



# Communication: Asking for Help

Advisory Lesson #3,  
August 26, 2020



## Check in Question

In the chat, please answer the following question:

If your mood were a color, what color would it be and why?



## Two Truths and a Lie

In just a moment, I'll be sending you to your breakout rooms for a game.

Right now, jot down three facts about yourself. Two of them should be true. One of them should be a lie. They shouldn't be in that order. Mix 'em up!

You're going to introduce yourselves to each other using your three "facts."

The object of the game is to figure out which of your teammates' facts are lies.



## Outcomes

- Grow more comfortable in asking for help
- Know how to ask for help
- Know where to go for different types of help in our community



**“Asking is, in my opinion, the world’s most powerful and neglected secret to success and happiness.”**

*-Percy Ross (Self made multi-millionaire and philanthropist - produce bags)*

1. Explain the quote in your own words. Do you agree or disagree with the statement?
2. Are you comfortable asking for help when you need it? Why or why not?

THE POWER OF  
ASKING FOR HELP



# WHY we don't ask for help

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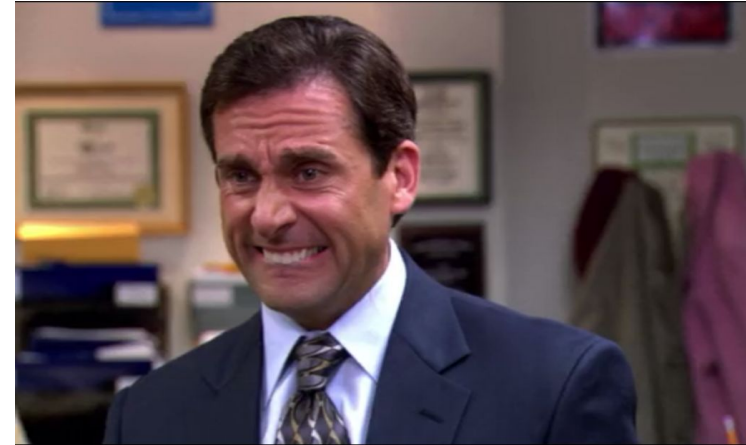
- Fear of
  - Looking stupid or not having it together
  - Being vulnerable
  - Being judged
  - Being told “no”
  - Bothering/inconveniencing others
- Other reasons you came up with?

# WHY You Should Ask for Help - 4 Reasons

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## 1. You practice feeling uncomfortable.

- Being uncomfortable helps us grow and develop. It's how we challenge ourselves and change for the better.
- Getting into the habit of asking for help now will help you feel less uncomfortable as you continue as a student, employee, etc.





# WHY Ask Questions - 4 Reasons

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## 2. You can't do everything yourself.

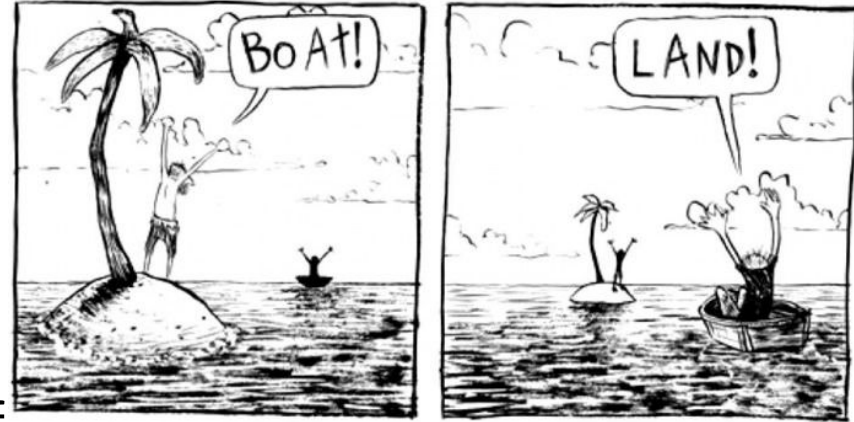
- If you take on everything alone, this quickly leads to feeling overwhelmed, stressed and burned out.
- Being aware of when you need help, and asking for it, protects us from reaching a breaking point.



# WHY Ask Questions - 4 Reasons

## 3. You gain different ideas and perspectives.

- You build a database of fresh ideas and insights you wouldn't have been able to generate on your own.
- It creates better, stronger and more successful results than if tried by yourself.



