

How to connect with instructors online

Build relationships with your instructors to develop a strong professional network and a sense of **community, belonging, and trust**.



Tips for connecting with instructors during online learning:

Be present and engaged



If your classes are occurring through a virtual platform like Zoom, consider turning your camera on. Many instructors appreciate it when students show their **engagement** and **presence** in class by opening their camera.

If you don't feel comfortable turning your camera on, or don't have the bandwidth, personalize your Zoom profile by adding a picture. This will help your instructor **remember** who you are!

Participate in class



Check with your instructor to understand their **expectations** for classroom participation and follow their guidelines on when to ask questions during class, when to share ideas, and how often to use the chat.

If you don't feel comfortable participating verbally, and if the chat is enabled, start by sharing your thoughts in the chat when your instructor asks a question. Remember, your instructors are there to **support** your learning; don't feel intimidated!

Public speaking is a critical life skill and participating in a lower-stakes environment will help you develop the **confidence** to speak in front of larger audiences.

Attend office hours



Office hours provide you with an opportunity to **connect** with your instructor. Go with a **purpose** such as discussing an assignment, feedback from a recent assessment, or to ask specific questions about the course. You can also attend with a classmate!

Express gratitude



Email your instructor a thank you note at the end of the semester or consider submitting to Thank a Prof, a form that you can fill out to express your **appreciation** and gratitude to your instructors. [Access the Thank a Prof form here.](#) Remember, small acts of **kindness** go a long way!



This work is licensed under a Creative Commons Attribution-Non-Commercial 4.0 International License. Teaching and Learning Services (2022), McGill University.

