Often high school students are encouraged to do assignments independently with no help. Some students accept this but will still ask for help when needed, while other students will not ask for help no matter how much they need it. Those students don’t realize how self- destructive not asking for help can be. It takes a toll on students mentally, academically, emotionally and it may hold them back from excelling in life. More than likely, those students do not seek help because they assume it makes them weak. Especially students who usually do well in school without any help. They would rather struggle then admitting that they have a weakness.

When students don’t ask for help they do not realize the effects it has on them mentally. Often when students need help but do not ask for it they try to figure it out their self. When they cannot figure out the work, they often start to feel inadequate. This causes them to lose focus and become unmotivated. Essentially, making them lose sight of what is important.

Not only does not asking for help take a mental toll on you but it also effects your academics. This is often because students are forced to stay up late trying to learn the work causing them to be exhausted. Which results in them falling behind in school. Then, they are so focus on one class they forget work and miss deadlines for other classes.

The emotional effect of students not asking for help is they start to feel overwhelmed and stress. In addition, students might also start to compare themselves to other students, as a result, lowering their self-esteem. Student also tend to isolate themselves from friends, peers, and teachers. This is mainly caused by the pressure put on students. Also, the fact that a lot of difficult classes are very fast pace.

Also, it keeps students from excelling because by not asking for help they are restricted by only what they know. Also, you are isolating yourself from those that want to and can help you. A lot of areas in life will call for help from others and if the student is unwilling to accept help they will be limiting themselves. Asking for help is also apart of network to further ones career.

In conclusion, it is important for students to ask for help because not doing so, will ultimately hurt the mentally, academically, and emotionally. Mentally because they feel inadequate, will further confuse themselves and may even have a mental breakdown. Academically because students tend to fall behind due to being tired and missing deadlines. Emotionally because of the stress it causes it lowers student’s self-esteem and the feeling of being overwhelmed.