Office Hours- Success Coaching Myth Busting

Going to office hours is a great way to ensure you understand material, know what is on the test and how it will be formatted, find research/internship positions, and learn that professors are real people. This can all lead to better letters of recommendations, research opportunities, and finding a mentor! Don’t forget to let us know you went: **UC San Diego Student Success Coaching Program - Office Hours Reflection** (also on your SSCP e-success plan online under faculty interaction).

---

**Myth 1: I don’t have any questions, so I don’t have to go.**
- Go to talk about concepts in much more nuanced and interesting ways than the basics.
- There is something you can learn from your professor - go find out what it is.
- Students have been offered research positions at office hours. If you don’t go, you won’t.
- You need letters of recommendation for either grad school or a job, this is where you build those relationships. Or at least practice building them with professors now so you can feel comfortable later.

**Myth 2: I’m so confused, I don’t want to look foolish in front of the prof.**
- Professors/TAs are paid to teach and paid to have office hours. You are there to learn. Go let them teach! If it helps, come in with a homework problem or topic as a conversation starter.
- Use your midterm as a structured way to go through previous information.
- Go early, go often, and then it won’t be so awkward at the end of the quarter if you don’t understand something.

**Myth 3: I have class/work during office hours, so I can’t go.**
- The posted hours are suggestions, so email your professor and make an appointment. This is normal. You are not being difficult.

**Myth 4: It’s not my major, so I don’t need to build relationships.**
- Many research projects are interdisciplinary.
- Professors are interesting, more so one-on-one than in front of a big class usually. Go ask them how they picked their field of study.
- You might find a minor you love.

---

**Conversation starters:**
- I was wondering whether we can discuss themes/topics you lectured last week, I wanted to clear up any confusion that I may have had about...
- I am creating a study guide for the midterm. Here is the outline of topics I plan to cover; can you give me feedback on anything I’m missing?
- Can I review the graded midterm with you so I can see what to improve on for next time?
- How did you decide to study (insert area of study here)? How did you get started in research in that field when you were an undergrad?