

## Getting the Academic Help You Need

Asking for help is hard. You're putting yourself out there, admitting that you don't know, exposing yourself to potential criticism. You might worry that your questions will lead others to doubt your abilities, or you might experience the common "[impostor syndrome](#)" phenomenon—the worry that maybe you don't really belong. Or you might feel something if you're not feeling confident about it in the first place. Social media can also contribute to these feelings. People who don't see you struggle often don't see you struggle.