

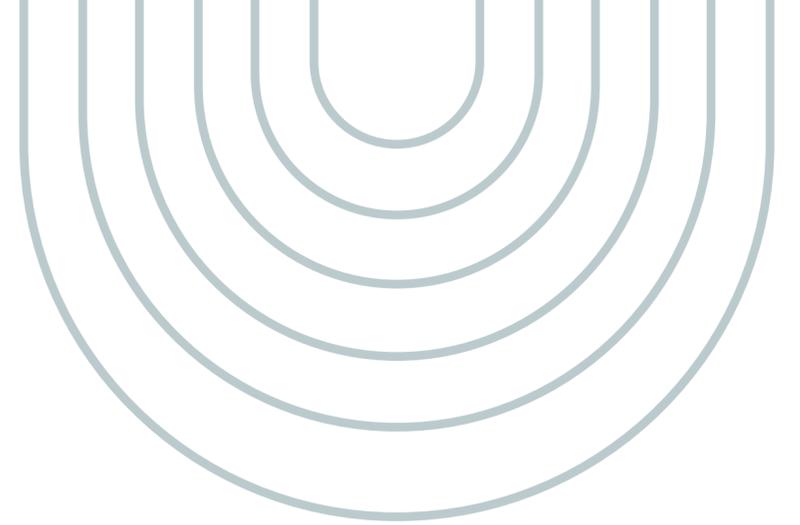


Project 2

# ASKING FOR HELP

DESB 34655 – How to design when you're burnt out

JADE GUERIN



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STATEMENT

**13.** RESEARCH  
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**04.** PRE-ACTIVITY  
REFLECTION

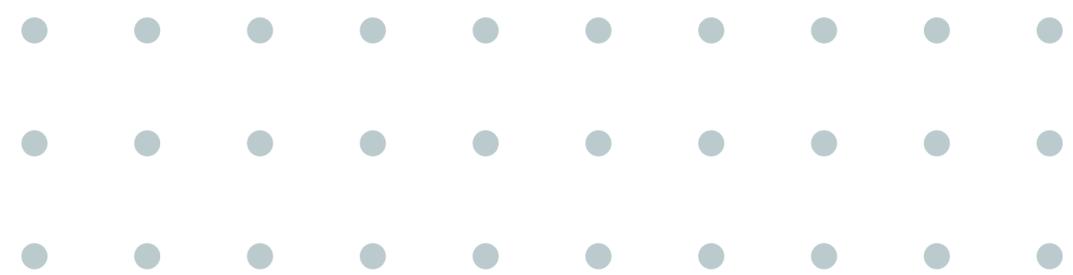
**14.** REQUIRED  
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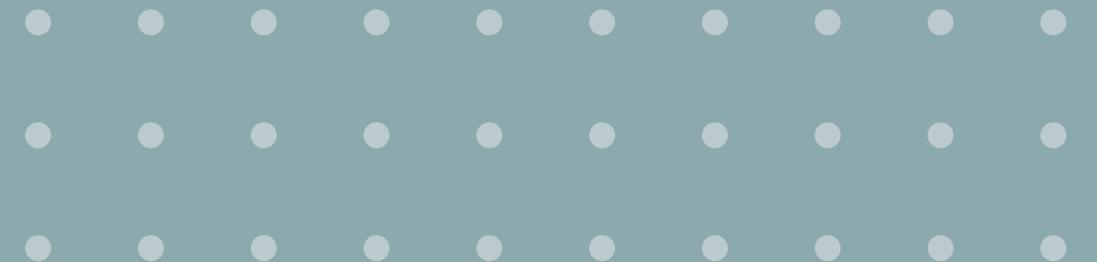
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# ACTIVITY STATEMENT



In this project, I focused on refining my ability to discern when to seek assistance and when to navigate challenges independently, all while establishing clear boundaries to safeguard against unnecessary workload burdens. Reflecting on past interactions, I extracted valuable lessons from both successful and challenging experiences. These insights fueled the development of effective strategies for boundary-setting and communication, drawing upon a blend of productivity techniques and mentorship. By actively monitoring my progress and seeking guidance from seasoned colleagues, I aimed to strike a harmonious balance between collaboration and autonomy.

Embedded within this journey was a profound recognition of the crucial role of mental health. I prioritized self-care by proactively monitoring my well-being, seeking support when needed, and embracing self-compassion during challenging moments. By nurturing my mental resilience, I not only fostered personal growth as a designer but also mitigated burnout, fostering sustained well-being and productivity. This holistic approach ensures that I continue to evolve as a creative professional while nurturing a thriving work environment that values both collaboration and individual flourishing.

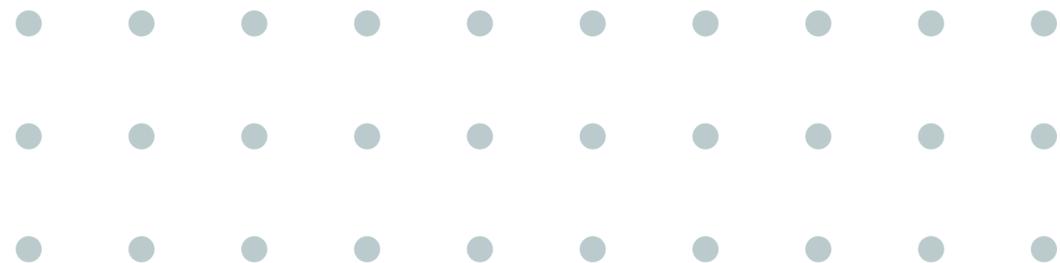




# PRE-ACTIVITY REFLECTION

Reflecting on recent experiences, I have encountered instances where asking for help was not the challenge, but rather offering constructive criticism posed a dilemma. I often find myself hesitating to provide feedback, fearing it may be misinterpreted as overly critical or passive-aggressive. Despite offering honest insights and recommendations, they are sometimes perceived negatively.

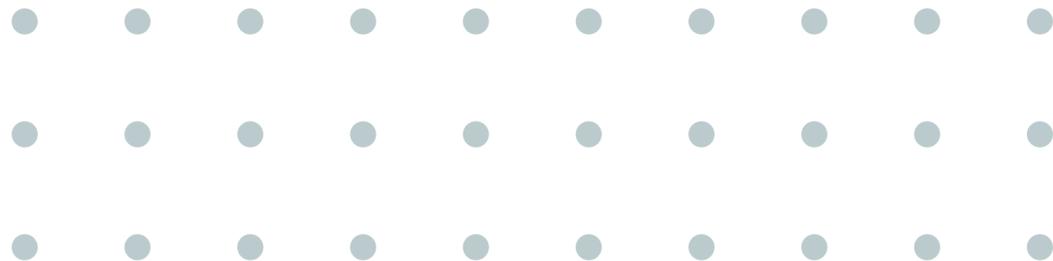
For instance, in a recent group project, a team member joined late and introduced ideas incompatible with our established direction. While her enthusiasm was commendable, her suggestions were impractical given our timeline and resources. As the project manager, I faced the delicate task of addressing this issue without discouraging her creativity or causing conflict within the team.



