How to Ask Questions in Class
...and feel comfortable doing it

“The important thing is not to stop questioning...”
– Albert Einstein

I’m shy or too nervous to ask
I don’t know if I understand the material well enough to ask a good question
I worry my question may be stupid
I don’t want to disrupt the flow of the class
I’m intimidated by my prof

Prepare
• Do the readings ahead of time so you know the basics
• If you think of a question before class, write it down
• Practice by asking questions to your friends

Focus on learning
• It’s OK to be nervous; it gets easier with practice
• Don’t get thrown off by negative self-talk or other unhelpful distractions
• It really is true: there are no stupid questions
• Asking questions is proven to lead to better learning (and better grades)

Try it out
• Challenge yourself: take a risk and just ask
• Chances are you have the same question as others in the class; take one for the team!
• If you aren’t ready to ask in class, contact your instructor before or after class, by email or during office hours
• Most profs love it when you ask questions. It shows you are engaged in learning