

Class Participation: Getting Started

Say something at the first opportunity! Ask a question or answer a question (no matter how simple). The first person gets 1 point for the longer you wait to say something.) 1

Be prepared for class. The people who feel most comfortable speaking in class are often the

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Notice how often people survive after giving wrong answers. Look around. You are probably surrounded by people who have made mistakes and lived to tell the tale.

Sit in the front of the classroom. If looking out over a sea of faces makes you uncomfortable, try sitting in the front of the classroom. Then, when you speak, imagine you are simply talking to the instructor and a few students.

Set small, reasonable goals for participating more. If frequent participation is expected in a class, start by promising yourself that you will say one thing – answer or