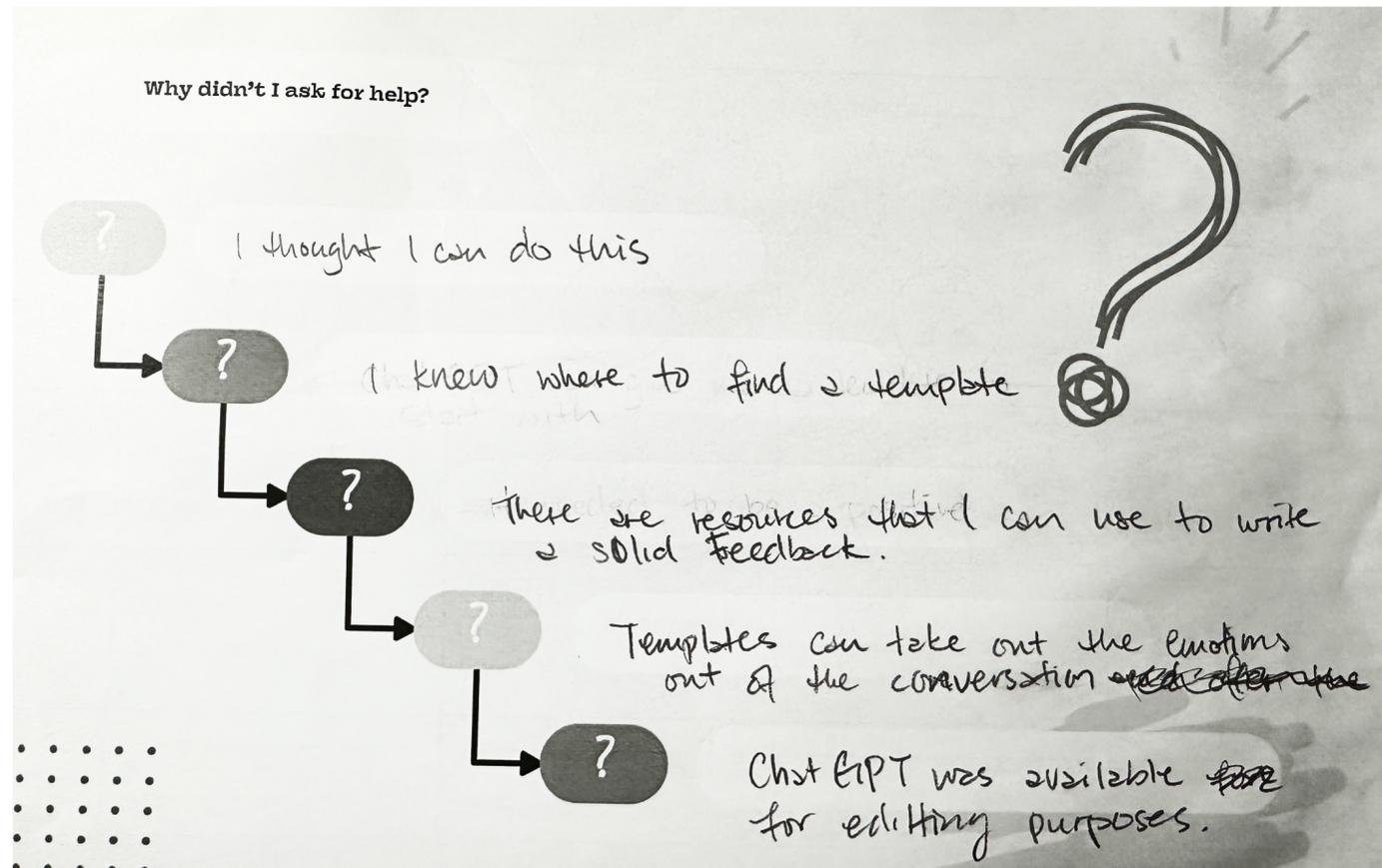
# PRE-ACTIVITY REFLECTION

	Stage 1 oh - no!	Stage 2 blank	Stage 3 HELP	Stage 4 Oh - No - Again!
Objective(s) What were you trying to do?	Give constructive criticism.	write a feedback, and not an instruction manual.	→	write a good feedback to team member
Need(s) What help did you need?	to give good feedback and steer team mate towards the "right" direction.	a guide to give good feedback	a template to write / say good feedback	someone to read over what I have written
Emotion(s) How did you feel in the moment?				
Barrier(s) What got in your way?	not face to face.	mom instincts to give instruction and not "listen"	words can be perceived differently than intended.	no one was around to help.

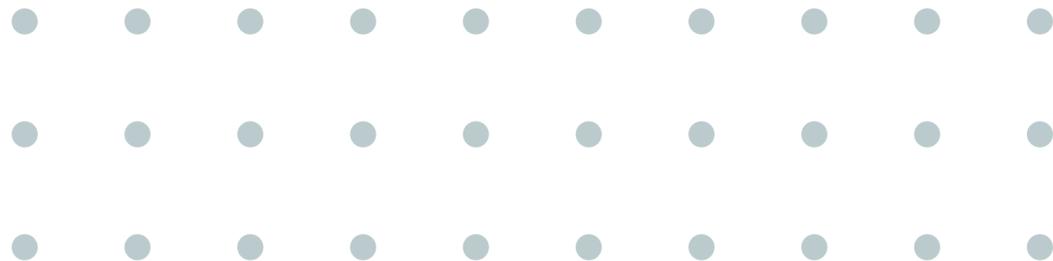
This situation highlighted my discomfort in delivering feedback effectively. I realized that my apprehension stemmed from a desire to avoid conflict and maintain positive relationships. My reluctance to offer criticism directly contributed to heightened tensions within the team. Recognizing the need to address the issue, I sought a template from ChatGPT to structure my feedback objectively, devoid of emotional bias. While this approach helped streamline communication, I regretted not seeking advice from a teammate beforehand. Engaging in pre-discussions could have provided an outlet to vent frustrations and better prepare me for the conversation.



# PRE-ACTIVITY REFLECTION



My current attitudes toward asking for help and providing feedback are influenced by a desire to maintain harmony and professionalism in collaborative settings. While I value open communication and constructive criticism, navigating interpersonal dynamics remains a challenge. However, I'm committed to improving my communication skills and fostering a culture of transparency and mutual respect within my teams. Moving forward, I aim to approach feedback sessions with greater confidence and empathy, leveraging past experiences to facilitate productive dialogue and foster positive outcomes.



# GOAL

I will enhance my capacity to seek assistance effectively in professional settings by refining my communication skills, setting clear boundaries to prevent unnecessary workload burdens, and prioritizing mental well-being.

Specifically, I aim to achieve a better balance between seeking help when needed, managing my workload independently, and actively recognizing when I've taken on too much work or need to delegate tasks. This involves fostering mental resilience and self-care practices, including participation in venting sessions within a supportive network.



