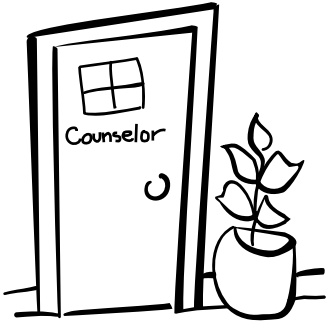


**Seek Guidance and Support from Others**

**Help yourself succeed by asking for information, advice, and assistance.**

- Recognize when you need help and know where to go for it
- Seek out relationships with people whose judgment is trusted
- Create and make use of networks of personal and professional contacts
- Be responsive to new ideas and accept and use constructive criticism and feedback

## EFF STANDARDS

**Communication Skills**

- Read with understanding
- Convey ideas in writing
- Speak so others can understand
- Listen actively
- Observe critically

**Decision-Making Skills**

- Use math to solve problems and communicate
- Solve problems and make decisions
- Plan

**Interpersonal Skills**

- Cooperate with others
- Advocate and influence
- Resolve conflict and negotiate
- Guide others

**Lifelong Learning Skills**

- Take responsibility for learning
- Reflect and evaluate
- Learn through research
- Use information and communications technology

***The nature, complexity, and context of the activity will determine which of these skills adults need to use.***

## ROLES

**Family**

**Example:** Call agencies and meet with individuals who can offer support when a family member is diagnosed with Alzheimer's disease.

**Citizen**

**Example:** Network with people in a neighboring community to learn about their solution to school transportation problems like those facing your town.

**Worker**

**Example:** Determine who among the work group can train you on new software and get them to help you.

