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students usually perform help-seeking because they have a positive attitude towards it and believing that it makes easier for them to do and finish their task. Although there is a counterpart of avoidance when they experience negative emotions like stress, anxiety, stigma, and lack of motivation in attempting to seek help, still they manage to seek help from their teachers and peers.

Keywords: Help-seeking attitude, Help-seeking Theory, Self-efficacy beliefs, Psychological factors, HUMSS students.

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2018 at Central Luzon State University with the degree of Bachelor of Arts in Language and Literature.

BIOGRAPHICAL SKETCH

She is Ronalyn Zulla Gardose. She was born in February 14, 1996, and lived at Brgy. Cabiangan, Talugtug, Nueva Ecija. She is a shy type person inside the class when she was young but she is a friendly person. She easily laughs even at small things. Sometimes she is a joker but most of the time she is a loner.

Her father was a former farmer because he pawned his land for his children to enroll in college. Her father is a full-time father and took the responsibility of being a mother to his children. Her mother is the breadwinner of the family and started to work abroad since she was 6 years old and all her life was spent with her father and two sisters. Her father became her motivation and strength because of his kind-heartedness, love and support, and being religious. Every occasion and important events of her life, he was always present. Unexpectedly, her father who supposed to be present in her incoming graduation was passed away early September. She felt weak during this trial, and she felt unmotivated to do her study. She remained undefeated, she forced herself to rise again, and stood with her dream that they supposedly build together. After all that happened, she learned to be an independent woman and all of her father's memories and pieces of advice will remain in her heart.

She graduated her elementary at Talugtug West Central School with honors and got six medals. She graduated high school at Talugtug National High School with commendable honor. She is now a candidate for graduation for this coming February

APPROVAL SHEET

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**HELP-SEEKING ATTITUDE OF
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STUDENTS IN ENGLISH**

RONALYN ZULLA GARDOSE

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