

Title: Office Hours are for everyone with any amount of preparation!

This page is broken up into a myth about office hours paired with the relevant reality pertaining to that myth.

Myth: Office hours are only for students who are failing or are getting an A.

Reality: **Office hours are for any students** who want to talk to the professor about: research opportunities, learning strategies, career goals, homework, classwork, challenges.

Myth: Office hours are only for students who have completed all the reading and homework.

Reality: **You can go to office hours even if you haven't done all the reading or homework.**

Myth: If I go to office hours, my professor will tell me everything from class, so I should skip class for fun.

Reality: Office hours should not serve as a frequent class replacement. If you can make it to class, you should go. **If you are struggling to make it to class, reach out to your professor.**

Myth: If I go to office hours, my professor will do my homework for me.

Reality: Your professor will help you with your homework, but will not do it for you. If you can, you should try to **attempt the homework before office hours**. Your university likely has a tutoring center that will help you, too!

Myth: If I ask a question, everyone will think I'm not smart.

Reality: Going to office hours, asking a question, or even just being interested in your own learning shows that **you are smart and dedicated**. Nice job!

Myth: I can't make my professor's office hours, so I just won't go.

Reality: You can **email your professor** and ask them to schedule **office hours by appointment!**

Finally, If you come to office hours with questions, your professor may be able to help you better, BUT **don't let a lack of preparation work keep you confused.**