

# 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](mailto:studentsuccess@usm.maine.edu)

Student Success Advisors are available to help you.