. Our hope is that you feel comfortable asking for help - no matter how big or small it may feel. We are here to help and empower you as you take on college and life on The Hill.

There are many people available to help! To save time/frustration, figure out the best person to ask for help. Is it your RA or SHC? Is it your Area Coordinator (AC)? Is it your roommate or professor?!

Think through how to ask for help. Is it an in-person conversation or text or email? Is it an urgent ask?

Be specific. Sometimes you might not quite know how to ask, but do your best to be specific with what you're needing help/advice/support with. This will ultimately help others help you!

Be ready and willing to accept the help.

Practice asking for help! Your AC, SHC, and RA are all great resources and are here to help!