Name: _____ **Date:** _____ **Period:**_____

Seeking Help from our Resources

Directions: We all need help and support at times so that we can continue to achieve our goals and progress towards our visions. Think about a time inside or outside of school when you needed help or support with something (*Examples – A classroom assignment, test, or an incident that occurred either at school or home*). Write a reflection staying focused to the questions below.

Reflect on why you needed the help or support.

Who did you seek out for assistance?

Why did you seek this person out for assistance?

Was this person helpful? Explain.

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