

Student Guide: How to be a Self-Advocate and Ask for Help

WHAT DOES IT MEAN TO BE A SELF-ADVOCATE?

Being a self-advocate means knowing when to ask for help and where to find that help. It also means knowing it is *okay and normal* to need and ask for help. Being able to ask for assistance when needed makes all the difference to being successful with your education.

WHERE DO I GET HELP AT QCC?

There are so many answers to that question! It depends on what you need help with. QCC has so many resources for students, and we want you to feel comfortable asking for assistance when you need it. Remember, your professors want to help you. Be sure to utilize their office hours and/or reach out to them by email with questions about your courses. Below are some quick links to QCC resources.

WHAT RESOURCES DOES QCC HAVE TO ASSIST ME?

QCC wants you to be successful! All students need assistance in different ways. You might need help with Blackboard, The Q, student email, tutoring, advising, food insecurity, housing, or counseling.

Knowing when to ask for help and where to find that help is key to your success.

QUICK LINKS TO QCC RESOURCES:

Online Learning Coaches:

If you need assistance navigating Blackboard, The Q, student email, or questions about where to find assignments, submit assignments, use a discussion board, or post a journal response, contact an Online Learning Coach. The Online Learning Coaches are happy to meet on Zoom to assist you when it is convenient for you.

<https://www.qcc.edu/distance-learning-and-center-academic-excellence/online-learning-coaches-service>

Tutoring Services:

QCC has free tutoring services for all students. There are three tutoring centers located on the second floor of the Harrington Learning Center. The Writing Center, Math Center, and General Academic Areas (GAA) offer both in person and virtual tutoring. Also, all students have access to ThinkingStorm Online Tutoring, which offers on demand and appointment online tutoring. You can find links to these tutoring options in your Blackboard course(s).

<https://www.qcc.edu/services/tutoring>

Academic Advising Center:

The QCC Academic Advising Center will assist with planning your education and career goals. The Academic Advising Center is also located on the second floor of the Harrington Learning Center.

<https://www.qcc.edu/services/academic-advising>

HomePlate Food Pantry and Resource Center:

The HomePlate Food Pantry and Resource Center provides food and resources for QCC students. Being food insecure is something no one should have to experience. Feeling secure about having nutritious food for yourself and your family is essential and the HomePlate Food Pantry wants to help.

<https://www.qcc.edu/services/food-pantry-resource-center>

Student Resources:

The Student Resources webpage on The Q provides students with information about housing, childcare, legal services, family support services, and so much more.

https://theq.qcc.edu/ICS/Student_Services/Student_Resources/

Counseling & Wellness Center:

QCC's Counseling & Wellness Center offers free counseling to all QCC students as well as resources to outside agencies.

<https://www.qcc.edu/services/office-counseling-and-wellness>

QCC Services Website:

The QCC Services Website has quick links to so many departments at QCC that can help you.

<https://www.qcc.edu/services>

QCC.edu/help:

QCC.edu/help answers many questions about Blackboard, The Q, student email, Office 365, and much more. It also has the IT Service Desk contact information. If your password for The Q, student email, or Blackboard is not working, the IT Service Desk is the department to contact.

<https://www.qcc.edu/help>

Asking for help is not only normal but also necessary to be successful. We want to help and are always here for you. Please reach out and be a self-advocate!

24/7 Support

Phone Number: 508.854.4427, Press 1 for Student Support

QCC IT Service Desk: <https://www.qcc.edu/help>