

# What to do when you can't get hold of teachers/lectures

We all know that teachers can be busy at times. During certain times of the year, it may be hard to get in touch with a teacher or lecturer, especially if your university is still holding online classes. Here are some things you can do if your teacher or lecturer is not responding.

## Tip 1 – Talk to your school/university.

If for some reason you can't get hold of your teacher/lecturer, then talk to your school or university. For example, reach out to another teacher/lecturer within the same department, or reach out to your head of year/course leader.

## Tip 2 – Use a textbook

Using a textbook can be very efficient and useful, especially when working independently at home. You can use a textbook anytime and anywhere, so if you have a question and the teacher has not replied to your email, use your textbook. There's a reason why teachers recommend you read! If you want to find more support on independent work, we recommend you look at the 'how to cope with independent work' resource.

## Tip 3 – Online resources

Online resources can be very useful. There are many apps and websites that will not only answer your questions, but could also inspire you to learn more about a specific topic. To find out more about useful apps to download, we recommend you look at the 'useful apps' resource.

## Tip 4 – Group work

Group work is very important, as working with other people can help you to interpret certain information in new ways. If you're studying the same topics, chances are that someone from your class will have an answer to your question, or will be able to point you in the right direction. Group work can also improve your teamwork and communication skills. If you would like further support, please email [support@teenagehelpline.org.uk](mailto:support@teenagehelpline.org.uk)