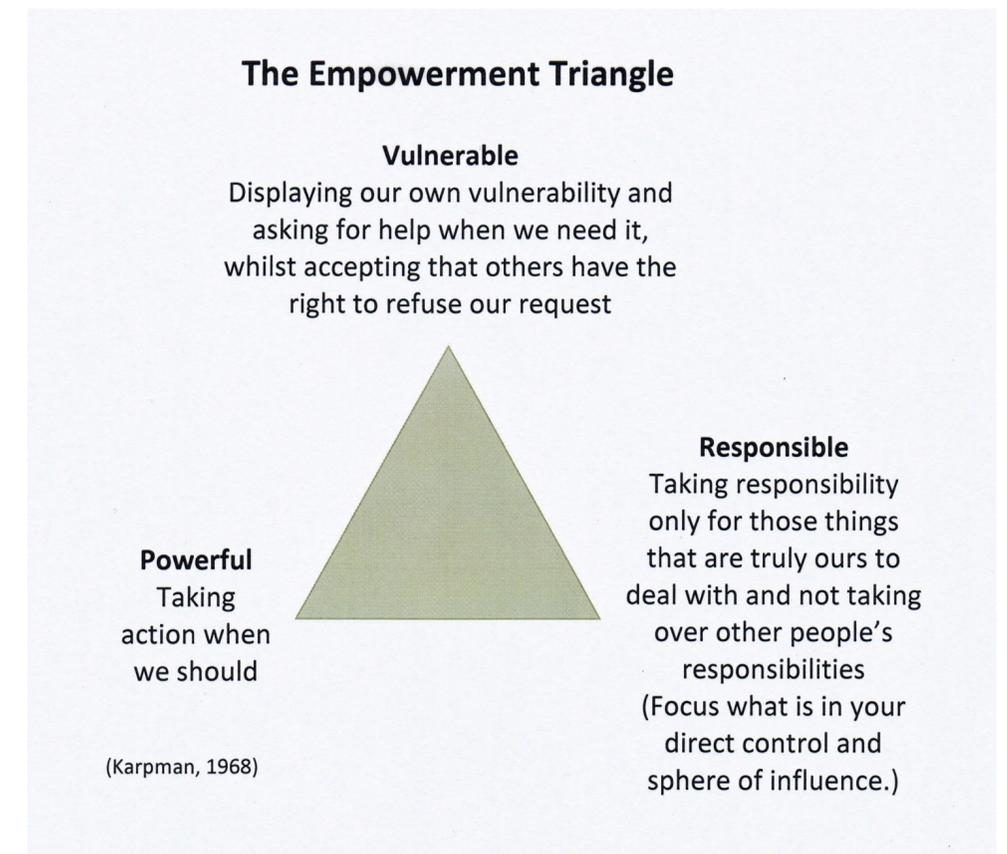
# GOAL

To accomplish this goal, I aim to reduce unnecessary workload instances by 20% and decrease time spent on extraneous tasks by at least 10 hours per week within three months. I will allocate time each week for reflection and analysis of my decision-making process, develop strategies for clear communication and boundary-setting, and seek guidance from experienced colleagues or mentors. By May, I aim to have developed a more balanced approach to managing workload boundaries, seeking assistance effectively, and prioritizing mental well-being in the workplace.



# DECISION MAKING

I chose to focus on this goal because it addresses crucial aspects of professional effectiveness and well-being. By refining my communication skills, setting clear boundaries, and prioritizing mental well-being, I aim to create a more productive and balanced work environment. I recognize the importance of seeking assistance when needed and managing workload independently, alongside actively acknowledging limitations and fostering mental resilience, is essential for long-term success. Additionally, participating in venting sessions within a supportive network offers a valuable outlet for stress relief and promotes a healthier work-life balance. Focusing on enhancing these skills and practices will not only improve my professional performance but also contribute to my overall well-being and success in the workplace.



# Score your favourite 3 goals

Choose your three favourites and score them based on the criteria for Monitor-pleasing goals

	GOAL	SOON	CERTAIN	POSITIVE	CONCRETE	SPECIFIC	PERSONAL
1	<b>Learn to discern when to ask for help and when to attempt problem-solving independently.</b>	Not likely	I would be able to reflect on past experiences and assess my decision-making process.	I will experience a sense of empowerment and confidence in my problem-solving abilities.	I will track the number of instances where I sought help and include details such as the nature of the problem or challenge, the decision made (seek help or attempt independent problem-solving), and the outcome of the decision.	I will identify situations where I effectively resolved a problem independently and instances where seeking help led to a better outcome.	By improving my ability to discern when to seek help and when to attempt independent problem-solving, I can become a more effective and resilient professional. This goal reflects my commitment to continuous improvement and excellence in my work.
2	<b>Setting boundaries to prevent taking on extra work unnecessarily.</b>	Perhaps, end of the semester	I have the autonomy to assert my boundaries and decline additional work when necessary.	I will experience reduced stress and increased focus on my primary responsibilities.	I will keep a record of the requests I decline and the reasons for doing so.	I will communicate my decision respectfully and offer alternative solutions if applicable.	This goal is important to me because I value maintaining a healthy work-life balance and prioritizing my well-being.
3	<b>Learn the 'sandwich' method when giving feedback, sandwiching constructive criticism between positive comments.</b>	Possibly asap.	The execution of the sandwich method may be situationally based.	I will enhance my communication skills and build stronger relationships with team mates by delivering feedback effectively.	I will solicit feedback from recipients to gauge their response and understanding.	I will practice delivering feedback with positive comments, followed by constructive criticism, and ending with positive reinforcement.	This goal matters to me because I believe in the importance of delivering feedback in a constructive and supportive manner, and I want to improve my skills in this area.

# Goal brainstorming and ranking

Use this matrix to graph the possible goals you could set for yourself in this project. Come up with *at least 20* options.

😊 **side of pool** (more fun than scary)

😐 **3m diving board** (kinda scary)

😬 **10m diving board** (very scary)

 **Cannon Ball** (needs skill(s) I already have)

 **Swan Dive** (needs skill(s) I don't yet have)

- Asking for help in a timely manner instead of waiting until a deadline is looming.
- Utilize available resources before asking for help.
- Practice gratitude towards team members who assist, regardless of the outcome.
- Practice empathy and active listening when providing feedback to understand the other person's perspective.
- Adopt a humble approach when giving feedback while focusing on collaborative problem-solving.

- Delegate more effectively by clearly communicating tasks and deadlines.
- Learn to trust team members to complete their assigned tasks without intervention.
- Say no when necessary to avoid overcommitting.
- Implement time management techniques to prevent last-minute rushes and avoid overburdening.

- Practice active self-monitoring during feedback interactions to catch and redirect potentially rude responses in real-time.
- Increase adaptability and resilience by learning to navigate challenges with the support of others.
- Develop resilience to handle rejection or unhelpful responses when seeking assistance.
- Develop assertiveness skills to confidently ask for help without fear of rejection.

- Improve communication skills to express needs and expectations more effectively.
- Reflect on past instances where your feedback may have been perceived negatively and identify patterns or triggers.
- Reflect on past instances of successful help-seeking and identify strategies for replicating those successes.

**the sweet spot**

- Setting boundaries to prevent taking on extra work unnecessarily.
- Learn to discern when to ask for help and when to attempt problem-solving independently.
- Learn the "sandwich" method when giving feedback, sandwiching constructive criticism between positive comments.
- Practice diplomatic language and tone when providing feedback to avoid coming across as harsh.

**the danger zone**

- Seek feedback from individuals who have previously perceived your feedback as rude, aiming to understand their perspectives and identify specific areas for improvement.

# Goal for this project

Write your final, monitor-pleasing, goal below using the SMART goal setting format.

