About office hours
Many classes are scheduled on weekdays between 10am and 2pm. Many students are unable to attend office hours at those times. Be flexible in how and when your students can reach out to you for help.

About educational inequity
Learners experience vast differences in quality of education prior to their arrival at WashU. Those systemic inequalities put some students at a disadvantage. Be mindful that some students need more of your help than others do to get up to speed.

About implicit bias
Sometimes an educator’s pre-conceived notions about identity can affect how they treat and teach their students. Reflect on your own views on age, sexuality, race, religion, class, and gender to keep those biases out of the classroom and to create an environment where students can excel.

About variety
By varying methods of delivering information, instructors empower students to process material in a way that resonates. Consider various modes of instruction, including lecture, group work, videos, games, and hands-on tasks.

About self-care
People function best when their physical and emotional needs are met. If we don’t get the rest, nutrition, and support we need, academic performance can be negatively affected. Practice good self-care to ensure you are teaching at your best, and encourage your students to take care of their physical and emotional well-being so they can thrive.