# WHY Ask Questions - 4 Reasons

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4. You build a stronger and more collaborative team.
- You show people that you value their ideas, which builds a community of trust.
  - You demonstrate that you're interested in learning and/or growing.



# WHAT Can You Lose By Asking



- Nothing!
  - If you don't ask, you've already lost!

People (including your teachers) are more willing to help than you think.

- *Have you ever been surprised by how willing someone was to help you?*



# HOW to Ask For Help

- Recognize that you need help
- Decide who is the appropriate person to ask (teacher, classmates, tutor, etc.)
- Figure out your point of confusion
  - Reflect on what parts of the process you are understanding, and where you get stuck.
  - “I don’t get it” doesn’t give us a clear idea of how we can help. The more specific you make your question, the better we can help you.

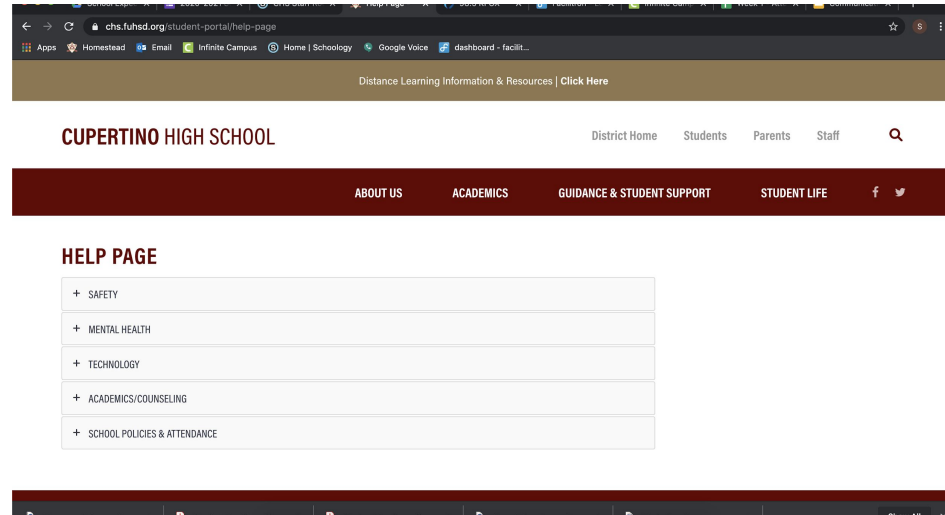


***For those of you who are comfortable asking for help, what strategies do you have?***

# CHS Help Page

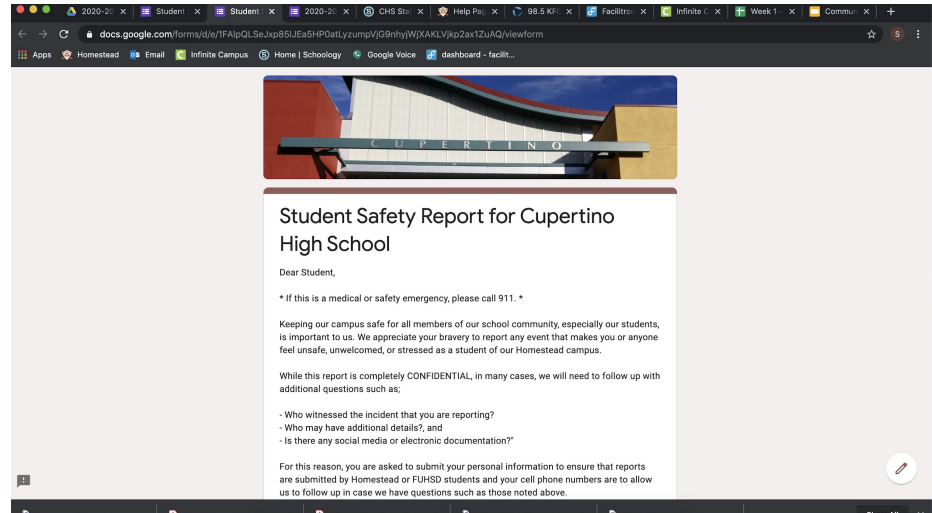
Your one-stop shop for all of our help resources is available at:

<https://chs.fuhsd.org/student-portal/help-page>



# Reporting Harassment or Bias

For a confidential source to report harassment, sexual harassment, bias or other student safety issues, please use the [Student Safety Report](#).



