Published on *University of Colorado* (https://www.cu.edu)

There’s no shame in asking for help [1]

February 24, 2023 by Employee and Information Services [2]

Asking for help can be difficult. Maybe you feel the situation doesn’t require help and you can get by on your own. Even when we know we need help, we may not know who to ask or how to approach them. But the truth is, asking for help is an important skill because no one can accomplish everything by themselves.

In the 44-minute course, “All You Have to Do is Ask [3],” Wayne Baker will teach you how to ask for help. You will learn how to turn confusion, challenges and dead ends into another ask for help. You will also learn who is the best person to go to when you need help, whether that’s your professor, a counselor or maybe a classmate.

Whatever the reason, this course will help you prepare a list of people who can be your trusted advisors so you can adapt and learn in the face of struggle. There’s no shame in asking for help, so start learning how to ask for and receive valuable help from others.

Watch now [3]

Linkedin Learning [4], late college career [5], networking [6]
Display Title:
There’s no shame in asking for help
Send email when Published:
No

Source URL:https://www.cu.edu/blog/level-up/there%E2%80%99s-no-shame-asking-help

Links
[1] https://www.cu.edu/blog/level-up/there%E2%80%99s-no-shame-asking-help
[2] https://www.cu.edu/blog/level-up/author/76185 [3] https://www.linkedin.com/learning/all-you-have-to-do-is-ask-how-to-ask-for-help-when-you-need-it/how-to-ask-for-help-when-you-need-it-2?u=42275329
[4] https://www.cu.edu/blog/level-up/tag/linkedin-learning [5] https://www.cu.edu/blog/level-up/tag/late-college-career [6] https://www.cu.edu/blog/level-up/tag/networking