<b>Specific</b> What are you trying to achieve? Provide a specific goal you wish to achieve along with any ideas that relate to the main goal here.	<b>Measurable</b> How do you plan on measuring your success? Set 1 to 3 clear milestones or indicators that will allow you judge whether or not you met the your goal below.	<b>Attainable</b> How are you going to accomplish this goal? What steps or actions will you take? Do you have the tools to do so? Provide your answer here.	<b>Relevant</b> Is the timing right to achieve this goal? How does this goal benefit you long term? Provide answer below.	<b>Time-bound</b> Is there a specific time period you are giving yourself? Establish a deadline to complete this goal here. <i>Tip: don't set this deadline after the project due date.</i>
<p>I will learn to discern when to ask for help and when to attempt problem-solving independently, while setting clear boundaries to prevent taking on extra work unnecessarily.</p> <p>Specifically, I aim to achieve a better balance between seeking assistance when needed and respecting my own workload limitations.</p>	<ol style="list-style-type: none"><li>1. Keep a log of instances where I successfully discerned when to seek help and when to attempt problem-solving independently.</li><li>2. Monitor the number of times I effectively set boundaries to prevent taking on extra work unnecessarily, aiming to reduce such instances by 20% by the end of the three-month period.</li><li>3. Utilize a productivity tracking tool or journal to monitor the amount of time spent on tasks that were within my scope versus tasks taken on unnecessarily, aiming to decrease the latter by at least 10 hours per week by the end of the three-month period.</li></ol>	<p>To accomplish this goal, I will:</p> <ul style="list-style-type: none"><li>• Allocate time each week for reflection and analysis of my decision-making process.</li><li>• Develop and implement strategies for setting clear boundaries and communicating them effectively.</li><li>• Utilize tools such as time management techniques and communication skills to support my efforts.</li><li>• Seek support and guidance from colleagues or mentors who have experience in managing workload boundaries.</li></ul>	<p>The timing is right to achieve this goal as it directly addresses my current challenges in balancing workload and seeking assistance effectively. By learning to discern when to ask for help and when to attempt problem-solving independently, I will improve my efficiency and effectiveness in the workplace. Additionally, setting clear boundaries will help me avoid burnout and maintain a healthy work-life balance in the long term.</p>	<p>I will accomplish this goal within the next three months. I will track my progress regularly and adjust my strategies as needed to ensure I meet the deadline. By May, I aim to have developed a more balanced approach to managing workload boundaries and seeking assistance in the workplace.</p>

# Research mood board

Include links to the articles, books, posts, and other materials that helped you out as you completed this project. Write a brief note about why each was helpful.

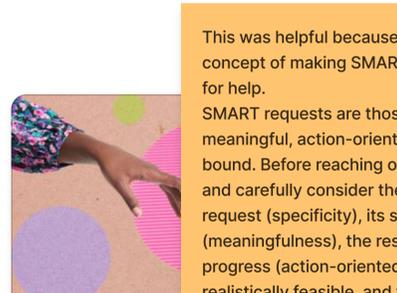


**Nine Ways To Politely and Professionally Ask for Help**

The article gives helpful advice on how to ask for help politely and professionally, which can be challenging for many people. It provides practical tips and polite phrases for different situations, especially in the workplace. It also emphasizes the importance of being willing to both ask for and offer help, creating a supportive work environment.

We get it—asking for help can be daunting for some. But because it's al...

[languagetool.org](http://languagetool.org)



**Asking for Help Here's How to**

This was helpful because it talks about the concept of making SMART requests when asking for help. SMART requests are those that are specific, meaningful, action-oriented, realistic, and time-bound. Before reaching out, it's advisable to pause and carefully consider the exact nature of your request (specificity), its significance (meaningfulness), the resources needed for progress (action-oriented), what assistance is realistically feasible, and the desired timeline (time-bound). This can enhance the chance of getting the desired outcome but also reduces the risk of overwhelming the person being asked for assistance.

First, know that m... to support you.

[self.com](http://self.com)

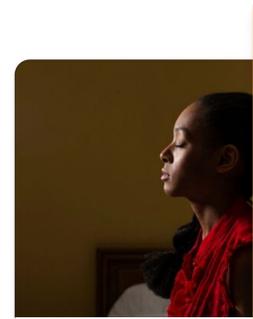


**Why asking for help is hard, but people want to help more than...**

This article is helpful because it explores how people often underestimate others' willingness to help and overestimate the inconvenience of their requests. By understanding these tendencies, we can gain insights into social dynamics and can navigate interactions more effectively. It offers valuable insights from psychological research, offering better understanding of human behavior and fostering stronger interpersonal relationships.

We underestimate just how willing people want to assist others and...

[news.stanford.edu](http://news.stanford.edu)

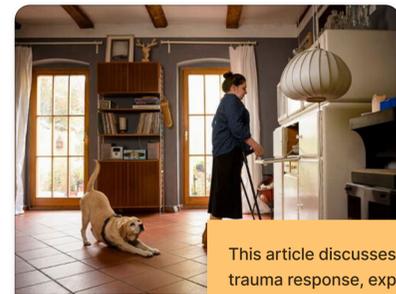


**Hyper-Independence Trauma: What's the C**

This article is helpful as it sheds light on a commonly overlooked aspect of trauma response: hyper-independence. By explaining how past traumatic experiences can lead individuals to excessively rely on themselves and resist seeking help from others, the article validates and normalizes these behaviors for readers who may be experiencing them. It provides valuable insights into recognizing signs of hyper-independence and understanding its underlying causes, which can help individuals identify and address these patterns in their own lives. It also offers advice on coping and seeking therapy, giving practical steps for healing and improving relationships.

Trauma can take on many forms. What does it mean when someone with tra...

[verywellmind.com](http://verywellmind.com)

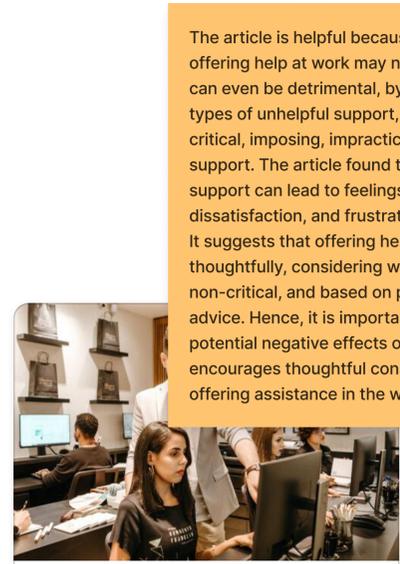


**Trauma and Hyper-Independence: Is**

This article discusses hyper-independence as a trauma response, explaining how trauma can lead individuals to push people away and refuse help, even when it's needed. This is helpful because it educates readers to identify hyper-independence and understand the diverse ways trauma can affect us, which help reduces stigma and foster empathy towards those struggling with trauma-related issues hidden under the guise of independence. I think this article provides valuable insights, support, and guidance for navigating hyper-independence as a trauma response, ultimately promoting health and resilience.

If you find it hard to e... when you need it, thi...

[psychcentral.com](http://psychcentral.com)



**When Helping Is Not Helping - Paul Spector**

The article is helpful because it explores when offering help at work may not be beneficial and can even be detrimental, by highlighting different types of unhelpful support, such as conflicting, critical, imposing, impractical, and uncomfortable support. The article found that receiving unhelpful support can lead to feelings of overload, burnout, dissatisfaction, and frustration among employees. It suggests that offering help should be done thoughtfully, considering whether it's wanted, non-critical, and based on practical and feasible advice. Hence, it is important to consider the potential negative effects of unhelpful help and encourages thoughtful consideration before offering assistance in the workplace.

New research shows when helping is not helping, as ineffective attempts...

[paulspector.com](http://paulspector.com)



**So Helpful: How Up for People**

The article highlights common mistakes in helping others and offers practical tips for providing meaningful support. It emphasizes the importance of understanding the problem, asking what the person needs, and offering compassion without giving unwanted advice. It encourages clear communication when seeking help, stressing that it's okay to ask for assistance and important to guide others on how to support us. This is a helpful article because it provides valuable insights and practical strategies for navigating the complexities of offering and receiving help in relationships, ultimately fostering more meaningful connections and support systems.

...but sometimes it's... and sometimes...

[psychology.com](http://psychology.com)

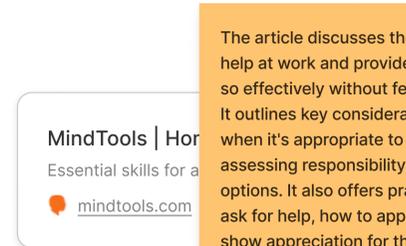


**When Helping Downsides of**

This article is helpful as it raises awareness of the potential pitfalls of helping others and provides insights into how to offer support in a way that empowers individuals without inadvertently perpetuating dependency or causing harm. It encourages us to consider the broader implications of our helping actions, and promotes more thoughtful and effective approaches to providing assistance.

