Fight First-Day Anxiety with a Plan

Are first-day jitters leaving you feeling anxious and under-prepared? Have you been waking with a jolt at night after dreaming of being locked out of your classroom, unable to turn on the overhead projector, or incapable of getting your students’ attention?

The first day of class is important on many levels: It affords you the opportunity to introduce yourself and the course, get a sense of your students, and set the tone for the semester. It also gives students a chance to try the course out—to get a sense of who you are and what your course will be like. Carefully plan the first class session, so you are sure to cover everything intended.

Use these guidelines to avoid the kinds of last-minute surprises that can ruin even the best teacher’s confidence.

**Before you step into the classroom...**
- Know the rules
- View your class roster
- Request a HuskyCT site
- Order your text books and other course materials
- Order library reserves
- Visit your classroom

**On the first day...**
- Set a goal
- Introduce yourself
- Show an interest in getting to know your students
- Introduce your course
- Ask questions
- Save time for student questions

Visit [http://itl.uconn.edu/preparing-for-your-first-day-of-class/](http://itl.uconn.edu/preparing-for-your-first-day-of-class/) and [http://itl.uconn.edu/interacting-with-students-during-your-first-class/](http://itl.uconn.edu/interacting-with-students-during-your-first-class/) for UConn-specific suggestions on how to achieve these goals, as well as for contact information and other helpful details.