

# 18 Debate the Importance of Asking Others for Help

## TRANSITION OBJECTIVE

Students will learn why they need to build a strong support system.

## RELEVANCE TO SUCCESSFUL TRANSITION

Healthy, successful adults build support systems that include family, co-workers, friends and professionals like counselors.

## INSTRUCTIONAL SEQUENCE

### ❑ STEP 1: Update Journal

I know who I can rely on for help . . .

### ❑ STEP 2: Convene Roundtable

"The way I get the support I need is \_\_\_\_."

### ❑ STEP 3: Advance Organizer

"Today you will learn the why you need support systems."

### ❑ STEP 4: Activity - 45 Minutes

Using the discussion guide **Can I Ask for Help?** review the three discussion starters, discussing each issue for two to three minutes. After ten minutes vote to determine which students believe in asking for help and which ones do not. Divide the class in half based on the vote or if it is one sided, you may wish to divide students randomly. They will now participate in a debate over the question: "Is It OK to ask for help from others?"

Using the handout **Debate Guide** go over the rules of the debate.

After teams choose a name, give each team one of the following statements to direct their argument: "1) Some people think it is a sign of weakness to build a support system or to ask other people for help; 2) Responsible people build support systems so they will be able to have and give support when needed and are willing to support others." Discuss debate results with the class.

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LIFE MANAGEMENT: Unit 4 LESSON 18

### Can I Ask for Help?

Read each of the following issues and questions to the class. Students write their ideas on the worksheet. Have students share their ideas with the class for five minutes each.

1. Is it OK to ask for help from others? Why or why not?
2. Smart, successful and intelligent people build support systems. They do this to get help with various things in their life, like transportation, money, time, babysitting or helping with a project. Sometimes they have someone listening to a problem they have. How do smart and successful people do this? Do you think they are afraid to ask for help? Why or why not?
3. Some people complain all the time about their problems. They never seem to find a solution. These people usually do not have support systems. Do you agree? Why or why not?

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### Debate Guide

Name of Team: \_\_\_\_\_

Name of Captain: \_\_\_\_\_

Debate Topic: \_\_\_\_\_

**Ideas & arguments in favor of your topic (10 minute preparation):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Directions and rules for the debate:**

1. One person speaks at a time
2. Each person has one minute to speak
3. Starting team presents idea or argument defending their topic
4. Opposing team gives a rebuttal for the idea of the starting team
5. Starting team may respond to the rebuttal
6. Scorekeeper (teacher) gives the starting team a score ranging between 0 (not at all convincing) to 4 (very convincing)
7. Opposing team presents idea or argument
8. Starting team responds with a rebuttal
9. Opposing team responds to the rebuttal
10. Score is given to opposing team

Be prepared to defend each of your ideas/arguments by anticipating the response of the other team.

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☐ **STEP 5: Evaluate Outcomes**

It is important to have a support system of people who will help because "\_\_\_\_\_."

Discuss: Do you think it is possible to over rely on others to help us?

☐ **STEP 6: Connecting Activity**

Make a list of everyone upon whom you feel you could depend if you needed their support.

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**KEY WORDS**

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**support system****depend****help****solve****problem**

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**MATERIALS AND PREPARATION**

- Student Handouts: **Can I Ask for Help?**, page 174; **Debate Guide**, page 175.
- Prepare for discussion and debate on the topic, Building Support Systems.

**SCANS FOUNDATION SKILLS**

- Basic Academic Skills: Reading, Speaking, Listening
- Thinking Skills: Knowing How to Learn, Reasoning
- Personal Qualities: Responsibility, Sociability, Self-Management