



# The Advisor Advocate

## What Students Fear: Office Hours

"I remember being absolutely terrified. And I was like, isn't that what class is for? Like, what else am I supposed to talk to them about?"

Aniah Washington, Student at Amherst College

Undergraduates face your office door or Zoom link and wonder if they belong in university. To help, Anthony Jack (author of *Privileged Poor*) suggests that professors: explain what office hours are for and how students benefit from professional relationships with educators.

- Academic support
- Academic/ Professional mentorship
- Networking Opportunities
- Future references
- Guide to institutional resources

### The unique needs of rural students

Students from rural areas are often the first in their family to go to college, and they are immediately thrown into an institution that may have more undergraduates than the population of their hometown. In a sea of new faces, they are in a state of academic culture shock.

According to a recent [NPR report](#), rural students are more likely to drop out than urban and suburban; they need more support, but first-generation rural students are predominantly white and not typically identified as needing additional support.



Npr.org

### Parting Tip: Zoom Fatigue

Liz Fosslien and Molly W. Duffy explain that "Zoom Fatigue" is the result of all the information we are processing while on video calls. They've researched some solutions.

- Avoid Multitasking
- Build breaks or turn off video for periods of time
- Hide your face from yourself
- Have/encourage a plain background

Arizona State University created a satirical advertisement for foh (faculty office hours) to demonstrate just how beneficial frequent conversations can be. [Click here to watch.](#)



For more CTE Information

Read more here ["How to Combate Zoom Fatigue"](#)

#### Director:

Stephanie Taylor-Davis,  
[teaching-excellence@iup.edu](mailto:teaching-excellence@iup.edu)

#### Associate Director for Academic Advising:

Erin Conlin  
[elconlin@iup.edu](mailto:elconlin@iup.edu)

#### Editor: and Designer

Jacklyn Heslop  
[fjhcc@iup.edu](mailto:fjhcc@iup.edu)