

Seek Help Early and Often

Why is it that we humans beat ourselves up for not being able to do something we haven't learned how to do yet? Sounds silly when you read it, but most of us are guilty of this sometimes. Well, as they say – Get over it! If you already know how to do what you are taking in your course, then ask about Prior Learning Assessment and Recognition (more about that later) – otherwise, you are where you should be, not knowing that much right now, but in a process to change that.

Begin to view learning as an adventure, and engage others' help. Your teacher, though eager to assist, is not your only resource. Some of your classmates may know lots about a topic that is hard for you. We have additional supports and volunteer tutors to help you. Or you may know someone outside who can help. Many adult students have even been tutored by their children, a novel give-and-take situation that, they tell us, enriches family dynamics!