You can transform lives through mindful support while avoiding perso...

[psychologytoday.com](http://psychologytoday.com)



**MindTools | How to Ask for Help**

The article discusses the importance of asking for help at work and provides guidance on how to do so effectively without feeling weak or incompetent. It outlines key considerations for determining when it's appropriate to ask for help, such as assessing responsibility, timescales, and available options. It also offers practical advice on who to ask for help, how to approach them, and how to show appreciation for their assistance. It also highlights the importance of being organized and managing workload effectively to maintain control and confidence in asking for help when needed.

Essential skills for a...

[mindtools.com](http://mindtools.com)



**Doesn't no can do to en...**

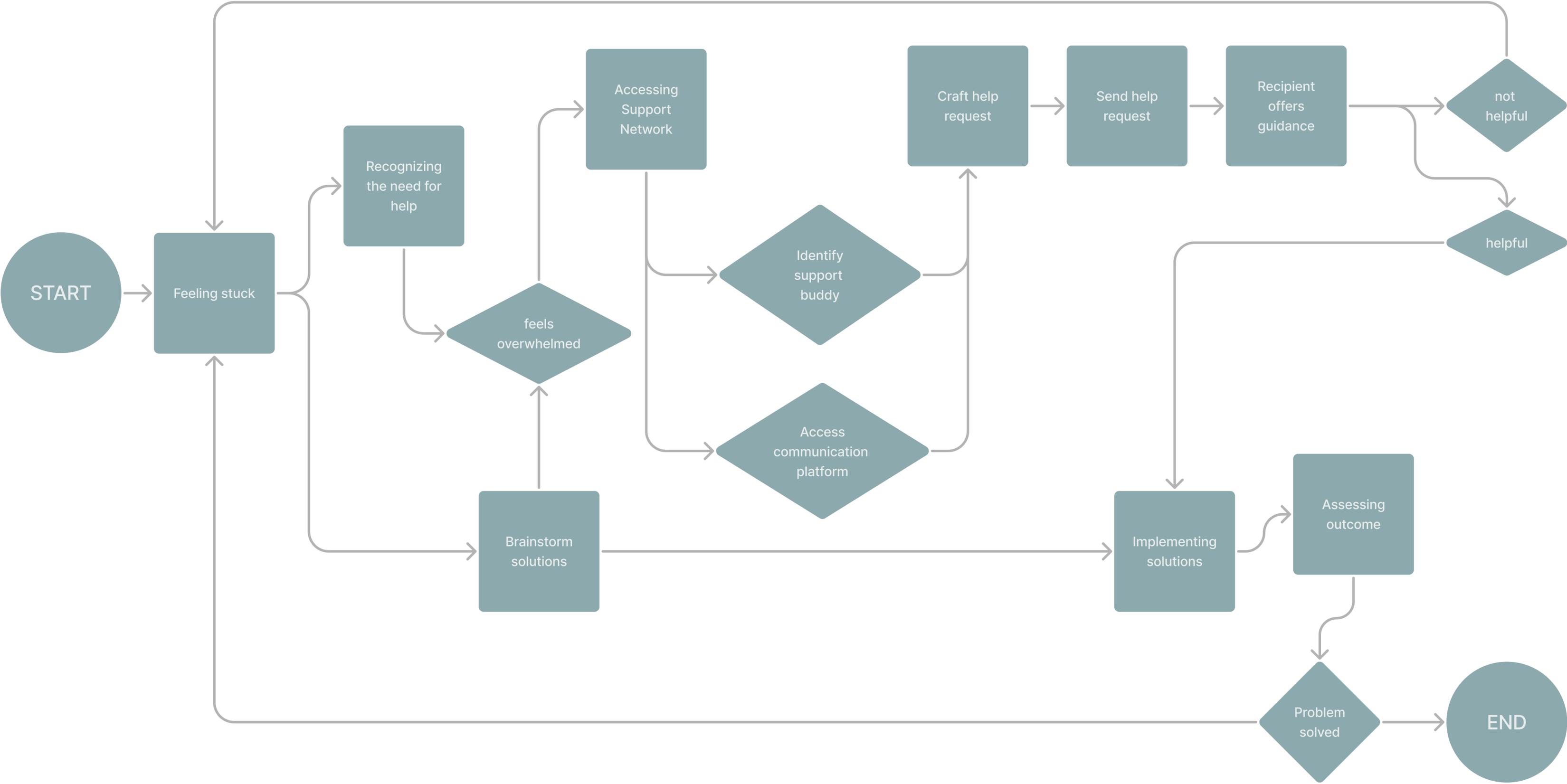
The article is helpful because it offers actionable advice to help us maintain a sense of self-worth and provides valuable insights and practical strategies for when we encounter challenges when seeking help. By addressing common reasons for refusal, offering guidance on moving beyond rejection, and emphasizing the importance of building a supportive network, it equips us with tools to navigate difficult situations with resilience and self-awareness. This article validates the emotional experience of not receiving help and encourages us to approach asking for assistance with flexibility and understanding.

Who do I ask now?

Who do I ask now?

© BFBLOCK 2019

# MY HELP BUDDY



# Reflection worksheet for asking for help

Fill in one for each of the 5 people/times you ask someone for help

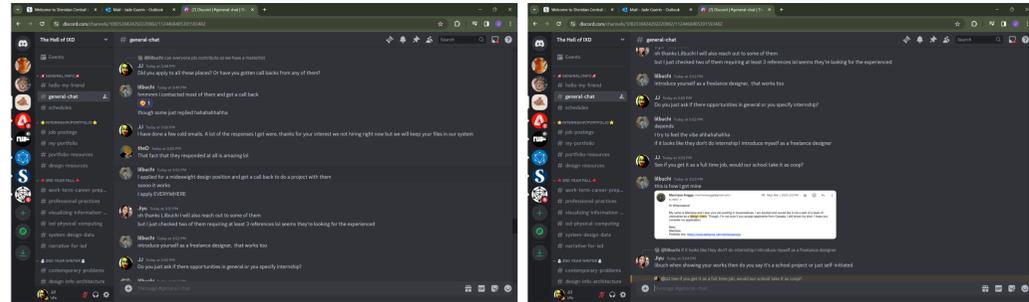
Date ask made:	03/04/2024
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Who did you ask for help?

**Marriane Angga**

How did you ask them (share your script or a screenshot of the message):

I asked for help by engaging in a conversation within a group chat on Discord about internship and related resources. Specifically, I inquired about her experiences with cold emailing design agencies and if she has had applied to the resources she provided and have received any callbacks. I also sought guidance on the approach for cold emailing these agencies that had earned her success, and had numerous conversations in person about this.



Why did you ask this person for help?

I asked her for help because she had achieved success in securing an internship. She had shared a comprehensive list of resources and even developed a spreadsheet to manage design agencies for cold emailing. Her method seemed effective, leading to numerous interviews and ultimately landing an internship. Therefore, I sought her guidance to understand her approach and strategies, hoping to learn from her experience and insights in navigating the internship application process.

Did you get the help you needed? Why or why not?

Yes, I did get the help I needed. She was generous in sharing her resources and experiences, detailing what strategies worked for her and what didn't. Her insights motivated me to create my own spreadsheet and initiate cold emailing. While I found the cold email approach to be labor-intensive with a relatively modest success rate, I remain optimistic. Despite its challenges, I have generated more leads through this method than through traditional applications.

