



NOTE TO SELF

Consider ways that you can create a help-seeking culture in your classroom, especially one that is focused on learning rather than on performance. Use the chart below to identify ways you are currently promoting help-seeking and techniques you can use to grow them.

PROMOTE HELP-SEEKING AMONG PEERS	
Use peer tutoring in the class.	
Provide times for students to check in with one another about a skill or concept.	
Create student study groups and “study buddies.”	
Model how you seek help in your life.	
Pause frequently throughout lessons to invite questions.	

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PROMOTE HELP-SEEKING FROM YOU	
Specify resources that they can turn to for help (teacher, peers, textbooks, online resources).	
Reinforce that help-seeking for learning is valued.	
Watch for nonverbal signs that a student needs help (facial expression, body language).	
Offer help discreetly and proactively (e.g., “How can I help? I have the time”).	