The screenshot shows a Google Forms interface for a "Student Safety Report for Cupertino High School". The form is titled "Student Safety Report for Cupertino High School" and includes a header image of the school building. The form content includes a greeting "Dear Student," followed by a note: "\* If this is a medical or safety emergency, please call 911. \*". The main body of the form states: "Keeping our campus safe for all members of our school community, especially our students, is important to us. We appreciate your bravery to report any event that makes you or anyone feel unsafe, unwelcomed, or stressed as a student of our Homestead campus." It then states: "While this report is completely CONFIDENTIAL, in many cases, we will need to follow up with additional questions such as:" followed by a bulleted list: "- Who witnessed the incident that you are reporting?", "- Who may have additional details?, and", "- Is there any social media or electronic documentation?". The form concludes with: "For this reason, you are asked to submit your personal information to ensure that reports are submitted by Homestead or FUHSD students and your cell phone numbers are to allow us to follow up in case we have questions such as those noted above." The browser's address bar shows the form's URL: "docs.google.com/forms/d/e/1FAIpQLSeJxpBSUEa5HPDattLyumpVjG9rhijWjXAKLVkp2ax1ZuAQ/viewform". The browser's tab bar shows several open tabs, including "2020-21", "Student", "CHS Stu...", "Help Pa...", "98.5 K...", "Facilit...", "Infinit...", "Week 1", "Commu...", and "dashboar - facilit...".



# WHERE to Go to Ask for Help - Academic Resources



Intervention	Description	When/Where
Writing Lab	Trained student tutors that work one-on-one with students on summative assignments for English	Periodically (ask your English teacher) via Zoom
Office Hours	Your teachers are available to you during Office Hours to answer your questions and provide assistance	Your teacher will provide a Zoom link
Student Center for Success	Trained student tutors for all academic subjects, but specifically strong in Math and Science	After school (3:30-5:00) Monday-Thursday available soon.
NHS Tutors in Language	Trained students tutors to help in modern language	In language classrooms during tutorial when we return to campus or as described by your language teacher

## WHERE to Go to Ask for Help - Academic and Social/Emotional Resources



Intervention	Description	When/Where
CHS Staff Members	<ul style="list-style-type: none"><li>• A trusted teacher</li><li>• Main Office Staff</li><li>• Alpha Guidance Counselors and Admin<ul style="list-style-type: none"><li>A-F (Buie and Nafrada)</li><li>G-Le (Emmert and Salazar)</li><li>Li-Re (Olson and Puccinelli)</li><li>Ri-Z (Phares and Corso)</li></ul></li><li>• School-based therapists: Christopher Hickey and Denise Salin</li><li>• College and Career Center (CCC): Wendy Amick</li></ul>	<p>Via Schoology or Zoom appointments.</p> <p><b>To request an appointment with a School-Based Therapist or School Psychologist, complete the <u><a href="#">Wellness Check In form</a></u>.</b></p> <p>Schedule a <u><a href="#">Zoom Appointment</a></u> for CCC.</p>

# WHERE to go for help: School-Based Therapists

[Christopher Hickey@fuhsd.org](mailto:Christopher.Hickey@fuhsd.org)



[Denise Salin@fuhsd.org](mailto:Denise.Salin@fuhsd.org)






# WHY contact a School-Based Therapist

School Based Therapists provide short-term counseling support for students who are experiencing challenges such as:


- overwhelming worry or stress
- problems related to school, home, relationships, etc.
- painful thoughts and emotions
- crisis situations

We are licensed therapists who are available to talk with students, answer questions, and if needed, we can connect them to resources to support their mental health and wellness. Our offices are in the guidance area in the main building, but during remote learning, we have been meeting with students by phone or Zoom.

# WHERE to Go to Ask for Help - Social/Emotional Resources



Intervention	Description	When/Where
Community Link Services	If you need resources outside of school (housing, family support, etc.)	Talk to an administrator or guidance counselor <a href="#">The Link to Community Services</a>
Free Health Van; Amanda Evans	Offers free health care to any student in the district	Every other Monday at the District Office (Sunnyvale). E-mail your guidance counselor or AP for access.
Drug and Alcohol Counselor; Edward Jonathans	Trained professional to assist with substance abuse	Talk to an administrator, guidance counselor or advocate to set up an appointment
National Suicide Prevention Lifeline	Provides “free and confidential support for people in distress, prevention and crisis resources.	24/7; 1-800-273-8255



Be smart enough to  
know when you  
need help and brave  
enough to ask for it.



# **Communication: Responding to Sexual Harassment**



# **Communication: Asking for Help Through Email**