What did you learn from the experience?

Be sure to comment on any positive or negative signals you received from the person who helped you.

From this experience, I learned the importance of seeking advice from someone who has achieved success in a similar endeavor. Marriane who helped me was very open and generous in sharing their resources and experiences, which was a positive signal. Her willingness to provide detailed insights into her methods and the outcomes she achieved was encouraging and motivated me to take similar steps in my own internship search.

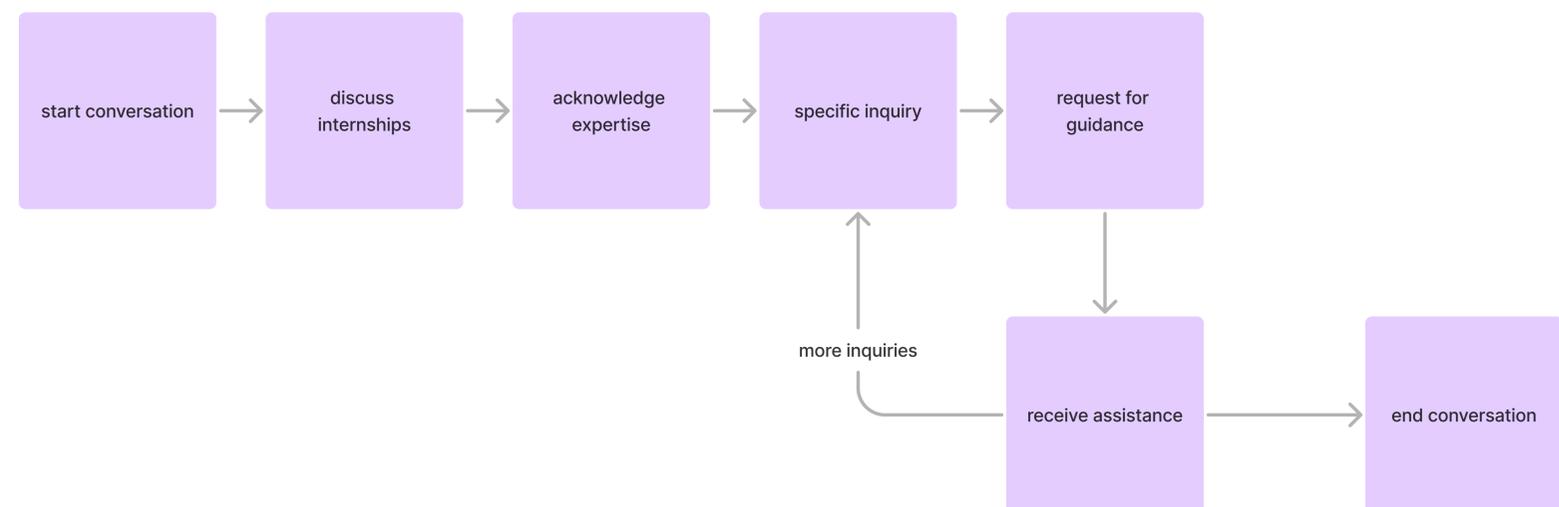
I also learned that while certain strategies may work well for one person, they may not yield the same results for everyone. For instance, while the cold email method had brought success to Marriane, it was evident that she celebrated she success and remained positive about the process, despite its labor-intensive nature. This served as a reminder that perseverance and positivity can be key factors in achieving success, even when faced with challenges or tedious tasks.

How you felt Before asking	How you felt As you asked	How you felt After you asked	How you felt After they helped

What was the most challenging part of this experience? How did you prevent it from stopping you?

The most challenging part of asking for help from her was overcoming my initial hesitation to reach out and ask for advice, especially since I was feeling defeated and unmotivated due to my unsuccessful search for internship. I felt uncertain about intruding on her time and whether she would be willing to share her experiences with me. However, I recognized the importance of seeking support during such times and pushed myself to reach out despite these feelings, and reminded myself of the potential benefits of seeking her guidance and the valuable insights she could offer based on her successful internship search. Thus, I approached her from a place of genuine curiosity and saw it as an opportunity for learning and growth. This mindset helped me to push past my initial hesitations and reach out for assistance.

Describe what you asked for help with (include images/video/diagrams as necessary):



# Reflection worksheet for asking for help

Fill in one for each of the 5 people/times you ask someone for help

Date ask made:

02/20/2024

Who did you ask for help?

**Husband**

How did you ask them (share your script or a screenshot of the message):

**I reached out to him expressing my frustration and anxiety about being rejected from multiple internship opportunities in a single day. I began the conversation with "I had a rough day. Before you start providing me solutions, I need you to listen first." This prevents him from going into problem solving mode and let me release all the negative energy first. By prefacing a venting session, it allows me to be more present and logical so that I can ask if he had any leads or contacts who might be offering summer internship opportunities.**

Why did you ask this person for help?

**I asked him for help because I knew he had a vast network of contacts across different industries. I believed he could leverage his connections to potentially find internship opportunities for me, especially after I vented out my frustrations to him.**

Did you get the help you needed? Why or why not?

**I believe that I did get the help I needed. After listening to my concerns, he agreed to reach out to his contacts on my behalf and inquire about internship opportunities. Once he received responses, he then provided me with information on who to contact and which companies may offer internships.**

What did you learn from the experience?

Be sure to comment on any positive or negative signals you received from the person who helped you.

**I learned the importance of expressing my emotions before seeking assistance, as it allowed me to approach the situation more calmly and logically. Additionally, it is important to reach out to my network for assistance when facing challenges. It reinforced the idea that leveraging connections can open doors to opportunities that may not be accessible otherwise.**

How you felt  
Before asking



How you felt  
As you asked



How you felt  
After you asked



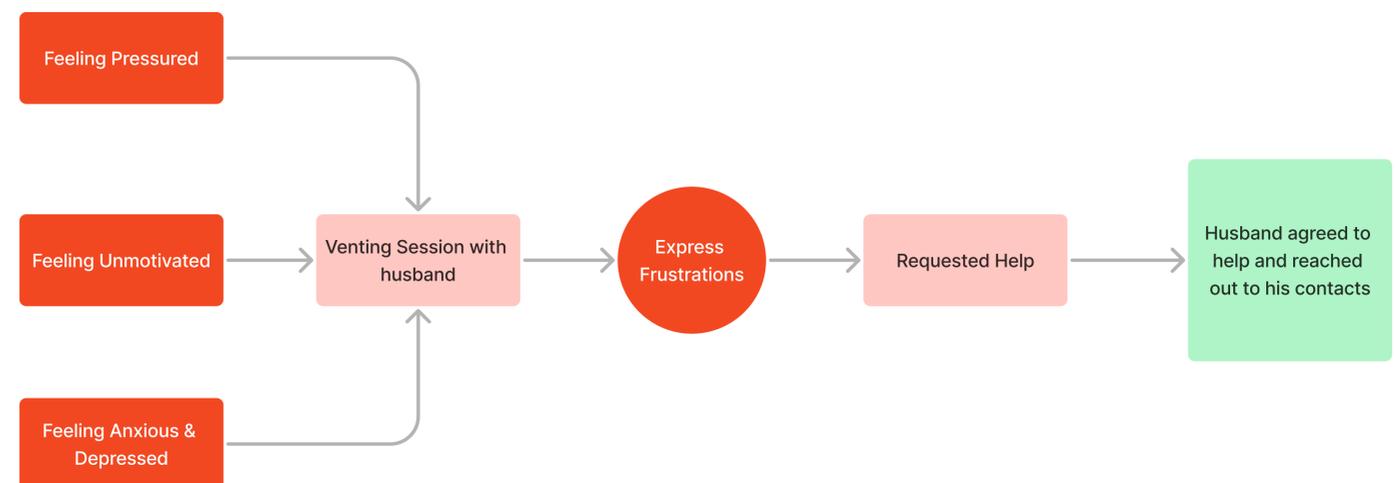
How you felt  
After they helped



What was the most challenging part of this experience? How did you prevent it from stopping you?

