



Middlebury

[Academic Calendar](#) [CTLR](#) [Health & Wellness](#) [Presence](#) [SFS](#)

There is no singular college experience. While some things such as taking classes are a given, the rest of college is by and large what you make of it. In this weekly newsletter, I will share ways to hone your strengths and take advantage of some of the things Middlebury offers that are designed to help you succeed, grow and realize your goals. Read on to see this week's tips for thriving at Middlebury!



Jennifer Guinn Sellers, Ph.D.
Dean of the First Year Experience

Fear of Meeting with Professors

Some students say there is nothing scarier than the moment right before walking into a professor's office for a 1:1 meeting. Don't believe me? Watch this video satire created by students at Arizona State University.



[Fear of Faculty Office Hours Video](#)

Introducing Faculty Office Hours: Arizona State University (...)



One of the reasons office hours often seem so intimidating is because students aren't always sure what they are for. The great thing about office hours is that they serve multiple purposes! For starters, anytime you have a question about course material, an assignment or homework, office hours are the time to get much needed clarification. Just as importantly, office hours allow your professor to get to know you and hear more about your interests and goals. If you've ever heard about the importance of "networking," this is one way to think about these conversations. You start to gain access to experiences, opportunities and resources just by attending office hours.

The other thing to remember about office is hours is that these are times that your professors are setting aside specifically for you. If you think about it this way, you're wasting your professor's time by NOT attending office hours!

You can hear more about how to make office hours less scary by listening to this short piece.



How to Make Office
Hours Less Scary (3
minutes)



Grace HeeJung Kim for NPR

share

life kit

College Students: How To Make Office
Hours Less Scary

listen



3:31

© 2019 npr

Courage and the Character Strength of Persistence

As a member of the Middlebury College community, we aim to encourage personal and intellectual courage and growth. After all, this is one of our [Community Standards](#). You can practice persistence, one of the character strengths that defines courage, by regularly attending office hours even though it might feel a little scary at first. It's a great habit to get into!

Resources

Office hours are listed on faculty homepages, course syllabi and outside of office doors. If you cannot make your professor's stated office hours, email your professor with your availability to set up a time to meet. All professors are available to meet with students by appointment.



How to Communicate with Professors

Important Dates

- 4/11@6-8pm: SGA Crossroads Office Hours
- 4/12@4-8pm: SGA Crossroads Office Hours
- 4/13@3-6pm: SGA Crossroads Office Hours
- 4/14: Spring Student Symposium
- 4/16: MCAB Executive Board Applications due
- 4/17@5pm: Deadline to invoke [CR/NCR option](#)
- 4/17@5pm: Deadline to Drop a Course with Permission (see Registration Information and Instructions below)
- 4/30 [Summer Housing Applications](#) due



Registration Information and Instructions

Was this information helpful?

Please take less than one minute to let me know!

Feedback

No minimum order value

Jennifer Guinn Sellers, Ph.D.

Dean of the First Year Experience

FYDean@middlebury.edu

[Self-schedule an appointment here!](#)

Contact me.

Allen Hall 153
Stewart Hall 214

802-443-3330