



Encourage Help Seeking

You are a high school teacher who is reviewing your exit ticket data and reflecting on your lesson. You notice that over 90% of your students answered 4 of the 5 exit ticket questions incorrectly. You begin to reflect on your lesson. During the part of the lesson where you showed students how to solve the problem, you asked "Are there any questions?" but only one student asked a question. As you reflect deeper you wonder if students are not comfortable asking questions in your class.

In your next lesson, you plan to do a mini lesson that elicits a conversation around ways students can ask for help.

Your objective: Create an open dialogue about the value of asking questions if you don't understand.

Strategies:

- Encourage students to recognize that asking questions is a valuable part of the learning process and that everyone has questions at some point in their learning.
- Take the stigma out of asking questions during math learning:
- Convey that everyone needs to ask questions when they are learning new things, with messages such as "questions are part of understanding new ideas."
- Ask other students to share stories about how they came to recognize the value of asking questions.
- Acknowledge that fear of embarrassment and social anxieties are a normal part of adolescence and may be present for many students.

- Share stories of students who asked a question despite their concerns of being embarrassed and had a good experience. Or share instances in which students found ways to ask a teacher for help privately or to ask their peers.
- Expand students' perceptions of the places and people who can assist them with learning math.
- Include examples where students ask peers for help in class or after class and ask teachers for help during or after class or privately rather than in front of the whole class.
- Provide students with access to a variety of tangible, realistic, free, and low-cost resources to support math learning, including online resources, help from adults who are not teachers, or help via other school supports such as tutors.