**The most challenging part of the experience was grappling with my emotions and recognizing that I needed help, rather than bottling up my feelings and attempting to handle everything independently. To prevent this from derailing me, I acknowledged the need for support and reached out to someone I trusted, expressing my frustrations and seeking assistance. By opening up and seeking help, I prevented the challenge from stopping me and took proactive steps towards addressing my concerns.**

Describe what you asked for help with (include images/video/diagrams as necessary):



# Reflection worksheet for asking for help

Fill in one for each of the 5 people/times you ask someone for help

Date ask made:

02/15/2024

Who did you ask for help?

**Prof. Harold Sikkema**

How did you ask them (share your script or a screenshot of the message):

**I approached Harold by presenting him with my dataset and explaining what I aimed to achieve with it. I provided context on the project, including the narrative I wanted to convey with the graphs I had chosen. Then, I asked for specifics on how to display my dataset side by side despite the varying values.**

Why did you ask this person for help?

**I asked Harold for help because he is the professor and the most familiar with Tableau in the class. His expertise and feedback were essential for validating my approach and ensuring the success of my project.**

Did you get the help you needed? Why or why not?

**Yes, I did get the help I needed. Using my dataset, Harold and I explored creative functions and interactions in Tableau that elevated my final project. Additionally, he posted a video to the class that addressed the issue I had, benefiting not only me but also other students experiencing similar challenges.**

What did you learn from the experience?

Be sure to comment on any positive or negative signals you received from the person who helped you.

**From this experience, I learned the importance of seeking guidance from knowledgeable individuals and leveraging resources available in the learning environment. Harold's willingness to help and share his expertise positively impacted my project and facilitated learning for the entire class.**

How you felt  
Before asking



How you felt  
As you asked



How you felt  
After you asked



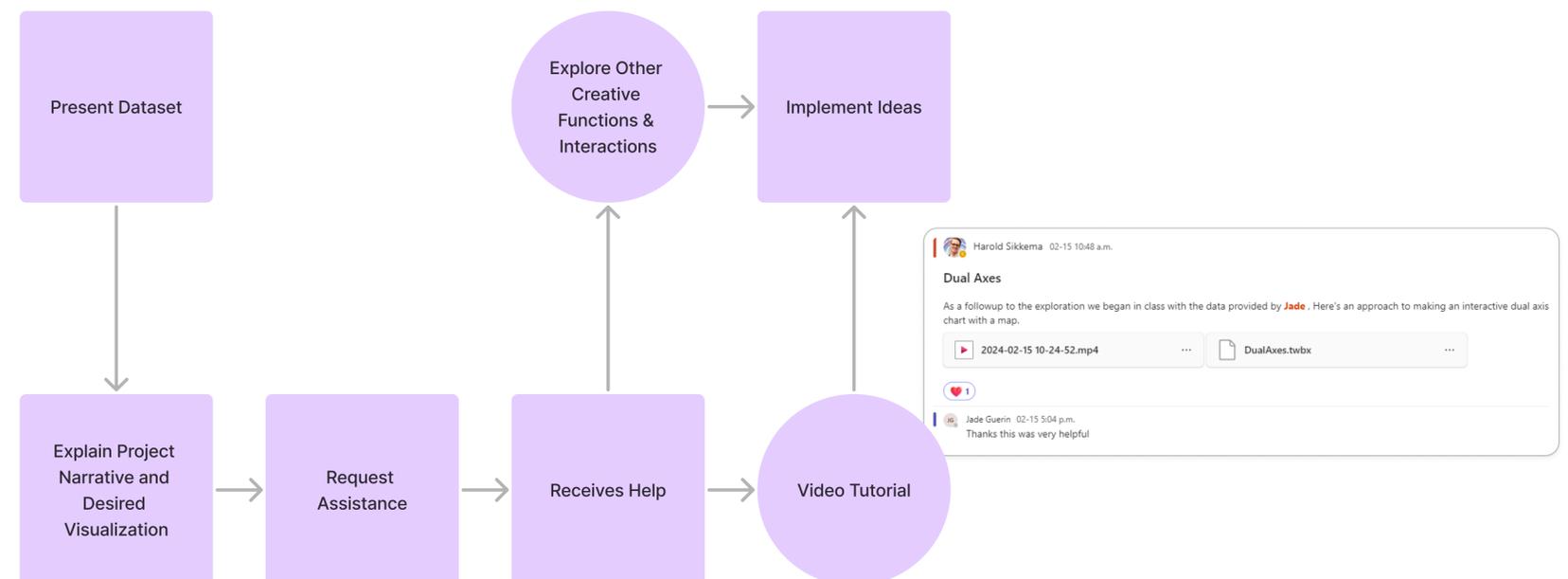
How you felt  
After they helped



What was the most challenging part of this experience? How did you prevent it from stopping you?

**The most challenging part of this experience was initially feeling overwhelmed by the technical aspects of Tableau and struggling to create meaningful visualizations. However, I prevented this from stopping me by reaching out to Harold for assistance and actively seeking solutions to overcome the obstacles I encountered.**

Describe what you asked for help with (include images/video/diagrams as necessary):



# Reflection worksheet for asking for help

Fill in one for each of the 5 people/times you ask someone for help

Date ask made:

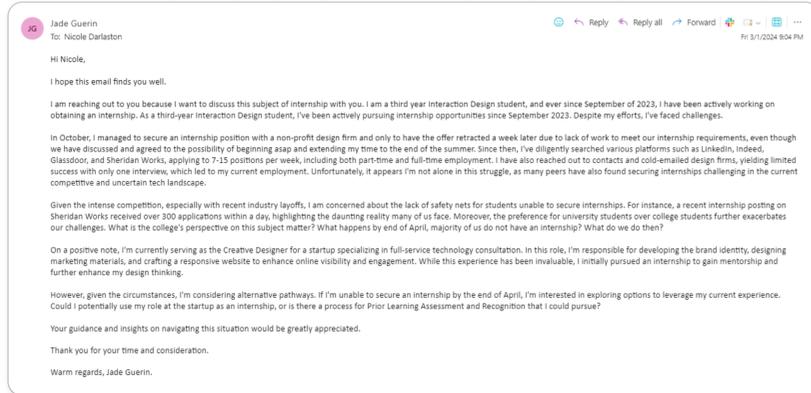
03/01/2024

Who did you ask for help?

**Nicole Darlaston**

How did you ask them (share your script or a screenshot of the message):

**I reached out to Nicole, via email, expressing my concerns and frustrations about the internship search process. I detailed my experiences and posed specific questions about Sheridan College's perspective on the challenges students face in securing internships and potential alternative pathways.**



Why did you ask this person for help?

**I asked Nicole for help because she is a Coop Advisor and known for being responsive. I believed she could provide valuable guidance and insights on navigating the internship situation at Sheridan College.**

Did you get the help you needed? Why or why not?

**No, I did not get the help I needed. Nicole's response did not address any of my questions or concerns effectively. Instead, it was brief and unhelpful, leaving me feeling more frustrated and discouraged.**

What did you learn from the experience?

Be sure to comment on any positive or negative signals you received from the person who helped you.

