



College of Social Science  
MICHIGAN STATE UNIVERSITY

# Why attend OFFICE HOURS?

Going to office hours can help tremendously with your success in college. Think of office hours as an opportunity that can be more beneficial than simply passing a class. Here are a few reasons you should consider attending office hours:



## Better Understand Course Material

- None of us can grasp every concept in every class immediately. If you are struggling to understand your course material, one of the most important things you can do is attend office hours. Professors appreciate seeing students make an effort in their courses. But, don't wait until right before an exam to get help, visit your professor early and as often as needed!

## Establish Relationships

- Attending office hour helps you to get to know your professor and they get to know you. Building and maintaining relationships with professors can help your future success. You can ask for advice on your academic and career path if your professor's experience aligns with your interests. Developing relationships with instructors can be beneficial, as you have the opportunity to learn from your instructor and create a connection that could be beneficial to you later in your career.

## Increase Motivation

- If you aren't interested in a particular class, or you are having trouble understanding the material, you may benefit from attending office hours. By having time to talk to your instructor one on one, which can increase your attention and focus. You may even start to find the class more interesting!

## Gain Confidence

- Visiting your professors during office hours can be intimidating at first. However, attending regularly can help to ease your nerves and help you gain confidence when meeting new people. It may also help you engage in the class.

## Research Opportunities

- Depending on your field of study, you may want/need research experience. Building relationships with faculty, especially in your area of interest, can be beneficial when looking for research opportunities. Even if they aren't looking for a research assistant, they may be able to direct you to another faculty member who is.

## Contact Us!

### Office of Student Success

📍 311 Berkey Hall

📞 517.432.8745

✉ [ssc.helprooms@msu.edu](mailto:ssc.helprooms@msu.edu)

🌐 [socialscience.msu.edu/studentsuccess](https://socialscience.msu.edu/studentsuccess)

