



~~Learning Objectives:~~

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1. Recognize the importance of seeking support when needed.
2. Discuss the causes of reluctance or failure to seek support when needed.
3. Describe how to integrate deliberate and strategic use of help (task assistance) into team functions.

(hh:mm)	Activity	Activity
00:00	Facilitator welcome Play the prerecorded introduction-segment 1 (link)	Facilitator welcome Why we are here Objectives of the session Overview *Facilitator: Distribute agenda* Provide Video Scenario instructions
00:05	Questions from participants?	
00:05	*Facilitator: Distribute Participant Worksheet* Play the Video scenario - segment 2 (link) Provide time to participants to take notes	





	<ol style="list-style-type: none"> 1 Introduction 2 Introduction 3 Discussion 4 Hydrolysis <p>Facilitator monitors group discussions, assists as needed.</p>	
00:35	Small group sharing	
00:40	Play the prerecorded intro to Recap Video - segment 4 (link)	Introduce the Recap Video
00:42	Play Recap Video - segment 5 (link)	
00:45	Summation	
00:55	Session concludes	

If you use the [full-length video](#), below are timestamp references for each segment:

1	0:00	3:36	Intro to Video Scenario





3

5 5:45

8:00

