



I need help!!!

Steps to take when you feel confused or overwhelmed.

1. Check the class website on Brightspace (D2L). I will always post reminders, due dates, and assignment explanations.
2. Talk with me during my student time.
3. Email me anytime at klwithington@pstcc.edu.
4. Pay attention to your breathing. Breathe in for four counts, hold the breathe for four counts, then breathe our for four breaths. Repeat as needed.
5. Reach out to the Academic Tutoring Center. We offer virtual or in person tutoring. [Find out more about tutoring services on the Tutoring Center's website.](#)
6. Speak with one of the counselors if you are feeling overwhelmed. They are happy to meet with you about both academics and your personal life, and you can meet with them confidentially. [Find out more about counseling services on their website.](#)
7. Speak with classmates. If you are stressed or confused, it is likely that there are other people in your class who feel the same way and people in your class who can help. Use the discussion board to chat with each other.
8. Go outside and/or get some fresh air. Go in your yard or open a window, take a walk, or go to another outdoor space. Being outside reduces stress levels.
9. Review the readings in Perusall. I can also recommend some great websites if there are particular skills that you want to develop or topics you need to study.
10. Get something to eat, preferably something healthy, and drink a glass of water. Taking care of yourself will help you to be happier, less stressed, and more successful. [If you are having difficulties meeting any of your basic needs for any reason, student care and advocacy is here to help.](#) Pellissippi has access to a lot of resources, including a food pantry.

11. Get some sleep. Go to bed early, or take a nap. Look at the assignment again after getting some rest.
12. Write down a to do list and make a schedule. Getting organized really does help.
13. Ground yourself. This is particularly good if you are feeling panicked or anxious. Identify five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste.