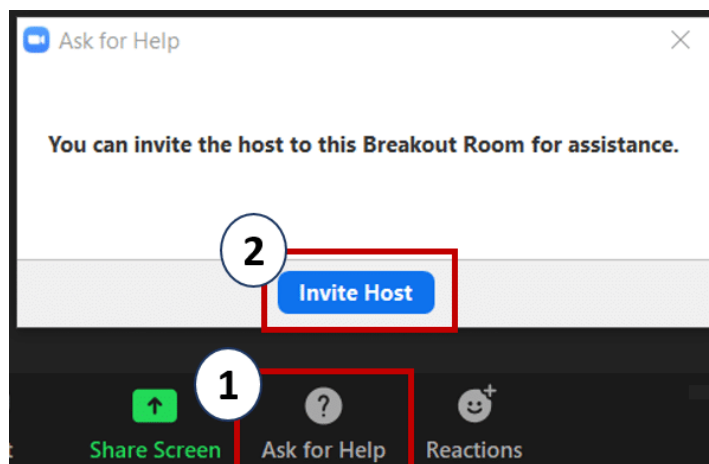


When To Ask for Help!

- ✓ Did you try to solve the problem, or find the answer independently? (Google, ask a friend, co-worker, peer or family member for help)
- ✓ Did you take time to think the problem or answer through?
- ✓ Have you been stuck on the problem or answer for more than **5 minutes?**

If you answered yes to these questions, it is time to reach out for help.

In Career Quest, we want to make sure you are maximizing your job searching time. If you are finding yourself stuck for more than **5 minutes** on any topic, we expect you to ask for help!



Your workplace will look a little different if you need help. Thinking back to any previous work experience you may have, or imagining what your workplace might look like when you get your first job – how might you know you need help? Who can you reach out to for help on the job?

How I know if I need help?	Who can I ask for help?	How can I ask for help?