**From this experience, I learned that seeking help from the appropriate channels does not always guarantee a helpful response. Nicole's response lacked empathy and failed to provide constructive guidance. It taught me the importance of advocating for oneself and seeking support from alternative sources when necessary.**

How you felt  
Before asking



How you felt  
As you asked



How you felt  
After you asked



How you felt  
After they helped



What was the most challenging part of this experience? How did you prevent it from stopping you?

**The most challenging part was feeling dismissed and demotivated by Nicole's unhelpful response. However, I prevented it from stopping me by recognizing that her response was not reflective of all potential sources of help. I decided to seek assistance from fellow students and alumni instead of letting one negative experience deter me from seeking support.**

Describe what you asked for help with (include images/video/diagrams as necessary):

**I reached out to Nicole from the Coop Team to discuss my challenges in securing an internship. Specifically, I sought guidance on Sheridan College's perspective regarding internship opportunities and the potential alternatives available if I couldn't secure one. Additionally, I inquired about the possibility of leveraging my current role at a startup for internship credits or exploring the Prior Learning Assessment and Recognition (PLAR) process.**

Good morning, Jade,

You'll need to make an appointment with Gail to talk about PLAR. In the meantime, you can continue to apply for vacancies through Sheridan Works and through your independent efforts. Yes, application numbers are high this year for available roles (in every industry), so perseverance is necessary. In the event, that you don't attain an offer, PLAR would be a viable alternative.

Take care,

# Reflection worksheet for asking for help

Fill in one for each of the 5 people/times you ask someone for help

Date ask made: 03/08/2024

Who did you ask for help?

**Tyler Zhou**

How did you ask them (share your script or a screenshot of the message):

**I initiated the conversation with Tyler by inquiring about a crypto company and expressing my interest in their internship opportunities. This opened up a dialogue where I sought his advice and guidance on various aspects related to my career path and the crypto industry.**

Why did you ask this person for help?

**I reached out to Tyler because of his role as the Head of Growth at SafePal and his credibility in the crypto industry. Additionally, I admired his career journey, transitioning into a different industry successfully, which made him a valuable mentor figure for me.**

Did you get the help you needed? Why or why not?

**Yes, I did receive valuable guidance and insights from Tyler. While our conversation diverged from its initial focus, Tyler provided me with advice on career progression, recommended resources, and offered to connect me with his contacts, which aligned with my goals.**

What did you learn from the experience?

Be sure to comment on any positive or negative signals you received from the person who helped you.

**From this experience, I learned the importance of being prepared for conversations to take unexpected turns and being able to articulate my decisions confidently. Additionally, I gained insights into planning my career path and leveraging temporary employment opportunities for skill-building.**

How you felt  
Before asking



How you felt  
As you asked



How you felt  
After you asked



How you felt  
After they helped

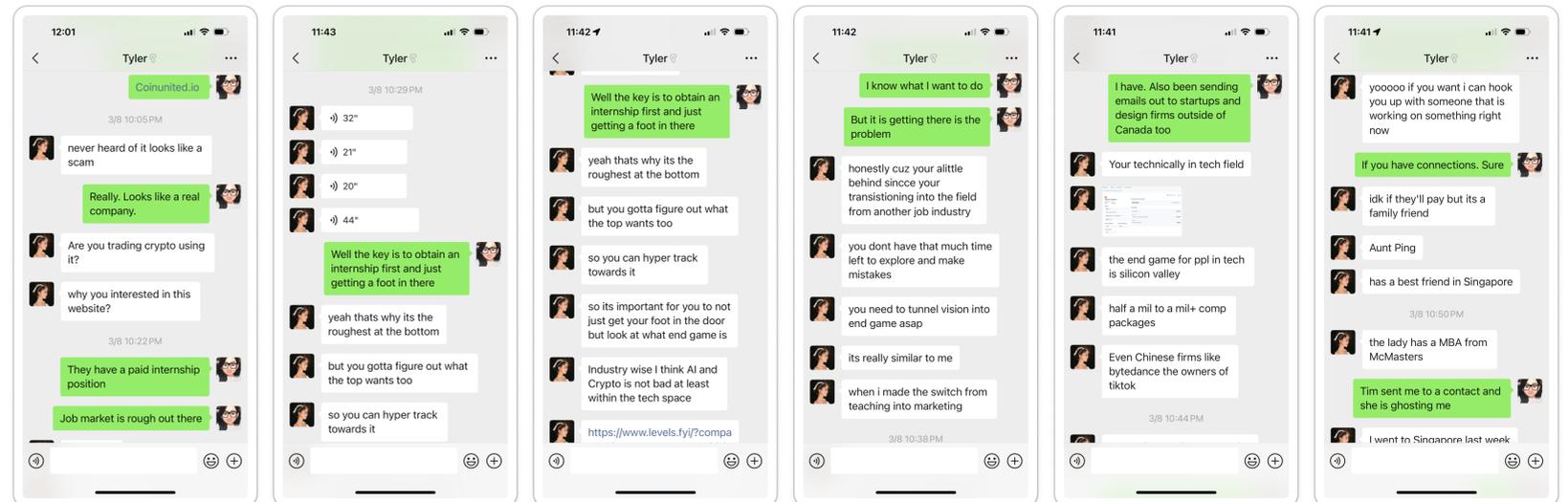


What was the most challenging part of this experience? How did you prevent it from stopping you?

**The most challenging part was navigating the conversation as it veered off topic and felt somewhat like a lecture. I addressed this challenge by actively listening to Tyler's advice, while also asserting my own decisions and rationale for seeking an internship.**

Describe what you asked for help with (include images/video/diagrams as necessary):

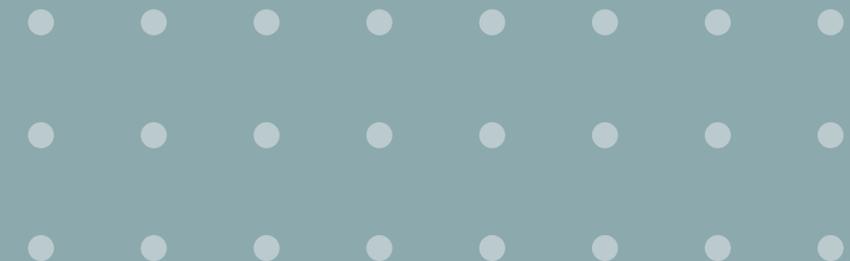
**I initially asked Tyler for insights into a specific crypto company and its internship opportunities. However, our conversation evolved into a broader discussion about my career progression and the benefits of pursuing an internship versus direct employment.**



# POST-ACTIVITY REFLECTION

I believe the goal was partially achieved as I made progress in refining communication skills and setting boundaries. However, finding a perfect balance between seeking help and managing workload independently proved challenging. Though I monitored instances of seeking assistance or implementing solutions, I sometimes struggled to recognize when to ask for help or delegate tasks effectively. Despite prioritizing mental well-being and participating in venting sessions, integrating self-care practices remained incomplete. Overall, while I made strides towards achieving the goal, there is room for further improvement and refinement in balancing these aspects.

Throughout this journey, my understanding of mental health's significance deepened, leading me to become more attune with my emotions. Reflecting on how my emotional states influenced my actions, particularly in communication, revealed insights into the impact of my demeanor on interactions. This awareness prompted a focus on self-care, emphasizing monitoring my well-being, seeking support, and practicing self-compassion. By nurturing my emotional resilience, burnout was mitigated, fostering sustained well-being and productivity. This approach ensures ongoing growth as a creative professional, fostering a work environment valuing both collaboration and individual well-being.



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