

Self-Stigma of Academic Help Seeking

neither agree nor disagree
strongly disagree *disagree* *strongly agree*
agree

1. I would feel inadequate if I asked for academic help.	1	2	3	4	5
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2. My self-confidence would be threatened if I sought academic help.	1	2	3	4	5
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3. Seeking academic help would make me feel less intelligent.	1	2	3	4	5
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4. My self-esteem would decrease if I sought academic help.	1	2	3	4	5
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5. My view of myself would not change just because I made the choice to seek academic help.	1	2	3	4	5
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6. It would make me feel inferior to ask for academic help.	1	2	3	4	5
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7. I would feel worse about myself if I could not solve my own academic problems on my own.	1	2	3	4	5
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