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