

Coaching/Self Coaching: Asking for Help

Here's some information and a resource from our up-coming Freshers session.
We hope you find it useful.

We look forward to seeing you at our 'live session' on Friday 14th October, 12-1pm.

You can also check out our on-line HOOT article on 'Asking for Help' here: [Understanding Yourself: You're not alone...it's OK to ask for help - THE HOOT \(thehootstudents.com\)](https://www.thehootstudents.com/understanding-yourself-youre-not-alone-its-ok-to-ask-for-help)

In the meantime, we wish you every success on your study journey.

The PLA Service

A simple way to organise your communication when asking for support

Sharing your situation and the help or support you need, can in itself make a difference. You might want to follow the process below to help you draft your communication/phone call/email and take the next steps:

1. **Open the communication:** *Hello X, I hope you are well.*
2. **Identify your need:** Write out clearly what support you are looking for, or what you think you might need . e.g. *I am e-mailing because I would like to ask for your support with*
3. **Identify why:** State why this support is important to you e.g. *This is important to me because.....*
4. **Share previous actions:** State what you have already done to 'help yourself' e.g. *So far to solve this myself I have*
5. **Close the communication:** *I look forward to hearing from you. Many thanks.* Here it's also helpful if you write your full name and Personal Student Identification Number, if you can.
6. **After receiving support:** When you've received the help you've asked for remember to thank whoever helped you and say how useful it was. Everyone likes to get feedback!

REMINDER:

- **Study Support** - contact your tutor or your Student Support Team (SST). Contact details can be found on Student Home.
- **Personal Support** - 24/7 online support from **Talk Campus**. Text support from **Shout 85258**. You can access this support [here](#) via the OU Help Centre.

Reaching out is part and parcel of a study journey – asking a question is a sign you are committed, you are invested, you care and you want to succeed. The more you ask for help, the easier it becomes and the better you get at it.

Good luck!