

Tips for Reaching out to Professors and Supports



Reach out! Asking questions and seeking out supports is a strength. You show commitment to yourself and your learning. You're also showing your self-confidence and growth mindset. It's okay not to know everything or to seek support for a challenge.



Be professional. Make sure you review your course syllabus for information about how to contact your professor or teaching assistant. When emailing your Professor, use your Brock email, use formal writing, be clear, and provide your course code. Also include your course code in the subject line.
Hello Dr. Young:
(your message or question)
Thank you,
Jane Doe, PSYC 1F90, Seminar 5



Be patient. Professors will usually let you know how often they check their email. Often, they include this information in the course syllabus. If your concern is urgent or you're not sure who to ask, consider other campus resources where you may find the answer to your question or support for your concern. Text your question to Brock's [ASK ME](#).



Take care of your whole self. If you're feeling overwhelmed or looking for health and wellness support or information, [Student Wellness and Accessibility](#) is here for you. Check out the [HUB](#) where you can speak with a student Peer Health Education.



Know your rights and those of others. Like other students, you're at Brock to learn and we're all working together to create a supportive and transformative experience. Connect with Brock's [Human Rights and Equity](#) or your student [Ombuds](#) if you are looking for support or information.



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