

Support

Sometimes, in our humanness, we forget that we do not have to do everything alone. We struggle, grow weary, and feel the burden more often than not when it does not need to be that way. Whether you are in your late teens or early twenties, in your mid-life years, or in the fall season of life, earning your degree and dealing with the daily demands of life can be difficult. The fact is, however, that God never intended for us to do everything by ourselves. He built us to be relational, and to have needs that others must fulfill.

As Christians, we know we need to depend on and be in relationship with God. Yet, we sometimes forget that He wants us to rely upon each other as parts of the same body. “Carry each other's burdens, and in this way you will fulfill the law of Christ” ([Galatians 6:2](#)). God is there to take our burdens, and He gives us people in our lives to help one another.



Three Steps to Getting the Support You Need

1. Admit that you need assistance. Pride is our biggest barrier to engaging the greatest resources we have. True, we sometimes need to struggle through things ourselves; yet, the difference between success and failure is often a difference of knowing when that is not the case and the willingness to take action.
2. As best as you can, determine what you need. There are many different kinds of help. A few include advising, care giving, coaching, explaining, giving, guiding, listening, recommending, and showing. Of course, what you need is not always clear immediately. Sometimes, a sounding board will help you clarify your needs.
3. Identify some people that fill the need you have. Have you shared your burdens with them lately?
4. Ask for assistance. Yes, it is that simple. It can be scary to appear unable to handle something, but humility beats pride every time. Jesus had needs, and he was not shy about asking. Moreover, consider this for a moment: How do you feel when someone in need asks for your help? Most people feel good when they can help someone else.

Resources

Academics

[Academics](#)
[Academic Advising](#)
[Academic Coaching](#)

Student Support

[Career Services](#)
[Life Coaching](#)
[Counseling Services](#)

Financial Matters

[FERPA Form](#)
[Financial Aid](#)
[Business Office](#)

Safety & Security

[Security & Safety Report](#)
[Traffic & Parking](#)
[Information Security](#)


Campus Ministries

[Campus Ministries](#)
[Ministry Opportunities](#)
[More on Campus Ministries](#)

Student Life

[Student Organizations](#)
[Facebook](#)
[More on Student Life](#)

Student Services

[Student Handbook](#)
stusrv@regent.edu 
[More on Student Services](#)

Technical Support

[Change MyRegent Password](#)
[Information Security](#)
[Service Ticket](#)
[Reference Center](#)