

MEETING WITH YOUR INSTRUCTOR

Many college students steer clear of office hours because they are intimidated by an instructor and fear they will ask a stupid question. Instructors value office hours because they can have the one-on-one interactions with students that are not possible in the classroom. Office hours allow instructors to address specific student needs, which can result in students gaining a better understanding of class material, learning how to study more effectively for the class, and developing a professional connection with the instructor.

GET TO KNOW YOUR INSTRUCTOR

- 1) Ask about your instructor's specialty, interests, side projects or ongoing research to get to know your instructor and develop a professional connection
- 2) Ask for general input about the class and how it fits in with what you want to do after college
- 3) Ask for career advice and recommendations for internships or projects that could help determine your career path

INDULGE YOUR CURIOSITY

- 1) Talk with your instructor about what you hope to learn about the topic and why
- 2) Talk with your instructor about your big takeaways so far and share any misconceptions that you had prior to enrolling in the course
- 3) Talk with your instructor about the connections that you are making between your field of study and the course content

CONFRONT YOUR CHALLENGES

- 1) Ask your instructor basic questions in different ways until you have a clear understanding
- 2) Ask your instructor how he or she would approach studying for the exams
- 3) Ask your instructor about different campus resources if you are struggling academically

STAY CONNECTED

- 1) Work just 20 to 30 minutes with your instructor to decrease your fear of participating in class discussions which can help clarify new information
- 2) Work to develop a professional connection with your instructor so that you stand out in class and are the instructor's first choice for leadership roles
- 3) Work regularly with your instructor to unlock a more opportunities for future success