1. **In what situations is it a good idea to ask for help?**
2. When you are tired of doing the job task assigned
3. When you are mad that you have more work to do than other people
4. When you are struggling, don’t know what to do next, and have tried to think about what to do
5. When you want to leave but have more work to complete
6. **Identify the situation when it is a good idea to ask for help at work**
7. You are finished with a job and don’t know what to do next
8. You are thirsty
9. You want to go to the bowling alley after work
10. You don’t like the dress your co-worker is wearing
11. **Who is a BEST person to ask for help at work?**
12. A co-worker who has a different job than you
13. A co-worker who has taught you how to do the job
14. Your parents
15. Your friend who used to have a job
16. **What can you do BEFORE you ask for help in class?**
17. Review the instructions
18. Wait and see if a classmate offers to help you
19. Leave the room
20. Look at a video on your phone
21. **Which phrase is the most appropriate to say when you need help at work?**
22. “We can’t get this done in time.”
23. “I should get a raise for washing so many dishes.”
24. “Can you write down the instructions for me so I don’t forget?”
25. “I am going to listen to music on my headphones now.”
26. **What details can help you figure out how to ask for help?**
27. Think about what video game you will play after school
28. Talk to your friends about their haircut
29. Ask about your co-worker’s favorite movie
30. Decide what you need to know and where you could find that information
31. **What can you do if someone isn’t available to help you?**
32. Think what you can do that would be productive
33. Go to the break room and have a snack
34. Panic and get someone’s attention
35. Do nothing
36. **Choose a good strategy for following through with help**
    1. Take notes and make a task list
    2. Listen to music after the person who has helped you is finished
    3. Leave the room for a break
    4. Start something new
37. **If someone has offered to help you, it is a good idea to**
38. Get right back to the task to make sure you understand it
39. Go on break since your question has been answered
40. Work on something else
41. Ask the person for help with something else
42. **After receiving help, it is important to**
43. Thank the person who helped you
44. Say nothing as you have to get right back to work before you forget
45. Ask that person for help again
46. Leave the room