Class Participation

Shy? Wondering why this is part of a grade?
Why grade participation?

• Students who participate learn more.
• Participation helps professors understand what students need help with, and what they think.
• Participation helps other students learn.
“But I’m shy...”

Make a plan! Before class, write down a question about the material. Ask the professor to:

• Define a key term in different words;
• Connect new material to something you’ve talked about earlier in the semester;
• Explain what students often find difficult about the material.

If it is really painful to speak in class, try stress management techniques.
“I still just don’t like talking in class.”

Visualize
- Imagine yourself speaking confidently in class.
- Imagine other students appreciating your question or contribution.

Listen
- Professors who grade on participation usually expect students to gain important insights from what other students say.
- Rephrase what another student has said, in different words.
- Look for a problem, or something that doesn’t make sense to you.
Student Success Centers

For more information on being a successful college student contact the Student Success Center.
119 Payson Smith Hall, Portland
    780-4040
119 Bailey Hall, Gorham
    780-5652
119 Lewiston-Auburn College, Lewiston
    753-6500

or e-mail: studentsuccess@usm.maine.edu

Student Success Advisors are available to help you.